



Approved March 24, 2023

Warriors and Blades 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

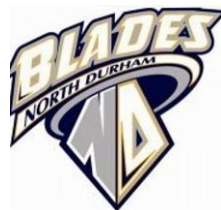
Rep: Refers to representative teams.

4.0 Policy Statements

- 4.1 Team selections should involve the division Convenor and/or Coaches in their respective Divisions. Team lists will be reviewed by the Director of Recreational Hockey before they are considered finalized.
- 4.2 Team balancing may be done at any time at the discretion of the Convenor responsible for the particular age group and approved by the Director of Recreational hockey. All balancing must be completed prior to December 15th. 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 players 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, U9 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, OWHA, 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, OWHA Manual of Operations, Appendix A.

5.4 The Head Coach shall be responsible for their respective teams.

5.5 Each head coach shall be given a copy House League Policy at the start of each season and asked to review the OMHA/OWHA Manual of Operations.

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 (not a requirement for Blades house league only)
- c. Shin pads
- d. Elbow pads
- e. Jock or Jill
- 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 an "A" or "C" as it goes against the equal play initiative.

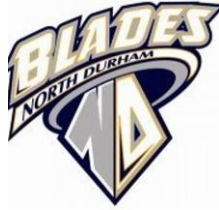
5.7 All teams must follow the OHF 2 deep policy. Any person found in violation of this policy will receive a warning for a first offence, a 2-week suspension for a 2nd offence and a 1-year suspension for a 3rd offence.

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.

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, refrain 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, timekeeper 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



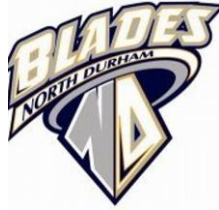
- b. Players do not approach the bench or enter the ice surface before the Zamboni door is FULLY closed.
 - c. Helmets must be worn at all times on the ice and on the bench.
 - d. All doors leading to the ice surface are firmly closed during practices & games.
 - e. Sportsmanlike conduct is adhered to 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 (i.e., no smoking laws, no vaping, etc.) are followed.
- 5.11 The minimum age for a Head Coach shall be 19 years of age and a minimum of 4 years older than the division age limit of the team they are coaching.
- 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 Director. Referees are asked to report it to the Referee-in-Chief who should report it to the Director of Recreational Hockey.

6.0 Playing Rules

6.1 The NDMHA will follow the rules of the Hockey Canada OMHA/OWHA 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. U7
 - Development Phase 3:1 Practice to Game Ratio
 - Regular Season Phase 2:1 Practice to Game Ratio
 - Blue Pucks
 - Practices – 50 mins



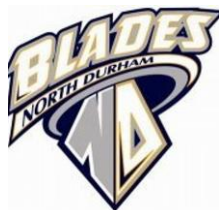
- Games
 - 2 – 22 min periods
 - Cross-ice games
 - 4 on 4 hockey (plus a player defending the goal or a goaltender)
 - No score kept

- b. U8
 - Development Phase 3:1 Practice to Game Ratio
 - Regular Season Phase 2:1 Practice to Game Ratio
 - Blue Pucks
 - Practices – 50 mins
 - Games
 - 2 – 22 min periods
 - Half-ice games
 - 4 on 4 hockey (plus a goaltender)
 - 2 mins shifts – buzzer or whistle to change
 - No score kept

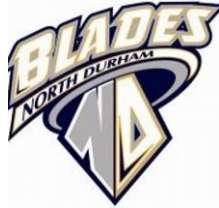
- c. U9
 - Development Phase 3:1 Practice to Game Ratio
 - Regular Season Phase 2:1 Practice to Game Ratio
 - Black Pucks
 - Practices – 50 mins
 - Games (Until Jan 14)
 - 2 – 22 min periods
 - Half-ice games
 - 4 on 4 hockey (plus a goaltender)
 - 2 mins shifts – buzzer or whistle to change
 - No score kept
 - Games (Jan 15- end of season)
 - 10-12-run time (time left less 3 mins) periods
 - Full-ice games
 - 5 on 5 hockey (plus a goaltender)
 - Score Kept after Jan 15

- d. U11-U15
 - 50 min Practice
 - Games
 - 10-12-run time (time left less 3 mins)

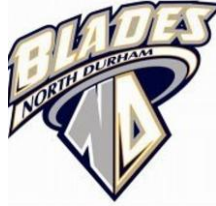
- e. U18/21
 - Games
 - 15-15-15 stop time periods (flood between 2nd & third period)



- 6.3 A penalty is the same amount of time, regardless if the period is stop time or run time.
- 6.4 For the U9 division (after Jan 15) and above, if during the final two (2) minutes of the game, if 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 standings 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 points between the 2 tied teams in the playoff games (head-to-head) will be used. If still tied, the scoring differential will be used. (Goals For/(Goals For +Goals Against) for all games played in playdowns. For a ties between 3 or more teams the same formula will apply (points between games with tied teams) and then goal differential.
- 6.8 All Coaches are responsible for sending a picture of the game sheet to the Director of Recreational Hockey immediately following the game. rec@northdurhamhockey.ca
- 6.9 All House League playoff game formats and schedules shall be determined by the association.
- 6.10 In the event of a tie at the end of regulation time in semi-finals and finals the following Sudden Victory format will be implemented.
- a. The first shift will be 1 minute of 4 on 4 play ending at the buzzer
 - b. 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.



- c. 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.
 - d. If still no winner, then start over at 4 on 4.
 - e. 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.
 - f. Substitution of a goalie is not permitted.
 - g. 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.
 - h. Penalties incurred during the 2 on 2 will be served as follows:
 - i. The penalized team will put the next eligible player on the ice and the opposing team will be allowed to play an additional player. (3 on 2)
 - ii. 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.
 - i. If after going through 2 full rotations of the above (a-d), a winner still has not been decided, then a sudden victory shoot out will be used.
 - i. 3 players from each team will each get one shot on net one at a time. If the game is still tied after the first 3 shooters, then the shootout continues with each team getting an additional shot until a winner is determined.
- 6.11 Substitutions during regular season with the division convenor's permission and/or Director of Recreational hockey, to a maximum of 10 skaters per team may be permitted. There are no substitutions allowed when a team has 10 skaters or more. Replacements will be equal in ability to the players they are replacing.
- 6.12 Substitutions are not allowed during playdown unless there are extenuating circumstances and with approval of the Director of Recreational hockey.
- 6.13 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 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

8.0 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 Director of Recreational Hockey.

This policy shall be reviewed annually.

APPROVED BY THE NORTH DURHAM MINOR HOCKEY ASSOCIATION BOARD OF DIRECTORS