



NORTH TORONTO HOCKEY ASSOCIATION PLAYING RULES & REGULATIONS

Regular and End of Season Rules and Regulations

1. GENERAL

- 1.1 North Toronto Hockey Association (NTHA) will be governed by the rules of Hockey Canada (HC) in their entirety, with such modifications as are imposed by the Greater Toronto Hockey League (GTHL) and the North York Hockey League (NYHL) from time to time, in its capacity as the governing body for minor hockey in Toronto, and with such further modifications described below. Please refer to the GTHL and NYHL Rules and Regulations on the GTHL (<https://www.gthlcanada.com/>) and NYHL website (<https://nyhl.on.ca/>).
- 1.2 The NTHA Rules and Regulations apply to all divisions, unless specified otherwise.
- 1.3 The NTHA is open to all minor hockey age players, meaning that the eligibility of players to participate is not restricted by skill level as outline in Appendix "A".
- 1.4 A house league team may not participate in any game or tournament outside the NTHA without the expressed written permission of the VP of Houseleague.
- 1.5 Key dates relating to the hockey season are outlined in Appendix "B"
- 1.6 Divisional Convenors have been assigned to oversee each division. Any matter for review by the NTHA Executive must be presented through the Divisional Convenor. The role and responsibilities of the Divisional Convenors are outlined in Appendix "C".
- 1.7 It is the responsibility of each Divisional Convenor, to ensure that a copy of the most current NTHA Rules and Regulations (the rules) are provided to the Head Coach of each team under their jurisdiction. The rules must be distributed prior to the start of the regular season.
- 1.8 The rules are subject to NTHA Executive review at mid-season, with any amendment(s) to take effect after December 31st. It is the responsibility of each Divisional Convenor, to ensure that a copy of any rule amendment(s) is provided to the Head Coach of each team under their jurisdiction. Key rule/regulation changes in effect for the current season are outlined in Appendix "D". (If Applicable)
- 1.9 In order to foster maximum participation across the organization, it is Association policy that a NTHA Select Coach/Assistant Coach NOT act as a head coach at the house league level. However, the NTHA Executive reserves the right to waive this restriction should circumstances warrant such action.
- 1.10 The NTHA follows a strict zero tolerance policy with respect to harassment as well as abusive and/or discriminatory language and/or behaviour, particularly toward game officials.
- 1.11 Coaches/Assistant Coaches that represent the NTHA and are subject to review, approval, discipline and suspension or removal by the NTHA Executive.

2. GAME DAY

2.1 PRE-GAME

- 2.2 All players should be in their dressing rooms one half hour before game time and must be there fully dressed before game time or, at the discretion of the Coach or Convenor, may not be allowed to play in that game.
- 2.3 Teams waiting to go on the ice must remain in the dressing room or the hallway leading to the benches until the prior game is over and players have cleared both the ice and the bench area.
- 2.4 Players are not to lean over the boards while the Zamboni is on the ice, particularly when the Zamboni is cleaning the ice in front of the player's/penalty benches. Players are not to step onto the ice surface during clearing or flooding until the Zamboni has left the ice and the end doors are completely closed.
- 2.5 Parents and visitors should be out of the dressing room 10 minutes prior to game time.

3. OFFICIALS (ON-ICE AND OFF-ICE)

- 3.1 It is NTHA's intent to have at least two On-ice Officials on the ice for every game. In the event there is only one On-ice Official at the arena at game time, the game will only proceed under the mutual agreement of both teams. In the event mutual agreement is not reached or there are no officials at the arena, the game will not be played, but may be rescheduled at the discretion of the VP of Houseleague. It is the responsibility of the On-ice Official to bring to attention of the respective Head Coaches the fact that he/she is the only On-ice Official in attendance.
- 3.2 There must be one official Timekeeper for every game. In the event there is no Timekeeper in the arena at game time, the game will only proceed under the mutual agreement of both teams as to an appropriate replacement. In the event mutual agreement is not reached, the game will not be played but may be rescheduled at the discretion of the VP of Houseleague.
- 3.3 Coaches and/or assistant Coaches must keep their players off the ice until: (a) the completion of the flood or until the preceding teams have cleared the playing area; and (b) at least one On-ice Official is present on the ice. Teams are permitted on the ice only with permission of an On-ice Official. Failure to abide by this ruling may result in a two-minute bench minor penalty being assessed by the On-ice Official or timekeeper, to be served at the beginning of the game. The player serving the bench penalty will be at the discretion of that team's Head Coach.
- 3.4 Coaches and/or assistant Coaches must refrain from walking across the ice surface to get to or from the team's bench. Failure to do so, may result in a two-minute bench minor penalty.
- 3.5 The "mercy rule" will be in effect during all house league games, meaning that the score displayed on the arena scoreboard will display a maximum of a five-goal differential despite the actual game score.
- 3.6 The Head Coach is responsible and will be held accountable for the actions and conduct of the players on the bench and his or her assistant Coaches and any other person assisting on the bench. All On-ice and other NTHA officials, arena personnel, other players and Coaches and spectators in and around the arena must always be treated with courtesy by team officials and players. Any infraction of this rule shall be reported to the NTHA Disciplinary Committee which may assess such penalties or sanctions as the circumstances warrant.
- 3.7 Foul, abusive and/or discriminatory language or behaviour will not be tolerated. Any player, coach or team official in violation of this rule will be referred to the NTHA Disciplinary Committee for the appropriate disciplinary action.

