



RICHMOND HILL
HOCKEY ASSOCIATION

HOUSE LEAGUE

RULES AND REGULATIONS

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If an item is not found in this guideline, it does not mean it is okay to do it - **PLEASE CHECK WITH YOUR DIVISION CONVENOR BEFORE DOING ANYTHING THAT CAN BECOME CONTROVERSIAL - IF YOU ARE NOT SURE, ASK FIRST!** For the division convenor, please check with the VP HL or the Hockey Office.

1. **DEFINITION:** (What is House League)

House League Hockey consists of hockey players who wish to play in a fun, non-competitive atmosphere where the main emphasis is on teaching hockey skills and developing teamwork. Body contact is prohibited.

We expect that all participants including parents and coaches behave in a respectful manner to each other, coaches and any league or on ice officials. Any inappropriate conduct will not be tolerated.

2. **PARENTS MEETING:** (Why?)

It is *recommended* that each coach hold a parents meeting to review your plans/goals/expectations throughout the season. In holding this meeting your parents will be aware of what you will be doing and thus not be hit with any unexpected surprises. You should give the parents a chance to ask questions, and lay down your rules as coach (i.e. When to arrive for games, practices, etc.)

3. **SPONSORSHIP:**

Sponsorship per team is set at \$700.00. Sweaters with the sponsor's logo will be supplied to each team. Each sponsor will receive a plaque at the end of the season and sponsors names will be displayed on our website.

4. **PLAYER FEES:** (Costs to play)

Each player must pay the league registration fee. The fee covers items such as referees, ice time, sweaters, socks, trophies, pictures, banquet, etc. Each player will keep their sweater and socks at the conclusion of the season.

5. **TEAM and BALANCING:** (Why and When?)

Each division convenor will view practices/games to determine how well balanced the teams are. At the convenors sole discretion players will be moved from team to team in an attempt to equalize the balance of players, based on ability or safety reasons. This usually is accomplished by picture day, however in extreme cases adjustments can (and will) be made at any time (at the convenors sole discretion). Any disputes concerning the movement of players will result in a player's fees being refunded on a pro-rated basis. There are NO appeals that can be made by the players and/or players' parents. The convenors decision is final.

6. **TEAM COMPOSITION:** (Players; Team Officials)

PLAYERS

A team consists of up to 15 skaters and a maximum of 2 goalies, except for Mites (with no dedicated goalie) & Midget/Juvenile where each team can consist of up to 18 skaters.

COACHES

COACHES: All coaches shall be active participants in the OMHA Coach Mentor Program and ensure the proper observance of the Constitution and By-Laws of RHHA and OMHA Coach Guidelines. Coaches are required to have PRS (Speak Out), CHIP for Mite – Atom ages and Coach Stream for Minor Peeewe – Midget along with a police check.

Coaches will, in partnership with their managers:

- Exercise control in the conduct of their players and themselves
- Shall endeavor at all times to prevent disorderly conduct before, during and after games or practices on or off the ice or in any arena or while taking part in RHHA activities

RHHA will hold coaches responsible for player conduct. As a coach you are responsible for player conduct on the ice, on the bench and in the dressing rooms. As well RHHA will hold the coach responsible for the unacceptable actions of both their staff and the team parents. Emphasis should be placed on fair play between players. Unsportsmanlike conduct will not be tolerated.

TRAINER

Trainers are required to have the OMHA Trainer certification and PRS/Speak Out/ Respect in Sport Activity Leader certification along with a police check. The team trainer supervises the health and incidents of injury of the players on the team. Please refer to the OMHA Trainer Manual (HDCO) for medical history sheet for all players and medical release requirements for any injured player that has as the result of an injury lost significant playing time prior to the player returning to the team for both games and practices.

He/she ensures that the team parent group is familiar with procedures involving the Emergency Action Plan (EAP) for all games and practices. Ensure that the trainer's kit is available at all games and practices (at the trainer's expense).

The trainer of the team is responsible for forwarding a copy of the OMHA Case Report to the RHHA office and to the OMHA. He/she also ensures that a copy of the completed medical release is received by the team and kept by the team should it be required. Copies of these documents can be located on both the OMHA and Hockey Canada websites. The trainer will keep all player medical history sheets with him/her for all team events, practices, games.

MANAGER

Team Managers, in partnership with their coaches:

- Shall ensure the care, keeping and return of all RHHA equipment used by the team(s) during the season
- Ensure the efficient operation and image of their teams throughout the season. The manager shall ensure that the By-Laws of RHHA and the Rules and Regulations of the OMHA are strictly adhered to by all.
- Shall ensure that only rostered team officials and players are on the bench during games and practices and shall have the option to remove all people not related to the team from the dressing room.
- Provide a completed and signed game sheet to the game timekeeper prior to the commencement of any game. To include all suspended players and officials.
- Collect your team's copy of the game sheet.

