

MAKING HOCKEY “FUN”



N.A.S.C HOCKEY RULES

**Approved by the N.A.S.C. Hockey Committee
April 15th, 2008**

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OSHAWA N.A.S.C. HOCKEY – 2007/2008 HOCKEY COMMITTEE RULES

INTRODUCTION

The rules contained in the following pages and those adopted by the C.A.H.A. and the Ontario Minor Hockey Association (O.M.H.A.) shall comprise the only valid rules governing play of the Oshawa N.A.S.C Hockey.

O.M.H.A. rules unless enhanced by N.A.S.C. Hockey rules, shall supersede all other rules where conflict arises.

Hockey rules will be amendable only by a majority vote of the N.A.S.C. Hockey Committee at a meeting held for that purpose.

Hockey is a part of the recreational House League Division of Oshawa Minor Hockey Association and is independently operated by the N.A.S.C. Hockey Committee.

All coaches, managers, trainers, and players shall be registered with the O.M.H.A. on O.M.H.A. recreational house league cards.

Players must be a resident of the City of Oshawa and must register for the Neighbourhood Association in which they reside.

All players and a parent or guardian must complete, sign & submit an N.A.S.C. registration form, N.A.S.C. code of conduct form and an O.M.H.A. player card. The coach is responsible for ensuring that copies of the registration/waiver form are available at all practices & games.

League Convenors/Executives have the right and authority to ask a Person(s) to leave the arena

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SECTION "A" – Central Registration, Team Content and Format

The Registrar will to the following: Organize a committee to oversee registration and carding Ensure all players are registered with the correct Neighbourhood Association Ensure the proper number of teams is established based on total player registration

Team Selection / Pooling Committee

N.A.S.C. Vice-Chairperson (Pooling committee Chair)

Registrar(s) Head Convenor Divisional Convenor(s)

- (A -1)** Neighbourhood Associations with more than 17 players must form a team without pool players. Parks will be consulted by the pooling committee to identify the excess players to be placed in the player pool.
- (A -2)** If a Neighbourhood Association has enough registrants to form more than one team in a division, the first team must be comprised of all neighbourhood association players and the balance of the second team would have pooled players.
- (A -3)** Neighbourhood Association's with nine (9) or more registrations in a division after the first registration will be identified and awarded a team.
- (A -4)** Players registering after the initial N.A.S.C. registration of the year, will be considered pool players
- (A -5)** Final team selections and pooling will occur after the late registration.
- (A -6)** Registrations received after team selections and pooling is complete will be placed by the Registrar with the goal to have an equal number of players on each team.
- (A -7)** In the event that the N.A.S.C. Hockey Committee is informed of a player not fulfilling the obligation of paying their monthly ice fees, they can and will be removed from the hockey program until those fees are paid.

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SECTION "B" -HOUSE LEAGUE RULES

- (B -1)** All hockey personnel/volunteers affiliated with the N.A.S.C. Hockey Program must have a valid C.I.R. and all certifications according to O.M.H.A. guidelines.
- (B -2)** All Neighbourhood Associations are responsible for the operating costs incurred by their teams for each game and practice. Teams will be billed through their Neighbourhood Association for ice time and tournaments assigned by the League.
- (B -3)** All players in every age group must receive fair ice time. N.A.S.C. Hockey Chair and the Park Hockey Chair will investigate any abuse of unfair ice time.
- (B -4)** The starting line-up may consist of any five players on the game sheet, plus a goaltender. Coaches should be aware that tournament rules may require the starting line-up to be the first five players listed on the game sheet.
- (B -5)** Team captain and team assistant captains must be identified on the game sheet and must be properly identified on the player's jersey.
- (B -6)** Players' signatures are not required but all team officials on the bench must sign the game sheet prior to commencement of the game.
- (B -7)** All games except Instructional 4/5 and Novice "Super Six" divisions will be three ten-minute stop time periods. Instructional 4/5 and Novice "Super Six" will be 45 minutes "running time" with a 2-minute buzzer system. Novice "Super Six" division games in the month of March will be three ten-minute stop time periods.
- (B -8)** Convenors and game officials are responsible for getting the teams on the ice as soon as it is ready. It is a team officials' responsibility to fill out the game sheet before the game and to retrieve a copy of the game sheet from the Convenor after completion of the game.
- (B-9a)** In the Bantam and Midget divisions, when there is a five goal spread at the start of the third period, the third period will be running time, unless in the event the spread becomes less than 5 goals, then stop time resumes. In the PeeWee division, when there is a seven (7) goal spread at the start of the third period, the third period will be running time, unless in the event the spread becomes less than 7 goals, then stop time resumes. (Play-offs excepted)
- If the head referee deems the game play unsafe, then the head official has the right to initiate running time.
- (B -9b)** Atom levels and below will play three (3) 10 minute stop time periods, regardless of the score.
- (B -10)** Players are only permitted to participate/play on one team. No player is permitted to participate in N.A.S.C. Hockey and any other league or team at the same time whether it is sanctioned or non-sanctioned by Hockey Canada, Alliance Hockey, OHF, OHF member partners, OMHA or otherwise.
- Only exceptions to this eligibility are as follows:
High-School hockey programs, N.A.S.C. Select Hockey (Rostered Select), or as an "Affiliated player" to Oshawa Minor Hockey. Any violation of this policy will result in immediate removal of the player(s) from the N.A.S.C. Hockey program.
- (B -11)** There will be zero tolerance of abuse (verbal and/or physical) of game officials and the N.A.S.C. Hockey Committee. An indefinite suspension will be assessed to anyone involved in such activities and will be reviewed by the N.A.S.C. Hockey Disciplinary Committee. If a coach has a complaint with regards to a game official, he shall address his complaint in writing to the Divisional Convenor and/or Referee-in-Chief and if he is still not satisfied, he shall have the option of placing a written complaint with their Hockey Chair for submission to the N.A.S.C. Hockey Committee.