- 3.8 In the event of unsuitable language or behavior on the part of any spectator(s), the On-ice Official is to report such a problem to the appropriate team official, Divisional Convenor or NTHA Executive member at the arena. The Divisional Convenor or NTHA Executive will ask the team's Coach present to deal with such spectator(s). Should the problem persist, the Divisional Convenor or NTHA Executive will use discretion and the spectator(s) may be asked to leave the premises. In addition, the On-ice Official may penalize (bench minor penalty) to the team involved if the situation is not rectified to the On-ice Official's satisfaction.
- 3.9 In the event a situation at the arena is judged by the game Officials to be "out of hand", the game may be called at that point in the Official's absolute discretion. Each team is required to return to their bench immediately and exit the ice for its dressing room as directed by the On-ice Officials. The outcome of the game and any player/coach conduct review will be subject to NTHA Executive examination of the situation, based on the Game Sheet notations and written report of the game On-ice Officials to the Referee-in Chief.
- 3.10 Upon the conclusion of the game, the designated home team must proceed to its players' bench to allow the designated visiting team to exit the ice. Once the designated visiting team has exited, the designated home team can leave the ice. This orderly exiting of the playing area is to occur under the close supervision of the On-ice Officials. Failure to abide by this rule may result in a two-minute bench penalty, to be served at the start of the offending team's next game. Any player or players judged to be in gross violation of this rule by the On-ice Officials will be subject to disciplinary action by the NTHA Executive.
- 3.11 Due to tight schedules, teams are requested to clear dressing rooms within fifteen minutes after the completion of their games.
- 3.12 A separate dressing room is required for any female players in the Bantam (U15), Minor Midget (U16) and Midget Divisions (U18). Female players competing in these divisions may rejoin their teams during the ten-minute period prior to the start of the game and following the conclusion of the game in order to attend team discussions. No exemption from this ruling is allowed without the written approval of the NTHA Executive.
- 3.13 A suspended Coach, and/or any other team official may remain in the "warm area" of the arena and, if there is no "warm area", must remain uninvolved and as far away as is reasonably possible from the players' benches, penalty box(es) and dressing rooms during any games related to said suspension. The conduct of suspended persons regarding NTHA matters is subject to review by the NTHA Disciplinary Committee.
- 3.14 Failure to comply shall result in a further suspension which shall not be less than one (1) game and shall be subject to further review by the NTHA Disciplinary Committee

4. DIVISIONAL ALIGNMENT/TEAM BALANCING

- 4.1 It is the general intent of the NTHA to form house league hockey divisions comprised of teams capable of winning one-half of their games (i.e., playing 500 hockey). As a general guideline in team formation, the following principle should prevail:

- (a) 50% of the players should be of average playing ability;
- (b) 25% of the players should be of weaker playing ability; and
- (c) 25% of the players should be of superior playing ability.

The assessment of team player ability is in relation to the available talent pool across the entire Division. Any proposed team(s) judged by the NTHA Executive to be in violation of this principle may be referred to the Review Committee for appropriate corrective action.

- 4.2 In the discretion of the NTHA Executive, a league wide Coaches meeting will be held, by division prior to the commencement of play in each season, to ensure that playing strength and team numbers are evenly distributed across the entire division. League/Divisional Convenors will be assigned to oversee the process.

- 4.3 Players are to be assigned to divisional teams according to the core birth year(s) associated with that division, as advised by the VP of Houseleague. VP of Houseleague has the discretion in assigning players of superior playing ability to an older core age division. Overage players relative to the divisional core age group may not be assigned to a division without the written authorization of the VP of Houseleague. The request to the NTHA must be supported by a written explanation as well as a skills assessment indicating that the player is of weaker playing ability and is of an appropriate size for that division.
- 4.4 Select and Select Caliber players are considered of superior playing ability. A Select player is defined as a player registered with a NTHA Select team. A Select Caliber player includes any player who has played select hockey (either with the NTHA or another organization) within the past two years, any player who has played competitive hockey (e.g., GHHL), within the past three years, and/or any player judged by the Divisional Convenor or by the League Review Committee to be of superior playing ability relative to his/her age group.
- 4.5 It is the League's intent to distribute Select/Select Caliber players between divisional teams as evenly as possible. The divisional distribution of Select/Select Caliber players is at the discretion of the Divisional Convenor and subject to examination by the Review Committee. Select players are expected to play/support the house league program. Select players found to be regularly absent from house league games or practices may be suspended from their Select teams until their attendance improves at house league.
- 4.6 Select/Select Caliber players in the older age group band of the U7 Division and in core age group of the U7 are required to "play-up" with the next division. In the event the Association forms more than one Select team within these two age groups, only players selected for the "A" team are required to play.
- Alternatively, the VP of Houseleague may, in any season, establish a separate division for Select/Select Caliber players in the U7/U8 age groups, in which event all U8 Select/Select Caliber players and U7 Select/Select Caliber players shall be assigned to play in such division. Where in any season the Association forms more than one Select team at the U7 age group then the "A" team shall be assigned to such division and any "B" or other U7 Select teams may, in the discretion of the VP of Houseleague, either be assigned to such division, required to play up in U8 House League Division or permitted to remain in the U7 Division.
- Additionally, Select goalies (full time) in the U7 and U8 Divisions may remain with their age groups, as long as they play as skaters on their House League team or, if they play as goalies, they do so only as part of a regular rotation of players on the team who take turns playing goal. This rule will not apply in the separate U8 Select Division (if one is established) at the discretion of the Divisional Convenor or VP of Houseleague. A team found to be in violation of this provision would be subject to forfeiture.
- 4.7 A player participating in the NTHA Select Program or who, in the opinion of the VP of Houseleague and ratified by the Review Committee, is judged to be of Select Caliber may not play in a House League Division lower than his/her Select Division.
- 4.8 Players returning from competitive hockey (GHHL) may be required, in the Discretion of VP of Houseleague, to "play-up" with the next age group during the first year back in-house league hockey. For example, a returning U13 age player may be expected to play in the U14 Division.
- 4.9 The maximum number of players to be assigned on any team save for the U18 Division is 16 (15 skaters and a goalie).
- 4.10 The number of registered players to be assigned to a Buzzer Division team is targeted at 14 (13 skaters and a goalie). The number of registered players to be assigned with a Non-Buzzer Division team is targeted at 15 (14 skaters and a goalie). The VP of Houseleague may override or alter these targets, in its discretion.
- 4.11 The VP of Houseleague must be notified of any Select/Select Caliber player(s) seeking to join the house league once the regular season has commenced. The VP of Houseleague will refer the situation to the Divisional Convenor with the intent of adding the player(s) to the appropriate division's last place team at the time of the referral.