7. PLAYER HANDLING: (Attendance, practices, penalizing players?)

All players should attempt to attend all practices and games, however in the event that a player cannot attend an event, the head coach should be notified in advance. Players must attend all House League events over a Select or Rep event. The only exception to this would be an approval from the Division Convenor and/or the VP House League. Players should arrive 30 minutes prior to the practice or the game so there is sufficient time for the player to change and to receive instructions from the coaching staff.

Players are expected to behave in an orderly manner while at all practices and games.

Parents of children in PEEWEE and below MUST remain in attendance during games/practices, or ensure that a designated adult is available in case of injury or any item requiring adult attention. Please be aware that even though coaches are usually willing to assist players in getting into uniform, it is the parent's responsibility. **We ARE NOT a child minding service and it is NOT the coaches' responsibility or the arena staff's responsibility to look after your child when games/practices are over.**

Parents are expected to pick up their child AT LEAST within 15 minutes of the completion of the game/practice. The RHHA and all coaches are not responsible for the wellbeing of players when the event attended is complete. We do ask coaches to do their best to ensure that all children (especially those 10 and under) are accounted for - but ultimately it is the parents responsibility. In the event of an unforeseen injury, it would be advisable to have either coaches or other parents' cellular number, if available. At the least, notification should be given, should a parent not be able to make it as planned and other arrangements could be discussed. Listed below is the recommended shifting of lines based on the number of players that are present. In lower divisions such as Mites/Tykes/Novice the wheel method must be used, where 6 (Mites) off and 6 (Mites) on or 5 (Tykes/Novice) off and 5 (Tykes/Novice) on. These suggestions change from division to division and are agreed upon with the convenors in a coach's meeting.

8. LINE UP: (How to set up offense/defense - Atom & up)

The following chart should be used for forward/defense setup based on the number of players available:

<u>#of Skaters</u>	<u>Forwards</u>	<u>Defense</u>
15	9	6
14	8 *	6
	9	5 **
13	8 *	5 ** (<i>Preferred</i>)
	9	4 (<i>Peewee & up, where lack of defense</i>)
12	7 ***	5 (<i>Preferred</i>)
	8 *	4 (<i>Peewee & up, where lack of defense</i>)
11	7 ***	4
	6	5 **
10	6	4
9	6	3 **

* Normally 2 sets of Centres, and 3 sets of Wingers....do not leave the same 2 players at centre for the entire game, attempt to give other players an opportunity.

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For example - switch the 2 players at centre every period, and ensure that if 1 or 2 do not get a chance in the current game that they are the ones that get the first opportunity the next time this situation occurs.

** Ensure that each player misses 1 shift prior to anyone missing 2 shifts. Use numbering system such as:

	<u>5 Defense</u>	<u>3 Defense</u>
Shift # 1:	Player 1 & Player 2	Player 1 & Player 2
Shift # 2:	Player 3 & Player 4	Player 3 & Player 1
Shift # 3:	Player 5 & Player 1	Player 2 & Player 3
Shift # 4:	Player 2 & Player 3	
Shift # 5:	Player 4 & Player 5	

Continue this pattern to ensure that all players receive the same number of shifts throughout the game.

*** Ensure that each player has a turn at missing 1 shift before another has 2, and continue this throughout the game.

9. LINE SHIFTING: (Length? Number?)

Mites / Tykes / Novice: A 2 minute buzzer is used.

Atom / Peewee / Bantam / Midget: The length of any given shift is unpredictable due to the numerous factors involved; however a coach should try to be as consistent as possible. If all shifts are considered short or long than everything is equal. A shift can vary from below a minute to two minutes, however consistency is what is important here.

10. POWER PLAYS and PENALTY KILLING: (Yes or No?)

Regular Season: Selecting players for power plays or penalty kills is not permitted. Players must still be rotated as it causes some players to receive a disproportional amount of ice time in comparison to others.

Playoffs: Selecting players for power plays and penalty kills is only permitted in the Bantam and Midgets/Juvenile divisions.

11. LAST 2 MINUTES: (Power Line?)

Same as above (Item #10)

12. PLAYOFFS:

The convenor of each division (Novice & up) will organize a playoff schedule. This schedule is to be reviewed with the coaches and distributed so everyone has a clear understanding of what is expected and how it will work. **The Mites & Tykes divisions do not participate in playoffs.**

13. TOURNAMENTS: (How many?)

Each team can attend a maximum of 2 Tournaments throughout the season. The tournaments must be OMHA (or GTHL - depending on relationship status) sanctioned, and each coach MUST have a Travel Permit approved by the VP House League or Mary Parkinson (Hockey Office) prior to attending. Parents must pay for their children to participate in this event, and there may be a gate fee for spectators. Players are not to be forced to attend HL tournaments. Coaches are to confirm the required documentation (approved player cards, approved HL roster sheet) they need to participate in the tournament, and ensure that the association is given ample time to gather it for them. Coaches must notify their division convenor that they plan to participate in a HL Tournament. Coaches are asked to avoid booking a tournament during the RH Select Tournament.

