

Hockey Newfoundland & Labrador AAA Hockey League



BYLAWS & PLAYING RULES

Version 6.0

Caution

Maintaining revision control of this document will be difficult as there can be numerous copies of this document in circulation. As a result, the Branch office will maintain the official (most recent) version of the document on file at all times. Also, the official (most recent) version of the document will be posted on the League website and will be available through the League Administrator. The table below will track the various revisions and will be used to identify the actual revision of printed copies.

Rev. No.	Date	Description	Approved by:
1.0	September 11, 2014	Original version adopted at inaugural AGM	Governors
2.0	September 9, 2015	AGM	Governors
3.0	July 25, 2016	AGM	Governors
3.1	August 2016	Clarifications on 3.0	Governors
4.0	September 2022	General Revision	Minor Council
5.0	June 23, 2023	General revision	Minor Council
6.0	June 2024	General revision	Minor Council

FORWARD

These Playing Rules have been developed to provide guidance and assistance to League Executive, Team Management and Hockey Newfoundland and Labrador for the successful operation of the Newfoundland and Labrador AAA Hockey League (NLAAAHL). Interested parties must understand that it is impossible to cover every aspect of AAA hockey within this document. Therefore, readers should be aware that the League Executive will be responsible for dealing with unusual occurrences that are not covered in this manual in a fair and dutiful manner that upholds the principles and objectives of the NLAAAHL. This will be done in consultation with Hockey Newfoundland and Labrador and/or Hockey Canada and the decision of the League will be final.

Table of Contents

LEAGUE RULES AND REGULATIONS

RULE 1	Amendments to the Rules and Regulations
RULE 2	Coaching Certification
RULE 3	League Games
RULE 4 (a)	Provincial Tie-Breaking System
RULE 4 (b)	League Tie-Breaking System
RULE 5	Player Eligibility
RULE 6	Residency Rule
RULE 7	Try-Outs
RULE 8	Game Sheets
RULE 9	Game Protocol
RULE 10	Team Rosters
RULE 11	Schedule
RULE 12	Officials
RULE 13	Finances
RULE 14	Annual Fees
RULE 15	Team Management
RULE 16	Suspensions
RULE 17	Protests
RULE 18	Appeals
RULE 19	Sanctioning Exhibition Games and Tournaments
RULE 20	Year End Banquet and Awards Presentation
RULE 21	Statistics
RULE 22	Ice Time Allocation
RULE 23	Fundraising
	Provincial Tournament

NOTWITHSTANDING CLAUSE

DUTIES OF THE LEAGUE ADMINISTRATOR

League Rules and Regulations

The following rules and regulations are in place to ensure the orderly day-to-day operation of the league with specific consideration given to the safety and well-being of all participants. Failure to comply with any rule or regulation may result in a minimum fine of \$250 unless otherwise noted.

The purpose of the League operating rules and regulations is to clearly define the expectations of the League when it comes to the operation of the teams. Players, parents, team management and coaches should be familiar with the League's operating rules and regulations.

Unless otherwise specified, these bylaws and playing rules will be in effect for U13, U15 & U16 AAA Hockey.

Rule 1: AMENDMENTS TO THE RULES AND REGULATIONS

All proposed amendments to the Rules and Regulations will require a majority vote by minor council area members who are present at the AGM. Any proposed amendment must be provided to the Minor Council Chair at least 21 days in advance of the AGM, and copies of the amendment circulated to all Area Members within 14 days of the meeting.

If it is confirmed that an amendment to this constitution is in conflict with a higher authority, the ruling of the higher authority will be deemed correct and will be adopted by this League.

Rule 2: COACHING CERTIFICATION

To maintain a high level of competition conforming to elite athletes competing at a high standard of play, the League requires the following certification:

Head Coach – Development 1 (D1), Speak-out Program or Respect in Sport Program, Vulnerable Persons Check/Certificate of Conduct, Checking Course

Assistant Coaches – Coaching Level 2, Speak-out Program or Respect in Sport Program, Vulnerable Persons Check/Certificate of Conduct, Checking Course

Trainers - Speak-out Program or Respect in Sport Program, Vulnerable Persons Check/Certificate of Conduct and Hockey Canada Safety Program. Trainers must follow the Hockey Canada Safety Program (HCSP) recommendations when dealing

with player injuries and must follow the HCSP Protocol for Removing Players from Action and Coordinating Return to Play

Team Managers and Equipment Managers - Speak-out Program or Respect in Sport Program, Vulnerable Persons Check/Certificate of Conduct.