- 4.12 Teams and divisional alignments are subject to review by the respective Divisional Convenors and by the VP of Houseleague in the Fall portion of the regular season. As a result of this review, teams may be required to reassign players within a division in the interests of divisional balancing.
- 4.13 In the interest of divisional balancing, divisional tiering may be enacted at the discretion of the VP of Houseleague, if warranted by the number of teams (i.e., eight or more teams registered within a division). In the event divisional tiering is implemented, the tiering will become effective as of January 1st and points awarded during the Fall portion of the season to the teams so tiered will be carried forward to the Winter portion of the season under the tiered divisional alignment. In the event divisional tiering cannot be enacted due to an insufficient number of teams, an unbalanced playing schedule may be enacted at the discretion of VP of Houseleague.
- 4.14 Any team suspected of being in violation of the Divisional Alignment/Team Balancing rules and regulations or which declines to comply with any decision or directive of the Divisional Convenor on a matter of balancing shall be referred to the VP of Houseleague through the Divisional Convenor. Such cases, in turn, will be referred by the NTHA Executive to the Review Committee. Any team found to be in violation of these team balancing provisions or directive will be subject to the sanctions decreed by the Review Committee.

5. NTHA MODIFICATIONS/ADDITIONS TO HC/GTHL RULES

- 5.1 The following modifications to HC/GTHL Rules will be in effect during NTHA games. Modifications to the HC/GTHL Rules relating to penalties are outlined in NTHA Rules and Regulations, Section 10.4 - Automatic Suspensions.
- 5.1.1 All players are expected to receive an equal opportunity to play. Therefore, in the Buzzer Divisions, fair shift changes and equal ice time allotments to all players are mandatory.
- 5.1.2 A player is expected to play solely for the house league team to which he/she is assigned. In the event, a team has fewer than ten skaters and/or no goalie, then an NTHA registered house league player(s) of the core age group or younger, may be added from another team, to bring said team up to a maximum of ten skaters and a goalie. A player thus added must be clearly noted on the Official Game Sheet with an "AP" beside his or her name. The "borrowing Coach" must bring the player addition to the attention of both the opposing Coach and the Timekeeper prior to the start of the game, but the ability to borrow a player is not dependent upon the approval of the opposing coach. The Timekeeper, through the On-ice Official, shall check to ensure the opposing coach has been notified of any borrowed player(s) and shall initial the Official Game Sheet to this effect. A player may play a maximum of three such games in one hockey season. A player participating in more than three such games shall result in the forfeiture of the unauthorized game(s) by the offending team.
- 5.1.3 A Select/Select Caliber player may not be used as a substitute for a non-Select/Select Caliber player. The overriding principle and intent of this rule is that the team substituting a player should not be improved by reason of the substitution.
- 5.1.4 U10 to U18 Division games will be played under running time. The clock may only be stopped at the discretion of the On-ice Official, such as in the case of player injury. Any team, in the judgment of the On-ice Official, unnecessarily delaying the game will be assessed a two-minute delay of game penalty.
- 5.1.5 In the U10 to U18 Division games, there will be three periods of 15 running time.
- 5.1.6 Stop time will be in effect for the last two minutes of the game if the goal spread is two goals or less with two minutes to play in the game. In the event the goal spread becomes two goals or less during the last two minutes, then stop time will also come into effect. Once stop time has started, it will remain in effect for the remainder of the game.

