



**Coaches and Managers  
Meeting 2025**

# Chain of Communication

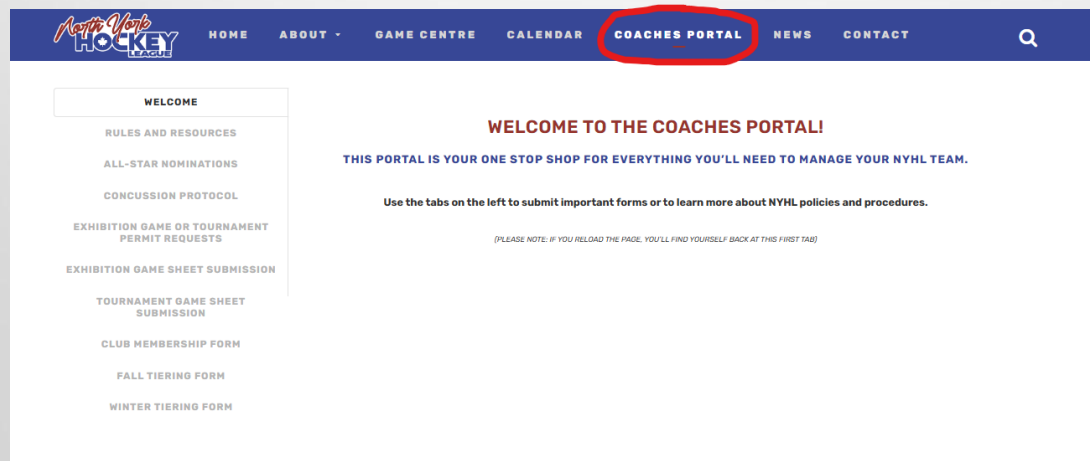
**TEAM OFFICIAL → CLUB CONTACT → NYHL OFFICE**

**NYHL OFFICE → CLUB CONTACT → TEAM OFFICIAL**



# Coaches Portal

- Primary hub for all resources related to NYHL
- Contains important forms, documents and resources
- All forms are available for online submission straight from our website (Tiering, Game Sheet Submission, All Star Ballots)
- Rules and Resources – Rulebook, Key Dates, Tournament Entry Deadlines etc.



# League Fees for 2025-26

## Team Registration Fees

- U7 – U15 - \$1600.00
- U16 – U21 - \$1900.00

## Player Registration Fees

- \$445.00 per regular rostered player
- \$295.00 per sibling on the same team
- Paid in 3 installments due October 31<sup>st</sup>, December 1<sup>st</sup>, January 30<sup>th</sup> through your club
- Teams are charged per player starting at their age group's Minimum Roster Size and up to the Maximum Bench Strength

Age Group	Minimum Roster Size	Maximum Bench Strength	Minimum Team Total*	Maximum Team Total
U7 – U9	13 players	18 players (16 skaters/2 goalies)	\$5,785.00	\$8,010.00
U10 - U21	15 players	20 players (18 skaters/2 goalies)	\$6,675.00	\$8,900.00

\*Minimum Team Total can be lower if Sibling Discounts are applied

# League Fees Cont'd

Name	Fee
Club Membership	\$100.00
Non-Resident (Outside of M postal code)	\$25.00 per non-resident
Tournament Travel Permit	\$25.00 per permit

- Out of bounds exhibition game fees have been removed



# Affiliated Players

- A “chain affiliate” is a club team of the same name.
- **U7 to U10**
  - A player may be brought up from a chain affiliate in a **lower tier**
  - From the house league of the same division
- **U11 to U13**
  - From a chain affiliate in a **lower tier**
  - From a chain affiliate from **ONE YEAR below**
  - From the house league of the same division
- **U14 to U21**
  - From a chain affiliate in a **lower tier**
  - From a chain affiliate up to **TWO YEARS below**
  - From the house league of the same division



# AP Restrictions

- **AP Restrictions BEFORE Jan 15<sup>th</sup>**
  - An AP player can be called up regardless of minimum bench strength before Jan 15<sup>th</sup>
  - AP players cannot be added if the team will exceed the maximum bench strength
- **AP Restrictions STARTING Jan 15<sup>th</sup>**
  - **Chain Affiliate** = 5 games – only 2 of which can be in the playoffs
  - **House League** = 5 games PLUS 2 in the playoffs
  - A team may only call up an AP if they are below their minimum bench strength and may only call up enough to reach the appropriate minimum bench strength
- Teams may use a maximum of five (5) AP's in any one game
- Affiliated Players **MUST** be added to the EGS as an AP or AG