14. PICTURE DAY: (Player/Team Photo)

All coaches/players will be notified prior to the designated day for team pictures. All players must be dressed and ready 1/2 hour prior to game or practice time.

15. BANQUET: (End of season division party)

Each division convenor will organize the banquet for all players/coaches. At this event, normally held on the last Saturday of the season (March), all players will receive their trophy, team picture, and a light snack will be provided.

16. MISCELLANEOUS:

a. PRACTICES

Coaches cannot cancel/change practices/games without convenor permission. Older brothers/sisters that are registered in the RHHA are allowed on the ice to ASSIST COACHES at practices if the coach agrees. These players are NOT permitted on the ice to practice their skating or shooting, and must be dressed in full equipment.

Coaches will NOT allow fun games against the other team during practice time. This is the time used to teach players the skills required to participate in organized hockey. Games are not a teaching environment, and players receive only 1/3 the amount of ice time given during practices.

A coach must be on the ice prior to a team beginning a practice. Should a coach not be able to attend a practice, and unable to contact an assistant coach to ensure that an adult is on the ice, the convenor should be contacted immediately. The convenor can then, either contact another coach, or instruct the coach to cancel the practice.

COACHES ARE NOT TO BOOK ICE FOR ADDITIONAL PRACTICES

ALL TEAM OFFICIALS ON THE ICE FOR PRACTICE MUST WEAR A HELMET.

There will be an automatic 5 game suspension for the head coach if there is a head coach, assistant coach, trainer, or a coaching assistant who do not wear a helmet on the ice.

Should a coach require assistance with setting up/running practices please identify this to your convenor, and we will attempt to assist wherever possible? We understand that in many cases Coaches are volunteers and not experts.

b. EQUIPMENT

Players are required to dress in full hockey equipment for all practices/games (including neck guard). This includes helmet with cage, mouth guard, neck guard, shoulder pads, elbow pads, gloves, hockey pants, shin pads, skates, and stick. Only goal tenders are permitted to wear goalie skates. During games the referee will not allow a player to participate unless full equipment is present. In the event that a player is not properly dressed they will not be allowed on the ice. Players must wear team-designated sweaters/socks to all games. At no time are players allowed to wear sweaters or socks from any select and/or rep team. Goalie equipment is supplied at Mites (stick only)/Tyke/Novice levels, and a best effort at Atom and above. All Coaches will receive 10 practice pucks at the beginning of the season.

“C” or “A” placed on team jerseys: NOT permitted for Mites, Tykes, and Novice divisions.

c. PLAYERS BENCH

Only fully dressed players and carded coaches/trainers are allowed behind the benches during practices or games. This is true for all levels at all times due to insurance purposes. This holds true even in Mites/Tykes/Novice as sticks can fly out of player's hands and strike a parent/child that is not protected behind glass.

d. CHANGE ROOMS

Please make every attempt to leave the change rooms as clean as possible for the next teams that will follow. A separate Dressing Room must be provided for any Females Pee wee and older.

e. SPECIAL FOR THE MITES DIVISION

- Practices only, until sometime in November – start of games being played to be established by convenor.

When games begin:

- The lines are balanced where the more skilled players will play against each other and the lesser skilled players will play on another line. This is to ensure that the skilled players are challenged and that the less skilled players have a chance to participate more in the play of the game.
- There is a 2-minute shift which is indicated by a buzzer. Every shift will start with a face-off at centre ice.
- After a goalie freezes the puck the referee will throw the puck in the corner instead of having a face-off.
- 2 coaches (1 from each team) are allowed on the ice during games to position the players for face-offs. Coaches are NOT to interfere with the play.
- Scores are NOT to be placed on the scoreboard.
- Penalties are to be called by the referees, but the team will not play short. The player is sent back to the player's bench, and replaced by another player.
(We would like to teach the player he did something wrong).
- Goalies are only allowed to use a goalie stick - no other goalie equipment is allowed.
- No offsides or icing.

f. SPECIAL FOR THE TYKE DIVISION

- 1 coach allowed on the ice during games to assist players lining up for face-offs until January.
- Penalties are to be called by the referees, and served.
- Scores are placed on the scoreboard up to a five goal margin.

g. SPECIAL FOR THE MIDGET/JUVENILE DIVISION

- ☑ All contact penalties are a minimum of 2 minutes + a 10 minutes misconduct.
- ☑ Any intent to injury penalty results in an automatic game misconduct.
- ☑ Three penalties in the same game, of any kind, result in an automatic game suspension.
- ☑ All OMHA suspension durations will be considered minimums by the league.

h. SERVING SUSPENSIONS

House League Suspension

Any player receiving a suspension in House League **must serve the games in House League** and will NOT be allowed to play in any Select or Rep games that fall between the day of the penalty and the completion of serving the penalty.