Buzzer Divisions (U9)

- 5.2 The Buzzer Divisions are comprised of the U9 Divisions, or any other divisional naming or tiering authorized by the VP of Houseleague.
- 5.2.1 The following Game Sheet related rules apply to all Buzzer Division games:
- 5.2.2 All divisional games will be played under the buzzer format, wherein each shift plays three consecutive minutes. At the end of the three-minute shift, the Timekeeper will sound the buzzer. Once the Timekeeper sounds the buzzer, the next shift (as per the sequence specified on the Official Game Sheet) will resume play at the face-off circle indicated by the On-ice Official.
- 5.2.3 Regular season games consist of 15 shifts, with each shift being three minutes in duration. In completing the Official Game Sheet, player numbers must be noted in a continuing sequence over the fifteen shifts. (e.g. when fifteen players excluding goalies skate, the sequence of the first three shifts must be maintained for the succeeding shifts, four through fifteen inclusive.) Barring penalty or injury, the playing sequence must be maintained over the course of the game. No player may be played out of sequence.
- 5.2.4 If a team has less than ten skaters, the team will not be required to play with four skaters on any shift. Rather the team may use five skaters each shift, if it complies with the same sequential rotation.
- 5.2.5 In the event a Coach plays a player or players out of the designated Official Game Sheet sequence, the Timekeeper will sound the buzzer. The clock will be stopped until the appropriate player(s) appear on the ice and play is set to resume. A two-minute bench minor bench penalty will then be assessed the team in question. The penalty will be served by the ineligible player on his/her next shift. In the event this situation occurs toward the end of the game and the illegally substituted player will not have another shift in which to serve the penalty, the offending team must play the current shift short-handed. The player whose number appears in the first space on the Official Game Sheet for the current shift will serve the penalty.
- 5.2.6 If a player is injured and cannot finish his/her shift, then he/she may be replaced by the player of the same line position on the Official Game Sheet (i.e. 1st, 2nd, 3rd, 4th 5th) from the previous shift. Should the injury occur in the first shift of the game, the replacement will be the player from the same Official Game Sheet line position from the next shift. In the event the injured player is unable to return to the game and play his/her next regular shift, all players in the rotation move up one spot and this amended rotation will be followed for the balance of the game.
- 5.2.7 As a general rule, a penalty must be served by the offending player. Should a penalized player not be able to serve his/her full penalty by the last shift of the game, the remaining penalty time will be served by another player during the final shift. This remaining penalty time will be served by the player appearing in the Official Game Sheet sequencing order of the final shift which corresponds to that of the penalized player. (e.g., The remaining penalty of a player appearing in box one of the Official Game Sheet for shift eleven/twelve will be served by the player whose number appears in box one of the Official Game Sheet for shift thirteen, the remaining penalty of a player appearing in box two of the Official Game Sheet for shift eleven/twelve will be served by the player whose number appears in box two of the Official Game Sheet for shift thirteen, etc.)
- 5.2.8 In the event a goalie is removed from the play during the last three minutes of the game, the substituted
- 5.2.9 The following playing rules apply to all Buzzer games:
- (a) No icing shall be called.
 - (b) A maximum of three goals per player, per game will be counted in the scoring totals. Player goals in excess of the three-goal maximum should not be noted on the Official Game Sheet scoring total. The Timekeeper shall advise the On-ice Officials in the event a Three Minute Buzzer Division or U9/U10 (Minor Atom/Atom Division) player has reached the maximum three goal mark during a game. The face-off after a disallowed goal resulting from the maximum three goal rule will be held in the appropriate face-off circle closest to the defending team's net.

6. U7, U8 and U9 (IP6, Minor Novice and Novice)

- 6.1 The following rules apply solely to U7, U8 and U9 (IP6/Minor Novice/Novice) Division games:
- 6.2 All divisional games will be continuous play during the Fall portion of the season. Face-offs will only occur at the start of a period, or after a prolonged attempt (at the On-ice official's discretion) to whistle an off-side. Goals scored during a prolonged offside call will not count. A face-off outside the defending zone will occur. Once play has been whistled dead following a goaltender save, the On-ice Official shall direct the puck to the closest corner in the defending zone. On shift changes, after a goal has been scored or a penalty assessed, the On-ice Official will hold a face-off at centre ice.
- 6.3 A Coach may remain on the ice to position his/her team only over the Fall portion of the season for U7). Face-offs will occur at the start of the period, after an off-side or following a goaltender save or goal. Face-offs after a shift or off-side will take place at the nearest face-off position. Face-offs after goals or periods will be at centre ice.
- 6.4 U7/U8/U9 (IP6/Minor Novice AND Novice) Division teams, and including, in the discretion of the Divisional convenor, those in the U8/U9 select Division are expected to rotate all players who are willing to play goal through the goalie position. Therefore, the same player may not play goal in consecutive games.

7. THREE GOAL LIMIT

- 7.1 In all age groups (U10 to U17) there will be a three-goal limit for all players. This is to ensure that all players, regardless of skill level maintain their sense of fun and enjoyment and that one player doesn't make all the difference in the game.
- 7.2 If a game does go to overtime, the three-goal limit will remain in effect, meaning that any player that has scored three goals in regulation time still may not score a goal.
- 7.3 If the game goes to a shoot-out all players can take part, regardless of the number of goals scored in regulation time.
- 7.4 If players continue to score goals after their three goals and have been warned by the referee to stop scoring, they may receive a two-minute minor unsportsmanlike conduct penalty after two warnings.

