



Revised January 2019

House League Policy

1.0 Introduction

In an effort to clearly outline the process for house league team selection and game play, the NDMHA has prepared the following document of playing rules.

2.0 Purpose

This policy documents the playing rules for a NDMHA hockey team including, but not limited to, game play and team selection.

3.0 Definitions

Rep: Refers to representative teams.

4.0 Policy Statements

4.1 Team selections should involve the division Convenor and/or Coaches in their respective Divisions, at the end of the House League skates for the particular age group.

4.2 Team balancing may be done at any time at the discretion of the Convenor responsible for the particular age group. All balancing must be completed prior to December 1st, or Picture Day, whichever is first. The first balancing happening by the 2nd week in November. Coaches are responsible for the transfer of both Medical Information sheets and the jersey to the new team.

4.3 Any individual player can only be moved once during the course of the season.

4.4 Allowances for sons or daughters of Head Coach or Trainer to play on the same team will be taken into account at the time of the Team Selection.

4.5 All players will be given the opportunity and are encouraged to play all positions on their respective teams. Novice and younger may not use a full time goalie unless all efforts to share the position have been exhausted.

5.0 Rules for Team Officials

5.1 All Team Officials must follow the regulations set out by the OMHA, OHF and Hockey Canada.

5.2 Team Officials are responsible for the efficient operation, deportment and decorum of their respective teams, and will ensure that appointed Team Officials only are on the bench and in the dressing rooms.



- 5.3 Team Officials, including On Ice Volunteers are required to meet "Team Official Qualification Requirements" in the OMHA Manual of Operations, Appendix A.
- 5.4 The Team Head Coach shall have the authority and responsibility of Senior Official for their respective teams.
- 5.5 Each head coach shall be given a copy of the Constitution and Playing Rules at the start of each season, as well as an OMHA rule book.
- 5.6 Team Officials are particularly responsible for ensuring that each player wears the following properly fitted protective equipment for all games and practices. Any player on the Ice without any one of the following shall be removed from the ice until rectified.
- a. CSA approved helmet and face mask with chin strap as required under OMHA rulings
 - b. CSA approved mouth guard
 - c. Shin pads
 - d. Elbow pads
 - e. Athletic cup or pad
 - f. Gloves
 - g. BNQ approved neck guard
 - h. Hockey pants
 - i. Shoulder pads
 - j. Goalies must comply with CHA and OMHA goalie equipment regulations.
 - k. League uniform consisting of socks and sweaters.
 - l. House league will not wear As and Cs as it goes against the equal play initiative.
- 5.7 All teams must follow the OHF 2 deep policy. Any person found in violation of this policy will receive a warning for a first offence, a 2 week suspension for a 2nd offence and a 1 year suspension for a 3rd offence.
- 5.8 No Team may play an opponent outside its age group or level of competition without the written approval of the Board of Directors or respective convenor.
- 5.9 24 Hour Rule – If a parent, bench staff, or coach does not like something that happened or was said during a practice or a game, reframe from approaching the "offending" person right away. Take 24 hours and think about it before making a phone call, writing an email, or talking to the person. (Please note the "offending" person can refer to a parent, bench staff, coach, time keeper or referee).
- 5.10 Team Officials are responsible for ensuring that:
- a. Players do not block stairways, doors, etc., prior to going onto the ice.



- b. Players do not approach the bench or enter the ice surface before the Zamboni door is FULLY closed.
- c. Helmets must be worn at all times on the ice and on the bench.
- d. All doors leading to the ice surface are firmly closed during practices & games.
- e. Sportsmanlike conduct is adhered to at all times by the players and the Team Officials. Including having all divisions shake hands at centre ice before the game.
- f. All NDMHA equipment or other property is used for its intended purpose only and returned to NDMHA in proper and good condition.
- g. Team sweaters and socks should also be worn at all games and practices.
- h. Alterations to uniforms are strictly prohibited without prior written consent from the NDMHA Board.
- i. Any township arena rules (ie no smoking laws, no vaping, etc) are followed.

5.11 The minimum age for a Head Coach shall be 18 years of age.

5.12 No player or Team Official shall enter the Referees' room or approach the referees at any time before or after a game. Any issues with referees shall be brought to the attention of the division Convenor directly. Contravention of this rule shall result in immediate suspension and disciplinary action.

5.13 Coaches are responsible for reporting all major penalties to the division Convenor within 24 hours and the Convenor shall report the major penalty to the Directors. Referee are asked to report it to the Referee-in-Chief who should report it to the VP of House League.

6.0 Team Rules

6.1 The NDMHA will follow the rules of the Hockey Canada OMHA with the exception of in-house rules passed by the Board of Directors.