Select or Rep Suspension

Any player receiving a suspension in Rostered Select or as an affiliated player to a Rep Team **must serve the games in House League**. A player will NOT be allowed to play in any Select or Rep games that fall between the day of the penalty and the completion of serving the penalty.

The above rules are mandated by the OMHA.

No matter where a suspension is given, a player can always practice with their team.
THERE IS TO BE NO EXCEPTION TO THE ABOVE!!

SUSPENSIONS (SCHEDULE 1)

SELECT OR HL SUSPENSIONS

OMHA guidelines will be used as a minimal guide for all suspensions.

The Division Convenor(s) and the VP House League have the authority to add games to any suspension.

HL/Select /Rep Conflicts

If a player has a conflict between a HL game/practice and a Select game/practice he must attend the HL event. For the player to attend the Select event only, an approval MUST be obtained (either verbal or written) from the HL VP. Should the player miss the HL event and attend the Select event without permission (no matter the excuse) that player will be given an automatic 1 game suspension from Select and receive his/her 1st and only HL warning. On a 2nd incident a further HL & Select suspension will be administered by the HL VP (treated on a case by case basis).

Since House League tournaments are optional, this rule does not apply.

Roles & Responsibilities (SCHEDULE 2)

ROLE OF THE CONVENOR

START OF SEASON

- ☑ Assigning all coaches and assistants.
- ☑ Setting up all teams.
- ☑ Arranging Coaches meeting
- ☑ Distributing all player's shirts & socks, when available.
- ☑ Balancing all teams in an attempt to give everyone an equal chance at being competitive.
- ☑ Move players up or down a division as required, to help weaker players develop, and stronger players have a challenge.
- ☑ Issue goalie equipment to coaches, where required.
- ☑ Notify all coaches of picture day.

THROUGHOUT THE SEASON

- ☑ Being present at all games or designating a responsible coach to act as convenor in his/her absence.
- ☑ Ensures ref/scorekeeper at game (contact head ref or head scorekeeper if not)
- ☑ Ensures division completes games on time (run clock if necessary)
- ☑ Resolve parent, coach, player conflicts.
- ☑ Notify the VP House League of cases where the convenor cannot resolve a division conflict/incident, and the convenor would like further action taken.
- ☑ Ensure that spectators do not use the player's bench at any time.
- ☑ Ensure that coaches do not use practices to run exhibition games.
- ☑ Ensure that these guidelines are followed by their coaches.
- ☑ Ensure that coaches do not double shift players, and enforce warnings/penalties/relieving coaches, where this is abused.
- ☑ Enforce/assign suspensions as required.
- ☑ Ensure that players fulfill their HL commitment before Select (unless permission granted as per this guideline).
- ☑ Ensure that a game sheet is filled out by the coach of each team prior to the start of each game.

END OF SEASON

- ☑ Preparing a playoff schedule (Novice & up).
- ☑ Notifying all coaches of banquet date/time/location.
- ☑ Organizing the end of season banquet (purchase all food required - pizza, donuts...etc.).
- ☑ Collect goalie equipment from coaches, where required.

ROLE OF THE COACH

- ☑ Preparing drills for practices, preparing lines for games in conjunction with the Assistant Coaches
- ☑ Designating Assistant Coaches to work on specific elements of the game develop the team
- ☑ Create a plan for development for all players working with the assistant coaches.
- ☑ Be a teacher and not focus on winning the game at any cost.
- ☑ Being present at all games/practices or designating an assistant coach to act as coach in his/her absence.

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- ☑ Designating a Team Manager to act as key contact point for non-developmental issues.
- ☑ Notify the convenor of cases where he/she cannot resolve a player or parent conflict/incident, where further action is required.
- ☑ Ensure that players fulfill their HL commitment before Select (unless permission granted as per this guideline).
- ☑ Notify all parents/players of picture day. (Team Manager)
- ☑ Ensure that all players have the required equipment before going on the ice (especially practices where there are no referees to check). (Trainer or Assistant Coach)
- ☑ Ensure that spectators do not use the player's bench at any time.
- ☑ Distribute/collect goalie equipment, where required. (any coaching staff member)
- ☑ Ensure that these guidelines are followed.
- ☑ Remember to always act in a professional manner, especially when in front of players.
- ☑ Ranking players for next season (along with Assistant Coach)
- ☑ Conduct team meeting with parents and players so everyone understands their roles.
- ☑ The Trainer or Assistant Coach will check that the condition of the equipment does not compromise the safety of the player.
- ☑ The Trainer will have a designated parent in case of the need for emergency assistance, having pre-determined signal to call 911