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- (B -12)** Radios will not be allowed in the dressing room before, during, or after the game, or during practice. Failure to comply with this rule may result in a one game suspension to the Coach.
- (B -13)** Each team will assign a parent in the stands to hold the dressing room key and assign another to monitor player behaviour in the penalty box and open and close the penalty box door. Game play will not commence until both penalty box officials are in place (PeeWee levels and below). Reminder: the parent in the penalty box is now a team official and must act accordingly.
- (B -14)** In the event that a team requests a schedule change, all re-scheduled games must have the prior approval of the Divisional Convenor. Both teams must be agreeable to any requested change. Prior to approval for re-scheduling, the team requesting the re-schedule must supply an hour of ice time, at their own cost, that is agreeable to the League and the other team.
- (B -15)** The Referee's dressing room is a restricted area. Only the game officials and Head referee are allowed access. Absolutely NO smoking is allowed in this area or in any area of the arena.
- (B -16)** There will be no body checking in age groups as prohibited by the O.M.H.A. Players violating this rule will receive a minor or major penalty relative to the severity of the offence.
- (B -17)** No adjustments to penalties stated on game sheets will be permitted. OMHA Referees decisions and suspensions may not be protested or appealed. Suspensions are assessed as directed by the OMHA Manual of Operations.

SECTION "C" -DEFAULTS

- (C -1)** If a team is unable to provide at least 5 players and a goaltender for a game, or 6 skaters, that team will default the game to the opposing team. The two teams will play an exhibition game at that assigned time. The default score will be recorded as 5-0.
- (C -2)** If both teams that are scheduled for a game are unable to provide at least 5 players plus a goaltender, or 6 skaters, for the game, than an exhibition game will be played at that time and both teams will have the game entered as a loss (both teams receive zero points).
- (C -3)** If a team fails to show for a game, that Neighbourhood Association will be responsible for the full costs of the game fees, including the costs of game officials.
- (C -4)** Any team official ejected by a referee or a league official who refuses to leave the playing area, defined as any vantage point from which he may coach his team or abuse game officials, may cause his team to default the game to the opposition. The team official will be subject to further disciplinary action.

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SECTION "D" -EQUIPMENT

- (D -1)** The trainer/coaching staff of a team is responsible to ensure that each player is properly equipped and that the equipment is worn in the proper manner. No child shall be allowed on the ice or in the team area (bench/ice surface) without complying with this rule.
- (D -2)** All players must wear C.S.A. approved helmets and face masks. These helmets and facemasks must not be painted beyond the original manufacturers' requirements. Also, they must wear B.N.Q. throat protectors and coloured mouth guards (white, red or transparent are not permitted) as outlined by the O.M.H.A. Other mandatory equipment includes athletic support and cup (male) or a jill (female), hockey pants, skates, shoulder pads, elbow pads, garter belt/tape/velcro straps, shin pads, gloves, socks, jerseys.
- (D -3)** Goaltenders' masks must have the plastic neck flap.
- (D -4)** The Home team is responsible to supply two good pucks, suitable to the referee for each league game, to be given to the referee before the game.
- (D -5)** Hockey sticks must be taped so as to not allow the butt end to get through the C.S.A. approved facemask.