8. GUIDELINES - ACCEPTABLE/UNACCEPTABLE BODY CONTACT

- 8.1 The NTHA runs a non-contact (no body checking) hockey league. On-ice Officials are to ensure that games are played as cleanly and safely as possible. On-ice Officials are instructed to "quick whistle" the play to avoid unnecessary roughness.
- 8.2 Riding a player along the boards is acceptable contact if both players are in constant contact with equal forward motion. It is a body check when one player finishes it by pushing the other player with their arm, shoulder, hip or rump. At the discretion of the On-ice Officials, a minor or major penalty shall be assessed any player who, in the opinion of the On-ice officials, intentionally body checks, bumps, shoves or pushes any opposing player. If the opposing player is injured, a major penalty plus a Game Misconduct must be assessed.

- 8.3 Clearing a player from in front of the net (which also applies to clearing a player from around the sides or back of the net): It is acceptable to move an opposing player away from the net by leaning against them with the upper body and pushing them away in one continuous effort. If the stick is trapped between the two players during this movement, it is not a penalty. It is a cross check if forward action (horizontal) with the shaft of the stick is applied to the opponent. The severity of the push (cross check) will determine whether the player receives a minor or major penalty. A major penalty and a Game Misconduct shall be assessed any player who, in the opinion of the On-ice Official, deliberately injures an opponent with a cross check.
- 8.4 Open ice hit: A penalty will be assessed for an intentional open ice hit. An intentional hit occurs when a player intentionally targets and delivers a hit or attempts to deliver a hit on an opposing player, and when a player moving backwards, stops and begins a forward motion into an oncoming player. The player performing either type of hit will receive a two-minor penalty. Use of a knee or stick will result in a major penalty plus a Game Misconduct.
- 8.5 When two players collide going for the puck: Intent to check is seen when a player directs their body towards the other player before making contact, rather than towards the puck. Where, in the opinion of the referee accidental contact has taken place, no penalty shall be assessed.
- 8.6 Hitting from behind: At the discretion of the On-ice Officials and based on the degree of violence of the impact, a two-minute minor penalty plus a game misconduct shall be assessed any player who intentionally pushes, body checks or hits an opponent from behind, anywhere on the ice. In the event the opposing player is injured, a major penalty (five-minute) and a game misconduct must be assessed. Where a player is high sticked, cross checked, body checked, pushed, hit or propelled in any manner from behind into the boards or goal net in such a way that the player is unable to defend himself, a "Match Penalty" must be assessed. Any player incurring a Match Penalty shall be ordered to the dressing room immediately for the balance of the game and will not be permitted to take part in any further games until his case has been dealt with by the NTHA Executive.
- 8.7 Guidelines pertaining to the Goalie: The On-ice Official is instructed to "quick whistle" the play as soon as he/she loses sight of the puck in or around the goal crease. An interference call will be made if, in the opinion of the On-ice Official, the player could have stopped the forward motion of their stick from hitting the goalie's glove, pads, or body, after the whistle has been blown or if the player stops in a manner calculated to spray the goalie with "snow" from the blades of the player's skates. An interference penalty will be called in the discretion of the On-ice Official if an opposing player stands, with both skates, inside the goal crease.

9.0 EQUAL ICE TIME IS TO BE GIVEN TO EACH PLAYER REGARDLESS OF ABILITY.

- 9.1.0 Every player must be on the ice at least every third shift and no more often than every second shift.
- 9.1.1 For buzzer divisions all players should be changed at the same time.
- 9.1.1.1 Shifts should be roughly the same duration and should be limited to a maximum of 2 minutes or even less at the older age groups. The 2.5 (or 3) minute buzzer system will only be used in the U7, U8 and U9 (IP6, Minor Novice and Novice Divisions).
- 9.1.1.2 Following a penalty, the penalized player must return directly to the team bench (unless the penalized player's line is on the ice) and replaced on the ice by the correct player alternating in that position.
- 9.1.1.3 All players must be used to the same extent to fill in for those absent. Constant use of strong players every second shift and weak players every third shift is not permitted.
- 9.1.1.4 Players may not be used out of regular rotation nor may the normal length of the shifts be changed towards the end of a game.
- 9.1.1.5 If a player on the ice is injured and must come off before the normal line change, the player should be replaced by the player's alternate in that position who would follow the player in the normal line rotation. If the injured player is unable to return to the game, the two normal alternates in that position (if two normally) will be rotated to the end of the game.

- 9.1.1.6 Abuse of the intent of the equal ice time rule will, at the Divisional Convenors discretion, result in a two-minute bench penalty to be served by the player receiving the extra ice time.
- 9.1.1.7 House League play is not an opportunity for the Coach to "showcase" select players. All players must get equal ice time regardless of ability.

