

MAKING HOCKEY "FUN"



N.A.S.C HOCKEY RULES

TABLE OF CONTENTS

Introduction

Section A Registration/Team Content Rules

Section B House League Rules

Section C Defaults

Section D Equipment

Section E Exhibitions/Tournaments

Section F Borrowed Players

Section G Penalties

Section H Playoff Rules

OSHAWA N.A.S.C. HOCKEY RULES

INTRODUCTION

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

O.M.H.A. Manual of Operations for the current hockey season (i.e. rules) unless enhanced by N.A.S.C. Hockey rules, shall supersede all other rules where conflict arises.

Oshawa N.A.S.C. Hockey is an affiliated House League program to 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 approved O.M.H.A. team rosters as facilitated by the League Registrar.

Player eligibility is governed by O.M.H.A. which clearly states that there are no residential restrictions for house league hockey. However, priority is given to permanent residents of the City of Oshawa, who are members in good standing, of a Neighborhood Association (see Select program rules for player eligibility specifics)

All players and a parent or guardian must complete, sign & provide an N.A.S.C. Hockey registration form, O.M.H.A. Parent Respect In Sport course, N.A.S.C. Concussion protocol form and agree to the N.A.S.C. Hockey code of conduct. Coaching staff are responsible for ensuring that copies of the registration/waiver form are available at all practices & games.

SECTION "A" – Allocation of Teams and Movement of Players

N.A.S.C. Hockey Registrar will do the following:

Select a pooling committee to oversee registration of all players ensuring all players are registered and to ensure the proper number of teams is established based on total player registration numbers.

- (A-1) It is the intention of the Oshawa N.A.S.C. Hockey Pooling Committee to balance the team competition as equally as possible
- (A-2) Parks/Hockeychairs must provide their intent to take teams for the upcoming hockey season before May 1st.
- (A-3) Hockeychairs must provide the N.A.S.C. Hockey Registrar with their list of coaching staff for the upcoming hockey season by the August Hockey committee meeting
- (A-4) Teams will be assembled in all divisions Super Six through Midget based on player ratings ascertained within the previous hockey season. Players will be assigned to their home park where feasible.
- (A-5) Neighbourhood associations will not be awarded more than one (1) team in any division until all parks have been approached to allow for maximum park representation across the association.
- (A-6) Awarding of two (2) teams to any park will not be permitted unless approved by the N.A.S.C. Hockey Pooling Committee. In the event that there are more Neighbourhood Associations that have expressed an interest in taking a team than there are available teams, Neighbourhood Association's with nine (9) or more park affiliated registrations in a division after the first registration will be identified and offered a team.
- (A-7) Player registrations received after team selections and pooling is complete will be placed by the N.A.S.C. Hockey Registrar with the goal to have an equal level of skill/competition on each team.
- (A-8) The allocation of teams and the movement of players will be decided by the Oshawa N.A.S.C. Hockey Pooling Committee. Players may be moved amongst teams within a division during the first three (3) weeks of the current hockey season based on player ratings, level of competition, etc. with the intention of balancing teams.
- (A-9) All decisions of the Oshawa N.A.S.C. Hockey Pooling Committee are final.
- (A-10) The N.A.S.C. Hockey Pooling Committee is required to consist of N.A.S.C. Hockey Executive members and Hockey Committee members

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.
- a. No coaching staff will be reimbursed for any OMHA certification clinic until a valid receipt and valid C.I.R. has been provided to the participating park and/or league representative
- (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 Executive and the Park Hockey Chair will investigate any abuse of unfair ice time.
- (B-4) All team officials on the bench must sign the game sheet prior to commencement of the game/scrimmage.
- (B-5) All games will be three ten-minute stop time periods (Atom through Midget/Juvenile)
- (B-6) Instructional divisions will be 48 minutes "running time" scrimmages with a 3-minute buzzer system (for Instructional 5 and 6) and a 2-minute buzzer system for Minor Novice (7) and Novice (8) until which time Novice 8 transitions to full ice sessions.
- (B-7) Divisional 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.
- a. 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)
 - b. If the head referee deems the game play unsafe, then the head official has the right to initiate running time.
 - c. Atom levels and below will play three (3) – ten (10) minute stop time periods, regardless of the score.
- (B-8) 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, they shall address their complaint in writing to the Divisional Convenor and/or Referee-In-Chief **after the mandatory 24-hour cool off period**. If they are still not satisfied, they shall have the option of placing a written complaint with their Hockey Chair for submission to the N.A.S.C. Hockey Committee.

(B-9) Corded music devices 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. Listening levels must be acceptable. Failure to comply may result in this privilege being removed.

(B-10) 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.