SECTION "E" -EXHIBITION GAMES/TOURNAMENTS

- (E -1)** Coaches or managers must obtain approval in writing to enter in any exhibition game or tournament. All exhibition games and tournaments must be approved by the Divisional Convenor and O.M.H.A. Rep. Once approved, a signed permission form will be returned to the team.
- (E -2)** All coaches must go through the Head Referee and Timekeeper Co-ordinator for all exhibition games for their officials. Failure to do so will result in disciplinary action from the N.A.S.C. Hockey Discipline Committee.
- (E -3)** Any carded N.A.S.C. team participating in any game against another centre is representing the O.M.H.A. whether in exhibition or tournament play, must conduct themselves accordingly, and must adhere, at all times, to the N.A.S.C. Hockey "Code of Conduct".
- (E -4)** The N.A.S.C. Tournament Chairman will have a listing of all sanctioned O.M.H.A. tournaments.
- (E -5)** Any team, which enters a tournament without prior written approval, the head coach will be suspended. Other team officials may be suspended. Any team that enters an exhibition game without prior written approval will face disciplinary action from the league.

Exhibition and tournament game results must be reported to the N.A.S.C. Divisional Convenor prior to the next league game.

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- (E -6) An original copy of the game sheet must be handed in to the Divisional Convenor after the completion of the tournament/exhibition game and prior to the next league game. Failure to do so will result in suspensions to the team officials.
- (E -7) Any team travelling outside the jurisdiction of the O.M.H.A. for an exhibition game or a tournament must first obtain an additional letter of permission from the O.M.H.A.

This letter of permission must be obtained through the N.A.S.C./O.M.H.A. representative.

Note: This includes all areas outside the Province of Ontario and the other districts in the province - Western Ontario, Thunder Bay, Ottawa & District, and the G.T.H.L. of Toronto.

SECTION "F" -BORROWED PLAYERS

- (F -1) If a goaltender is injured and/or unable to play, a replacement may be made from his age group division, another player from the team may be dressed, or the team may play with an extra skater. No time will be allowed for the replacement goaltender.
- (F -2) "Calling up" a skater from an age group below or borrowing a goaltender from another team without consulting and obtaining approval of the coach and the Divisional Convenor is forbidden. Failure to comply may result in forfeit of the game and a suspension to the coach.

SECTION "G" -PENALTIES

All playing rules will be governed by C.A.H.A./O.M.H.A. rules unless superseded by N.A.S.C. rules. All N.A.S.C. rules will take priority over the C.A.H.A. rules.

- (G -1) Any player that receives three minor penalties in the same game will be removed from game play and a player from the ice must serve the penalty. The timekeeper will notify the referee when this situation occurs.
- (G -2) The coach of any team, Novice through to Peewee, whose team receives twenty-six or more minutes of penalties in a game, not including majors, will be suspended for the next league or playoff game. For Bantam and Midget the total is thirty-six minutes including major penalties, excluding 10-minute misconducts.
- (G -3) Suspended team officials and players will not be allowed in the dressing room and/or or dressing room area, before or after games, and will not be allowed behind the bench in league, exhibition, tournament games or playoff games. Suspended players and coaches must remain "behind the glass" and are NOT permitted in the arena seats/stands during game play. Suspended players/coaches must remain in the "general lobby area" of the arena.

If you are suspended in your last house league game of the year, and are affiliated with a select team, your suspension carries over to the select team.

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(G -4) An O.M.H.A. penalty report shall be completed by the referee for any player or team official who is removed from a game as a result of a game misconduct or games misconduct penalty. This does not apply to game ejection penalties. This report will be completed on the O.M.H.A. game sheet and given to the Divisional Convenor immediately after the game.

This report will be forwarded to the appropriate Convenor and the N.A.S.C. Hockey Disciplinary Committee for review and determination of consequences to the player.

All referees who issue this report may be required to attend the disciplinary Committee meeting on this particular incident.

(G -5) ONTARIO MINOR HOCKEY ASSOCIATION Match Penalty Policy: N.A.S.C. Hockey follows the current year O.M.H.A. policies as shown in the annual rule book of the O.M.H.A.