10. AUTOMATIC SUSPENSIONS

- 10.1 On-ice Officials are not responsible for determining the length of suspensions. Therefore, Coaches should refrain from asking the On-ice Officials how long a player or team official is suspended as a result of an infraction occurring during, before or after a game.
- 10.2 Any player/Coach found to be a repeat offender over the course of the current season is required to appear before the NTHA Disciplinary Committee for a Conduct Review Hearing. Repeat offenders are subject to suspensions in excess of the minimum specified in the NTHA Rules and Regulations. Any additional suspensions assessed will be in line with those outlined in the HC Rules and may include Select level play, if applicable.
- 10.3 Any player incurring a total of three stick infractions or four penalties during a game will be ejected from said game (i.e., automatic game expulsion). Any player assessed a major (five minute) penalty will be immediately ejected from the game. The remaining penalty time will be served by one of the players on the ice at the time of the infraction.
- 10.4 Coaches must check Game Sheets after each game. If any of the following infractions are listed, the player or team official is then **AUTOMATICALLY SUSPENDED FOR THE NUMBER OF GAMES INDICATED IN THE OHF MINIMUM SUSPENSION LIST**. Note: The NTHA Disciplinary Committee has the final say in all suspensions.

→ (Link to OMF Minimum suspension List Below)

<https://www.ohf.on.ca/media/ulafdwpm/2019-20-minor-suspension-list.pdf>

- 10.5 In addition to the penalties listed in the OHF Minimum suspension list, the following offenses are subject to automatic suspensions, as noted below:
 - (a) Two-minor penalties for roughing after the whistle in one game results in a game misconduct penalty (The offending player may receive further suspension as a result).
 - (b) A Minor and a Misconduct Penalty, or a Major and a Game Misconduct Penalty, at the discretion of the referee based on the degree of violent impact, shall be assessed to any player who checks an opponent to the head in any manner.
 - (c) Any player incurring a total of three or more penalties in one game (not necessarily stick work offenses) results in a game misconduct penalty (that game/next game suspension).
 - (d) Six minor penalties assessed over three games results in a game misconduct penalty (that game/next game suspension).

10.6 Penalty Classifications:

- (a) A misconduct penalty (10 minutes) shall be assessed to any player or team official who:
 - (i) uses obscene, profane or abusive language or gestures with any person;
 - (ii) persists in disputing or shows disrespect for the ruling of any official;
 - (iii) intentionally knocks or shoots the puck out of reach of an official who is retrieving it.

Note: Although there is no suspension for misconduct on the OHF minimum suspension list the NTHA disciplinary committee has the final say as to whether a suspension is to be imposed.

- (b) A match penalty shall be assessed to any player or team official who:
- (i) deliberately attempts to or deliberately injures an opponent, official, team official or spectator in any manner;
 - (ii) intentionally holds, pushes, strikes, trips, or otherwise makes physical contact with, or threatens, any NTHA Official or volunteer, whether before, during or after any game; or
 - (iii) attempts to or deliberately butt-ends, spears, face masks, pulls hair, kicks, knees or attempts to injure in any other manner, any opponent, team official or spectator; or
 - (iv) any player or team official receiving a match penalty is ejected from the game. A player from the ice is to serve a five-minute major penalty.

(c) A gross misconduct penalty shall be assessed to any player or team official who conducts himself/herself in such a manner as to make a travesty of the game.

- 10.7 It is the responsibility of the NTHA Disciplinary Committee to review the penalties assessed during a game, as recorded on the Official Game Sheets. The NTHA Disciplinary Committee may increase the minimum suspension following receipt of the game report. Any suspension or increase in the minimum term of the suspension will be communicated to the team in question through the Divisional Convenor.
- 10.8 A game suspension is served during the game in question and over the next scheduled regular season league/play-off game(s) immediately following the game in question, if necessary. A suspension imposed in the last 10 minutes of a game or after a game will result in an additional game suspension for the next scheduled league/play-off game(s).
- 10.9 If an automatic suspension is imposed, the On-ice Official shall note the circumstances of the offence by written report to the Referee in Chief and VP of Houseleague. The back of the NTHA copy of the Official Game Sheet is optional.
- 10.10 In the event a House League player receives a multi-game suspension (defined as three games or more, including the game in question), the suspension shall also apply to Select play, if applicable, on a game for game basis. In the event a Select player receives a multi-game suspension (defined as above), the suspension shall also apply to House League play, on a game for game basis.

11. DISCIPLINARY COMMITTEE

- 11.1 The NTHA Executive will from time to time as required strike a Disciplinary Committee to deal with issues of a disciplinary nature which may arise over the course of the exhibition season, regular season or play-offs.
- 11.2 The Disciplinary Committee will be comprised of three Members of the NTHA Executive or their designates.
- 11.3 In conjunction with the Referee-in-Chief and the Divisional Convenor, the Disciplinary Committee will review any automatic suspensions to ascertain whether circumstances warrant suspensions in excess of the minimum specified in the rules.
- 11.4 Any player, Coach, or team official under disciplinary review may be required to appear before the Disciplinary Committee.
- 11.5 A Coach, Manager and/or any other team official of a team that accumulates fifteen (15) minutes or more in penalties in one (1) game, must appear before the NTHA Disciplinary Committee. Failure to appear will result in the automatic and indefinite suspension of the Coach and/or team official.
- 11.6 In the event a Coach, Manager or player is assessed suspensions totaling six games or more (including the game in question), an appeal may be filed with the VP of Houseleague. The matter under appeal will be referred to the Disciplinary Committee.

- 11.7 Any matter of appeal, protest or complaint for consideration by the NTHA Disciplinary Committee must be submitted to the VP of Houseleague in writing by the protesting party through the Divisional Convenor. This communication must be presented within 48 hours of the completion of the game giving rise to the protest or complaint.