Reminder: the parent in the penalty box is now a team official and must act accordingly.

(B-11) The Referee's dressing room is a restricted area. Only the game officials and Referee-In-Chief are allowed access.

(B-12) 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 default score will be recorded as 5-0. The non-defaulting team may use the ice for the purpose of a practice. In all cases, the non-defaulting team MUST have at minimum the team trainer present on the bench at the ice surface for this session. In the event that non-defaulting team is unable to provide adequate supervision, the ice must be vacated.

(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, the ice MUST be vacated 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, the 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 they may coach his team or abuse game officials, may cause their team to default the game to the opposition. The team official will be subject to further disciplinary action.

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. The stick must be in good condition with no chips or cracks in the blade.
- (D-6) In the event of a jersey colour conflict, the Home Team will be required to wear league provided "pinnies"

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, League Representative and O.M.H.A. An O.M.H.A. Travel Permit must also be applied for and approved. Once approved, a signed permission form will be returned to the team.
- (E-2) All coaches must go through the Referee-In-Chief 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 rostered 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 Chairperson will have an approved 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 for a minimum of one (1) year. Other team officials may be suspended as well. Any team that enters an exhibition game without prior written approval will face disciplinary action from the league.

- (E-6) An original copy of the game sheet must be handed in to the Head Convenor or League Registrar within 48 hours after the completion of the tournament/exhibition. Failure to do so will result in suspensions to the team officials.

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 use of an Affiliated Player is governed by the following guidelines:
- 1) Players cannot be used to complete an existing team roster. Affiliated Players are only to be used when a team roster has dropped below ten (10) skaters and upon request in writing by the Coach to the League Registrar (or league designate as appointed by the League Registrar)
 - 2) Players can only be used as an AP when the above process has been completed in full and has been approved in writing by the League Registrar.
 - 3) Notification of approval can be provided by the League Registrar via email.
 - 4) Players are only permitted to affiliate to a team that is one age group higher than their current level of play. (e.g. Major Atom to Peewee, Major Peewee to Bantam)
 - 5) The team requesting the affiliated player must already be approved in HCR
 - 6) Both the player being affiliated and the roster the player is coming from are approved in HCR.
 - 7) An "Offer of Affiliation" has been completed for each player for which an affiliation approval is being requested.
 - 8) This Offer of Affiliation must be requested through and facilitated by the NASC Hockey Registrar.
 - 9) This form, when signed by the player and parent/guardian, will confirm the player's commitment to accepting a position as an affiliated player on the team indicated. This form, when signed by the Coach of the player's registered team will confirm the Coach's agreement to the player accepting a position as an affiliated player on the team indicated.
 - 10) THIS "OFFER OF AFFILIATION" MUST BE ATTACHED TO THE PLAYER'S RECORD IN THE HCR BY THE NASC HOCKEY LEAGUE REGISTRAR.

- 11) The team affiliation will be created by the NASC Hockey League Registrar and approved by the OMHA Regional Executive Member electronically. This process must be completed by no later than January 10th in the current hockey season.
- 12) Any Affiliated Player participating in a game must be identified on the game sheet having an "AP" beside his/her name. Appearance of the player's name on the official game report shall be considered participation in the game, except in the case of a substitute goaltender, in which case actual participation shall be specifically noted on the game report.
- 13) If it is deemed that an AP has been used without the knowledge of, or consent by the NASC Hockey League Registrar (or designate), the offending Coach will be subject to suspension.

"Any player whose name appears on the official game report and/or participates in the game without the consent of the NASC Hockey League Registrar, will cause their team to forfeit the game regardless of the score of the game. The offending team official will also be subject to a subsequent suspension for the remainder of the current hockey season."

SECTION "G" -PENALTIES

- (G-1) Any player that receives three (3) 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 can be suspended for team penalty minutes as per OMHA regulations.
- (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.
- (G-4) 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.
- (G-5) 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 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-6) 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-7) 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-8) Any coach found playing a rostered goaltender in a player position 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-9) 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 two (2) games league suspension over and above OMHA guidelines.
- a. 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.
- (G-10) All Divisions from Atom and above will receive a notification from the League once a player has accumulated the number of penalty minutes as noted below:
- 1) 30 min. warning letter
 - 2) 45 min. warning letter
 - 3) 60 min. 1 game suspension letter
 - 4) 75 min. hearing
- (G-11) In years when there are an odd number of teams in the division, a suspended player will sit out for the amount of games or the number of weeks, whichever comes first.

SPECIAL PROVISIONS:

Hockey rules will be amendable only by a majority vote (66 2/3%) of the N.A.S.C. Hockey Committee at a meeting held specifically for that purpose.

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