6.2 House League Game times are as follows: (all games are subject to curfew)

- a Initiation
50 minute practice, then 2, 20 minute halves when games are played
- b Tyke
2, 20 minute halves
2 minute buzzer
No score kept
- c Novice



- 10, 12 minute, stop time periods.
 - 3rd period run time using time permitted less 3 minutes
- d Atom, Peewee, and Bantam
- 10, 12 minute, stop time periods.
 - 3rd period run time using time permitted less 3 minutes
- e Midget/Juvenile
- 10, 15, 15 minute stop time periods
- 6.3 A penalty is the same amount of time, regardless if the period is stop time or run time.
- 6.4 For the Novice division and above, if during the final two (2) minutes of the game, the goal differential is one goal or less, then the last two (2) minutes shall be stop time. If during the final two (2) minutes the goal differential becomes greater than one goal, then the game shall be reverted to run time.
- 6.5 Coaches of House League teams are responsible for ensuring that all players receive equal ice during league play and playoffs. Exceptions would be in the event of injuries or late arrivals or for disciplinary purposes, or if the game is tied or within 1 goal during the last two minutes it can be at the coaches' discretion. Any coach who, when observed, fails to meet the minimum requirements will be observed again within the next two (2) weeks. If the coach again fails to provide equal ice time, a minimum suspension of two (2) games will apply and on succeeding occurrences the suspension could result in subsequent discipline.
- 6.6 The standing in each Division shall be determined by the point system:
- 2 points for a win
 - 1 point for a tie
 - 0 points for a loss
- 6.7 In the event of a tie, the team with the most wins will be given the higher position. The next tie breaker is the most points in head to head play during regular season games. The next tiebreaker will be lowest number of goals against.
- 6.8 All Convenors are responsible for inputting the scores within 48 hours.
- 6.9 All House League playoff game formats and schedules shall be determined by the respective Convenor in each division and is to be consistent at both arenas.
- 6.10 In the event of a tie at the end of regulation time, the following Sudden Death victory format will be implemented for the final games of the season or of the tournament (ie. Championship games).
- 6.11 The first shift will be 1 minute of 4 on 4 play ending at the buzzer.



- 6.12 The second shift will be 1 minute of 3 on 3 play using different players than were on the ice in shift 1. Play ends at the buzzer.
- 6.13 The third shift will be 1 minute of 2 on 2 play using different players than were on the ice in shifts 1 and 2. Play ends at the buzzer.
- 6.14 The fourth shift will be 1 minute of 1 on 1 play using still different players than were on the ice in shifts 1, 2 and 3. Play ends at the buzzer.
- 6.15 During this overtime format, which shall be repeated no more than twice,
- All players must play through this rotation before players may be used again.
 - Substitution of a goalie is not permitted.
 - If a player incurs a penalty, they will be placed in the penalty box for 1 minute. The next available player will replace them on the ice when the penalty has expired. The penalized player will come out of the penalty box and return to the players bench at the buzzer.
 - Penalties incurred during the 1 on 1 will be served as follows:
 - The penalized team will put the next eligible player on the ice and the opposing team will be allowed to play an additional player. (2 on 1)
 - When the penalty expires, the penalized team will place the next eligible player on the ice for the balance of the shift and the penalized player will remain in the penalty box until the buzzer sounds. Then they will return to the player's bench.
 - If after going through 2 full rotations of a to d above, a winner still has not been decided, then a sudden death shoot out will be used.
- 6.16 Substitutions with the division convenor's permission, a team with less than 8 skaters may substitute players with replacements from the same game. There are no substitutions allowed when a team has 8 skaters or more. Replacements will be equal in ability to the players they are replacing. Substitutions are permitted only during regular season games. The team that gave the players will get a win with a score of 1-0.
- 6.17 With the written consent of the executive, Teams may apply to play in tournaments. Only Tournaments not affecting house league times or schedules will be considered.



7.0 House League Tournament

7.1 Every team will receive 1.5 hours of ice time.

7.2 All House League rules apply as in Section 6.0. The only difference is how points are used to determine the final standings. They are:

7.2 2 Points for a win

1 Point for a tie

0 Points for a lost

AND: 1 Point for winning a period

½ Point for tying a period (even if no goals are scored)

0 Points for losing a period

8.0 Non-compliance Implications

By not complying with this policy could result in, but not limited to;

- Failure of an eligible person to play or coach a NDMHA team.
- Removal of a selected coach from his/her role within NDMHA

9.0 Questions about this Policy

If anyone has questions about the policy, or if the purpose of the policy is not understood, an explanation should be provided by or referred to division convenor or the VP of House League.

This policy shall be reviewed annually.

APPROVED BY THE NORTH DURHAM MINOR HOCKEY ASSOCIATION BOARD OF DIRECTORS