# Min / Max Bench Strength

- **Minimum Bench Strength**
  - U7 to U9 - 13 players
    - If a team has 12 or less players available, an AP player can be called up
  - U10 to U21 - 15 players
    - If a team has 14 or less players available, an AP player can be called up
- Goalies are included in the minimum bench count
  - Exceptions can be made if the team is at minimum bench strength but does not have a goalie
- **Maximum Bench Strength**
  - U7-U9 – 16 skaters + 2 goalies
  - U10-U21 - 18 skaters + 2 goalies
- For a game to start, a team must ice a minimum of 6 skaters or 5 skaters and 1 goalie.





# Bad Weather Policy

- Cancelled games will be posted on the NYHL website and our social media accounts via Facebook, Instagram and Twitter by 3 PM.
- Club Contacts will be notified via email.
- Local Toronto radio stations will also be notified of any cancellations.
- Please refrain from calling the office.



# League Events



# NYHL Equipment Drive

- **Saturday November 8<sup>th</sup>**
  - Downsview Arena
  - 9:00 AM – 2:00 PM
- In collaboration and support of Their Opportunity
- Supporting Indigenous youth's access to hockey
- Last year collected 130+ hockey bags of equipment and 140+ hockey sticks



The poster features a background image of a hockey player in action. At the top, there are three logos: 'THEIR OPPORTUNITY CHILDREN, SPORTS, COMMUNITY' with a colorful figure icon, 'North York HOCKEY LEAGUE' in red script and blue block letters, and 'Indigenous Hockey Equipment Drive' with a circular logo. The main title 'HOCKEY EQUIPMENT DRIVE' is in large, bold, blue letters. Below it, in red, is 'SUPPORTING INDIGENOUS YOUTH ACCESS TO CANADA'S GREATEST GAME'. The event details 'DOWNSVIEW ARENA SATURDAY, NOVEMBER 8<sup>TH</sup> 9:00 AM - 2:00 PM' are in bold black text. A blue-bordered box contains the list of needed items with corresponding icons: helmets, hockey sticks, shoulder pads, elbow pads, gloves, pants, shin pads, and skates. Below this box, the text 'WHAT IS NOT NEEDED:' is in bold red, followed by 'JERSEYS, SOCKS, NECK GUARDS, UNDERGARMENTS OR GOALIE GEAR' in black.

**WHAT IS NEEDED:**

- HELMETS
- SHOULDER PADS
- GLOVES
- SHIN PADS
- HOCKEY STICKS
- ELBOW PADS
- PANTS
- SKATES

**WHAT IS NOT NEEDED:**

JERSEYS, SOCKS, NECK GUARDS, UNDERGARMENTS OR GOALIE GEAR

# Marlies Jamboree

- **Saturday, February 28**
- 4 U7 Teams and 4 U8 Teams are invited to play two scrimmages at Coca Cola Coliseum
- Included are tickets to Marlies vs. Chicago Wolves at 4:00 PM
- Additional tickets are available for purchase at a discounted price
- Each players walks away with a Marlies swag bag for participating



# Challenge of Champions

- **Saturday, April 25 – Sunday, April 26**
- Champions vs. All Stars
- Champions receive their championship trophies and All Stars receive commemorative All-Star t-shirts.
- Championship team **MUST** be available to play.



# All Star Nominations

- Ballot on Coaches Portal.
- Must nominate 5 players.
  - Players are picked in order of nomination.
- One ballot submitted per team.
- Each team will nominate 3 goalies within their tier who are **NOT** on their team.
- Please DO NOT tell the kids they have been nominated as all listed players may not be selected.





# Social Media and Giveaways

- **Social Media**
  - @NYHLHockey
  - Facebook, Twitter, Instagram
- **Marlies Team of the Month Giveaways**
  - Monthly giveaway from MLSE and the Toronto Marlies.
  - Win a team trip to a Marlies game of your choice.
- **McKenney Hockey Giveaway**
  - Gift Card giveaway to an NYHL goalie.
- **Community Spotlight**
  - Tournament wins, charitable acts, team events
  - Submit to your club contact or via the Contact page of our website.