12. REVIEW COMMITTEE

- 12.1 The NTHA Executive will form a Review Committee to deal with issues of a non-disciplinary nature which may arise over the course of the pre-season, regular season and or play-offs. Such matters typically involve interpretations issues arising from the NTHA Rules and Regulations. A protest arising from an On-ice Official's decision will not be considered.
- 12.2 In a game situation, an On-ice or NTHA Official shall have full authority and the final decision in all matters under dispute. Decisions of the On-ice Officials (e.g., call/perceived missed calls) are final and not subject to review or appeal.
- 12.3 Any matter of appeal, protest or complaint for consideration by the Review Committee must be submitted to the VP of Houseleague in writing by the protesting team official through the Divisional Convenor. This communication must be presented within 48 hours of the completion of the game giving rise to the protest or complaint.

13. PLAY-OFF RULES

- 13.1 To be eligible for playoffs, a player must have played at least sixty percent of the regular season league games. Exemption from this rule may be requested in writing from the NTHA Executive, citing the rationale behind the exception request. Only upon receipt of written approval from the NTHA Executive may the player in question be eligible to play.
- 13.2 NTHA and HC/GTHL Rules remain in effect during the play-offs, unless specified otherwise.
- 13.3 The following regular season placement tie breaker rules are in effect for all divisions:
- 13.4 Teams may or may not play the same number of total games while some teams may have accumulated part of their record in another division. These factors will not matter - whatever a team's record is will be converted into a winning percentage which will determine end of season placement in the standings.
- 13.5 In the event two or more teams are tied in winning percentage, the following criteria will be applied (in order) in determining final placement in the standings:
- (i) a better record in games involving tied team(s);
 - (ii) greatest difference between "goals for" and "goals against" in overall record;
 - (iii) coin flip by the VP of Houseleague.
- 13.6 In completing the Official Game Sheet, the name of any player missing a play-off game must be noted in the comments section of the Official Game Sheet, together with the reason for the absence.
- 13.7 Any player, coach or team official suspended during the last game in regular season will have his or her suspension carried over into the play-offs.
- 13.8 Players may only play on the team to which they had been assigned for the regular season. Exemptions from this rule must be obtained in writing from the VP of Houseleague. Requests will only be considered where required to bring a team up to a maximum of 10 skaters and one goalie. If such a situation exists, then with VP of Houseleague approval, a replacement player(s) or goaltender may be added.

In determining the eligibility of replacement player(s), the following requirements apply:

- (i) A replacement shall be a player of similar skill level from another team in the same age division.
- (ii) An absent Select player may be replaced by a Select or non-Select player.
- (iii) An absent non-Select player may only be replaced by a non-Select player or non-Select caliber player. An underage Select player may not be used to replace an absent non-Select player.
- (iv) The overriding principle and intent of this rule is that the team substituting a player should not be improved by reason of the substitution.

13.9 Any team with less than six eligible players at the start of the game will automatically forfeit the game 1-0.

13.10 Any team employing an illegal player substitution in a game will automatically forfeit the game 1-0.

14. Buzzer Divisions

14.1 The following tie breaker rules during a play-off series are in effect in the U9 Divisions. If a tie exists at the conclusion of regular time play in either a play-off single game elimination round or in a two-game total goal round, there will be overtime in accordance with the following:

- (i) One extra three-minute time period will be played running time with goalies remaining in the net for each team.
- (ii) Any required second or subsequent three-minute shifts will be played with five skaters (subject to usual rules re: penalties) but no goaltenders.
- (iii) Players for all overtime shifts will follow the rotation as established by the Official Game Sheet.
- (iv) All overtime shifts will be on a “sudden death/victory” format.
- (v) When a goaltender is removed under these rules, no player will be permitted to stand, lie or otherwise position themselves within the area of the goal crease. If this rule is breached, a two-minute minor penalty will be given to the offending player to be served by the offending player during the shift when the infraction was committed and/or, if necessary, during the player’s next scheduled shift under the established rotation.
- (vi) For a goal to be scored when the goaltender is removed, the puck must leave the scorer’s stick at a point inside the blue line of the team scored upon.

14.2 Note that the maximum three goal rule applies solely to each game individually (i.e., not over a two game, total goals series) and does not apply in sudden death overtime situations.

14.3 Any team in a Buzzer Division failing to comply with the established player rotation during any one shift will be assessed a two-minute minor bench penalty. Any team failing to comply with the established player rotation over more than one, three-minute shift will automatically forfeit the game 1-0.

15. Non-Buzzer Divisions

15.1 The following tie breaker rules during a play-off series are in effect in the U9 to U18 (Minor Atom, Atom, Minor Pee Wee, Pee Wee, Minor Bantam, Minor Midget and Midget Divisions). If a tie exists at the conclusion of regular time play in either a play-off single game elimination round or in a two-game total goal round, there will be overtime in accordance with the following:

- (i) One extra five-minute period will be played – stop time; sudden victory, with teams maintaining the same end of the ice.
- (ii) If still tied at the conclusion of the extra five minute period, then each team will select five players to take penalty shots.(NOTE)-Shoot-outs are to be conducted simultaneously (i.e., players from both teams to skate toward the opposing goalie at the same time) All five players from each team will shoot.
- (iii) If still tied then a new set of five players will take penalty shots, and so on in proper rotation until a winner is declared. (In the case of the second or subsequent sets of five players it is a sudden victory format, not the best total of the five shots. If a player on one team scores, and the player from the opposing team who is shooting at the same

time does not score, the game is over.) Every skater on a team must have taken one shot before any other player will be permitted to take a second shot.