(G -6) If any N.A.S.C. hockey committee member feels additional penalties are warranted, then the offender and full details surrounding the incident will be reported to the Disciplinary Committee. Additional penalties may be levied under the disciplinary procedure and will be referred to the Disciplinary Committee.

(G -7) All age division minor penalties will be two minutes stop time; and major penalties five minutes stop time. All penalties will commence at the drop of the puck by the referee at the face-off following the assessment of the penalty.

(G -8) Ten Minute Misconduct -Ten minute stop time. If assessed in the third period, the player will be ejected from the game and receive an additional one game suspension to be served at the next league game.

(G -9) Any coach found playing a suspended player in a league, exhibition or tournament game shall be suspended indefinitely and the team will forfeit any points. The N.A.S.C. Disciplinary Committee will review the circumstances and decide on the length of the suspension.

(G -10) Any complaints regarding officiating should be written and directed to the Referee-in-Chief, Divisional Convenor and Disciplinary Chair.

(G -11) Fighting or acts of violence, on or off of the ice surface during N.A.S.C. Hockey functions are not tolerated. In the event a fighting penalty is assessed or witnessed, the offending player(s) will be immediately ejected from the game and will receive an additional 3 games league suspension over and above OMHA guidelines.

(G -12) If there is a second fighting penalty assessed at any other time to the same player in the same (current) season, that player will be immediately removed from the game and in addition to OMHA guidelines, all N.A.S.C. Hockey privileges will be revoked for the remainder of the current hockey season and the player(s) in question must appear before the disciplinary committee.

(G -12a) If there is a second fighting penalty assessed at any other time to the same player in the same (current) season, that player will be immediately removed from the game and in addition to OMHA guidelines, all N.A.S.C. Hockey privileges will be revoked for the remainder of the current hockey season and the player(s) in question may be required to appear before an N.A.S.C. Hockey disciplinary committee if deemed necessary by the N.A.S.C. Hockey Executive.

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N.A.S.C. Hockey Playoff Rules

(As passed by the N.A.S.C. Hockey Committee March 15, 2005)

SECTION "H" -PLAYOFF RULES

- (H -1)** All playoff games shall adhere to the N.A.S.C. Hockey Rules.
- (H -2)** The initial playoff series shall be a round robin with all teams participating.
- (H -3)** Tie games during round robin play will not be broken.
- (H -4)** After completion of the round robin, the league convenors will determine the final standings and will decide positions according to the following Round Robin stats:
1. Total Points
 2. Wins
 3. Head to Head
 4. Plus Minus (Goals)
 5. Most Goals For
 6. Least Goals Against
 7. Least Penalty Minutes
- (H -5)** Teams will then be divided into A, B, C, D etc. divisions.
- (H -6)** The final series will be a 2-game, total points series. If tied after the second game, overtime will consist of ONE (1), FIVE (5) MINUTE SUDDEN DEATH OVERTIME PERIOD.
- (H -7)** At the end of the 5 minute overtime, if still tied, there will be a shoot-out.
- (H -8)** Before the final game, coaches are required to list on the game sheet, in shooting order, the first 5 players for the shoot-out.
- (H -9)** Both players will leave the centre ice circle at the same time.
- (H -10)** In the event that the score is still tied after the first 5 selected players have gone, the coach then selects a new player for each next shot and play then becomes sudden death.
- (H -11)** The original 5 players identified on the game sheet prior to the start of the game, CANNOT be re-used until each player on the entire team (except the goalie) has taken a turn in the shoot-out.
- (H -12)** If a player who has been identified on the game sheet prior to the game is in the penalty box at the end of the game's overtime period, and the Referee determines that a shoot-out is required, the player(s) in the penalty box are ineligible to participate in the shoot-out and alternate players must be provided by the coach prior to the commencement of the shoot-out.
- (H -13)** Each team will be allowed ONE (1), 30-second timeout anytime during the second (final) game or overtime of the Championship Finals. No timeouts are permitted during round-robin play or in the first game of the two-game championship final.
- (H -14)** All teams must be dressed and ready to play at least 15 minutes prior to the scheduled start time of their second (final) Championship Series game.
- (H -15)** All playoff games will be stop time for the full three periods regardless of the score.
- Note:** The Head (On-Ice) Referee and/or N.A.S.C. League Executive, has the right to call a game (cease game play) or initiate run-time, if the game in question is getting "out of hand".

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