# LiveBarn

- Watch livestreamed NYHL games from home.
- Select arenas across the GTA.
- Watch and save video.
- Expanding to more City of Toronto rinks .
- Used as a great coaching tool.





# AGILEX AND EGS SYSTEM



# Season Structure

- **FALL SEASON – 10 GAMES**
  - Begins October 6.
- **WINTER SEASON – 8 GAMES**
  - Begins December 15.
    - Some teams may begin the Winter Season earlier.
- **PLAYOFFS – 3 GAMES MINIMUM**
  - Expected to begin the week of February 16.
    - Some teams may begin the Playoffs earlier.
  - Playoff structures are tier dependent and released in January.



# Scheduling

- Operates on a 3-week rolling schedule .
  - Accommodates the 5-week deadline for tournament entry or exemption days.
  - Playoffs may have 24 hours notice prior to game time.
- Each scheduled week begins Monday – Sunday.
- No Games
  - Thanksgiving – October 11 - 13
  - Winter Break – December 24 – January 2
  - Family Day – February 16
  - March Break – March 16 – 22
  - Easter Weekend – April 3 – 6



# Limiting Factors to the League Schedule

1. Blackout Days
2. Arena and Ice Allocation
3. Tournament and Exemption Days
4. Tiering



# Blackout Days

- Submitted with Team Registration.
- Each team is offered two (2) weekly blackout days from the league schedule.
- This is to accommodate House Leagues and Practice nights.
- Teams will not be scheduled to play on their blackout days.
- Friday and Saturday are 50% of league blackout days.



# Ice Allocation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Commander	Al Palladini	Habitant	Downsview	Downsview	Al Palladini	Al Palladini
Downsview	Downsview	John Booth	Ford Performance	Fenside	Downsview	Amesbury
East York	Habitant		Heron Park	Goulding Park		Chesswood
Fenside	Leaside B (Winter)		Leaside A	Habitant		Downsview
Forest Hill			John Booth	Lambton		Heron Park
John Booth			Pleasantview	Pleasantview		Westwood
Pleasantview			Victoria Village			



# Tiering

- System is to best match team skill levels to maintain a standard of competition.
- Teams will only play against other teams within their designated Tier.
- Decided by the NYHL Tiering Committee.
- **FALL TIERING**
  - Tiering Forms were submitted by September 17.
- **WINTER TIERING**
  - Teams are re-tiered for the Winter Season.
  - Tiering Forms to be submitted by November 22.
  - Tiering Committee will meet November 24.
  - Clubs will respond to tiering proposal by November 26.
  - Final tiers will be published with the schedule on or before December 1.

# Tournaments and Exemption Days

- **Tournament Entry**
  - **1 Preseason Tournament** – Prior to October 6<sup>th</sup>
  - **3 In-Season Tournaments** – Fall and Winter Season
  - **1 Post-Season Tournament** – February 23<sup>rd</sup> or later
  - Teams may enter a tournament during Thanksgiving, Winter Break, March Break or Easter Weekend and will not count toward the above limit.
- Tournaments remove a team from the schedule for 3 days (Friday-Sunday).
- Game sheets must be submitted 48 hours upon completion of the event through the Coaches Portal.
- **Exemption Days**
  - Teams are allowed **2 Exemption Days** to be removed from the schedule.
    - Used for tournament travel/team events etc.
  - In addition, teams are allowed **2 Religious Exemption days** in the final week of the Winter Season and Playoffs.
    - Must be on the Interfaith Calendar which can be found in the Coaches Portal under Rules and Resources.
- Applications tournament or exemption days must be submitted to the office 5 weeks in advance of the event by your Club Contact.





# How do These Factors Impact the Schedule?

- The distribution of teams in your tier, your opponents chosen blackout days, your chosen blackout days, work to limit weekly availability, which limits the available arenas to be scheduled .
- **Example:**
  - Warren Park is in a Tier of 5 teams. Warren Park has blackout days as Monday and Thursday. The 4 other teams in their tier have Friday as their blackout day.
    - Warren Park will not play at Lambton Arena or any arena the league has available on Friday.
  - Forest Hill is in a Tier of 6. They have their blackout days as Friday and Saturday. 3 teams have Monday as their blackout day.
    - Forest Hill will only be able to be scheduled on Monday night against two opponents in their tier.