15.2 Requests for changes to the play-off scheduling will not be entertained by the VP of Houseleague.

16. Required Equipment

16.1 Players will not be allowed to play unless dressed in all the approved hockey equipment as follows:

- (i) Hockey Skates
- (ii) Hockey Pants
- (iii) Hockey Stick
- (iv) Shin Guards
- (v) Hockey Gloves
- (vi) Shoulder Pads
- (vii) Elbow Pads
- (viii) Garter Belt or Equivalent (Most jocks today come with the Velcro that hold up the sock.... if they don't you need a garter to do that.)
- (ix) Team Jersey
- (x) Hockey Socks (matching)
- (xi) Athletic Support with Protective Cup
- (xii) CSA approved Helmet with chin strap
- (xiii) CSA approved Face Mask
- (xiv) BNQ Approved Neck Guard

All equipment should fit properly to provide maximum protection. It should be noted that decals on helmets may void the manufacturer's warranty. Any player who attempts to play without proper and full equipment, including a neck guard, shall be ejected from the remainder of the game. A two-minute penalty shall be served. This rule shall be enforced by either the On-ice Official or Divisional Convenor.

17. REFEREES

17.1 All our Referees are under the training and development of our Referee in Chief. Most have played at North Toronto and many are still playing. The Referees deserve our confidence and support. Any disrespect could result in expulsion from the Arena. The decisions of the referees are final. Any challenges or complaints are to be brought to the attention of the Divisional Convenor at the conclusion of the game. Use the 24 hour rule prior to your concern.

17.2 The Referees are instructed to keep the game in play and to allow no more than a reasonable time for each team to line up before dropping the puck.

17.3 Referees are responsible for calling time outs for injuries and there will be no stop time except as provided by these rules.

18 REGULATIONS AFFECTING GTHL AND SELECT

- 18.1 Playing select is a privilege for all Houseleague players. While time to time select and Houseleague will have schedule conflicts, a pattern of missing games due to select may result in that player being suspended from his/her select team.
- 18.2 From time to time House League Division players may be invited to play for the appropriate North Toronto Select team as an affiliated player. In this event, the Coach or Manager of the Select team will:
- (i) obtain the consent of the player and parents;
 - (ii) advise the VP of Houseleague;
 - (iii) advise the House League and Select Coaches.
- 18.3 An NTHA player who plays in both the House League Division and the Select Division, and who receives a penalty which results in a suspension from play for two or more games in either of these sections will, in addition, immediately draw a suspension from play in the other section. Please see Section 10 for details. In the event of a second penalty resulting in a suspension during a season, the player's conduct will be reviewed by the NTHA Discipline Committee, or a committee of the Board, to determine whether the suspension will be extended for part or all of the balance of the season, including playoffs.
- 18.4 The League reserves the right to review the conduct of any player who is consistently penalized or disruptive and to suspend that player permanently from playing.

19 INJURIES

Hockey is a sport that is usually very safe, but occasionally injuries happen. If a player leaves the game with an injury that requires a visit to the ER or Doctor, please ensure you complete this form and return it within 90 days of the injury.

https://cdn2.sportngin.com/attachments/document/0064/5978/HockeyCanadaInjuryReport-GTHL.pdf#_ga=2.143946867.757991137.1584386282-1036848770.1571678121

<https://www.gthlcanada.com/gthl-concussion-policy/>

Appendix "A": Age Divisions for 2020/21

Year of Birth	Age on December 31, 2020	Old Name	New Name
2014 and Earlier	6 or under	IP6 or Tyke	U7
2013	7	Minor Novice	U8
2012	8	Novice	U9
2011	9	Minor Atom	U10
2010	10	Atom	U11
2009	11	Minor Pee Wee	U12
2008	12	Pee Wee	U13
2007	13	Minor Bantam	U14
2006	14	Bantam	U15
2005	15	Minor Midget	U16
2004	16	Midget Junior	U18
2003	17	Midget	U18
2000/2001/2002	18, 19, 20	Under 21	U21

Appendix “B” – Key Dates for the 2020/21 Season

What?	Date
Registration Opens	June 1 st , 2020
Equipment Sale	October 2020
Start Date of Season	October 16 th , 2020
Mouth Guard Clinic	October 24 th , 2020
Meet the Divisional Convenor	October 17/18 2020
Trade Deadline	November 2020
Picture Day	November 2020
Picture Day Make Up	November 2020
Jamboree Days	November 2020, January, February, March and April 2020
March Break	March 2020
Round Robin Play-off Start	February 27, 2021
Champions Day	April 3 and 4 th , 2021

Appendix "C": Divisional Roles/Convenors

Division	Who
U8/U9 HL	
U8/U9 HL CDS	
U10/U11	
U12/U13	
U14/U15	
U18	

Appendix "D": Future Rule Changes by Division

Division	Change	Effective
U8/U9 HL		
U8/U9 HL CDS		
U10/U11		
U12/U13		
U14/U15		
U18		

Last Updated May 9, 2020