# Exhibition Games

- Exhibition games must be submitted for approval to the league office by your Club Contact.
- Both NYHL teams must submit for approval.
- An exhibition game **CANNOT** be played without league approval.
- The league will not schedule around exhibition games unless an exemption day used.
- Exhibition games sheets must be submitted to the league office within 48 hours (5:00 PM deadline).
- Game sheets **MUST** be legible and filled out properly.



# Start Of Game Procedure

- Prior to entering dressing room, notify Rink Attendant of any issues with the dressing room.
- A game may start up to 15 minutes before the scheduled start time if BOTH teams and officials are ready and BOTH teams agree.
- 3 minute warm-up
- 0:45 left - whistle
- Team least ready at end of 3 warm up – minor penalty  
Delay of Game



# Game Length

- **U7 – U9: 18 X 18 (stop time)**
  - Last 10 minutes of period 2 will be run time during a 5-goal spread.
  - U9 before November 1.
- **U9 – U14: 12 – 12 – 12**
  - U9 starting November 1
- **U15 - U21: 12-12-15**
- Flood will be after every game except for U7 – U9 due to boards.
- Game times will remain the same for playoffs.
- **5 goal spread rule**
  - Running time in the 3<sup>rd</sup> period until deficit is dropped to 3.
- **Timeouts** – One per team will be allowed in the Semi Final and Final ONLY



# End Of Game Procedure

- Referee to direct Coach to hold bench.
- One team exits at a time.
- Dressing room door must be open (GM99 to the Coach).
- Game sheet will be uploaded by the end of the night and available by the next morning.
  - Please notify your Club Contact if the game sheet is not available and the office will correct.



# Injured Players

- If play is stopped due to an injured player, the injured player must sit out for one stoppage of play.
- If player leaves the game and does not return due to injury, a HC report must be submitted within 48 hours. This can be found on our Coaches Portal.
- If visiting a practitioner due to injury, must have a note to return to play.



# Suspensions

- Club Contacts will receive an email notifying of the suspended player.
- Any player with a GM, Gross Misconduct or Match Penalty must sit out until the NYHL office advises the Club Contact of the suspension length.
- Suspensions are to be served in League or Tournament play and CANNOT be served during Exhibition Games.
- There are no Appeals for suspensions fewer than 6 games.



# No Show Policy

- 10 minutes on clock.
- After 10 minutes, 40-minute run time for team that is present to practice.
- Absent team forfeits and is fined.





# Default in Playoffs

- Incurs a serious fine and expulsion from playoffs.
- We emphasize exhausting every AP option.
- If you are unable to ice a sufficient number of players, we ask that you withdraw the team rather than to disrupt the schedule.



# Procedure for Protests

- Protests regarding games played must be made in writing via email to the League Office by your Club Contact. Such protests must include a summary of any evidence to be submitted to support the protest. A copy of the protest will be forwarded to the other club by the League Office.
- Must be delivered by the protesting Club to the NYHL Office within 48 hours of the incident under protest.
- The protest fee of \$300.00 will be invoiced if the protest is withdrawn or the outcome is not in the protesting team's favour.



# Protesting an Ineligible Player

- Teams wishing to protest ineligible players must notify the Referee prior to the conclusion of the game.
- Alleged ineligible players are to have their name, team name and number printed on paper supplied by the Timekeeper.
- The requested players will then **sign their names and date of birth** beside the printed name.
- Teams may request the signatures of a maximum of two (2) opposing players.
- A formal protest must still be presented to the League Office.
- It is the bench staff's responsibility to ensure their lineup on the game sheet is accurate.
- Bench staff are encouraged to verify their lineup with the Timekeeper prior to the start of the game.



# Cross Ice (U7) & Modified Ice (U8/U9)

- U7 plays 4 on 4
- U8/U9 play 5 on 5
- **18 x 18 (stop-time)**
  - 5 goal spread - last 10 minutes run time
- Home team will start at opposite end to allow equal bench advantage.
- Face-offs and stoppages of play will occur as per usual game to allow for line changes etc.



# Board Set Up

- Bench Staff are responsible for setting up the boards.
- A member from each team's bench staff **MUST** aid timekeepers and officials with setting up **AND** taking down boards.
- Boards may have to be moved for possible floods.
- Boards must be set up before the first game and taken down after last game.
- Boards **MUST** be taken off the ice and stored correctly.
- Safety equipment is available at all arenas with Boards.
- Teams may be fined for non-compliance.