Coaches and Assistant Coaches and any other team member required to participate in on-ice activities **MUST** wear a CSA certified hockey helmet with their chin strap fastened. Failure to do so will result in a one game suspension in addition to the \$100.00 fine.

Rule 3: LEAGUE GAMES

Teams will play a minimum 32 game schedule; The format will consist of 8 tournaments with two tournaments being hosted in each of the four zones. Each tournament will consist of a schedule provided by League Administrator, with no playoffs or championship game, unless otherwise determined by minor council.

Tournaments:

The first tournament will be the Kick-Off Tournament. It will be scheduled by the League Administrator, and all games will be considered regular season play. The remaining seven tournaments will follow a similar format.

All league tournaments will follow the template as adopted by HNL Minor Council. The schedule and the budget for each tournament will be presented to the teams two weeks prior to the commencement of the tournament. All teams will pay a Tournament Registration Fee based on a break-even budget. Flexibility to allow minor changes due to fundraising will be at the discretion of minor council and must be approved two weeks prior to the event.

All League games will be comprised of 3 stop-time periods. U13AAA will play 3 periods of 15 minutes, with floods after every second period. For U15AAA & U16AAA periods 1 and 2 will be 15 minutes each, period 3 will be 20 minutes. There will be a flood after the second period in U15AAA & U16AAA. The maximum warm-up time for all regular season and playoff games shall be 5 minutes. Teams are permitted one 30 second time-out per game.

If there is a tie at the end of regulation time, there will be a 5 minute 4 on 4 Sudden Victory Overtime Period. 2 points will be awarded for a Regulation Win (RW) or an Overtime Win (OTW). 1 point will be awarded for a Tie or an Overtime Loss (OTL). If the score remains tied after the Overtime Period, the game will conclude and be recorded as a tie.

If extraordinary circumstances do not allow for the completion of a game, the following rules will apply:

If 2 periods have been played but the third cannot be played, the game will be rescheduled for that weekend or at another time.

If the game is halted in the third period, the score at that time will be considered the final score.

League Playoffs:

All Teams will participate in the League Playoffs which will be held during Easter Week, or a time determined by Minor Council. The Host will be determined by the league standings with the first-place team given the first opportunity to host. Should team decline to host the league playoff, the next highest league team will be given the opportunity until a host is found.

4 Team Play-Off

	Day 1	Day 2
Game 1	2 nd Place vs 3 rd Place	Game 5 Bronze Medal Game
Game 2	1 st Place vs 4 th Place	Game 6 Gold Medal Game
Game 3	2 nd Place vs 3 rd Place	
Game 4	1 st Place vs 4 th Place	

The host team will submit a budget to the League based on a break-even budget with all four teams sharing equally in the cost.

If there is a tie at the end of regulation time, there will be a 5 minute 4 on 4 Sudden Victory Overtime Period. This will be followed by a three person shoot out. All eligible players must shoot before a player can shoot twice in the shootout.

5 Team Play-Off

Tier 1	Tier 2
1 st Place League	3 rd Place League
2 nd Place League	4 th Place League
	5 th Place League

	Day 1	Day 2
Game 1	3 rd Place vs 5 th Place	Game 6 Semi Final 1 (1 st Tier 1 vs 2 nd Tier 2)
Game 2	1 st Place vs 2 nd Place	Game 7 Semi Final 2 (2 nd Tier 1 vs 1 st Tier 2)
Game 3	4 th Place vs 5 th Place	Game 8 Bronze Medal Game
Game 4	1 st Place vs 2 nd Place	Game 9 Gold Medal Game
Game 5	3 rd place vs 4 th Place	

The host team will submit a budget to the League based on a break-even budget with all five teams sharing equally in the cost of each game they play. One team will pay for 2 games, and four teams will pay for 4 Games

If there is a tie at the end of regulation time, there will be a 5 minute 4 on 4 Sudden Victory Overtime Period. This will be followed by a three person shoot out. All eligible players must shoot before a player can shoot twice in the shootout.

6 Team Play-Off

Tier 1

1st Place League
2nd Place League
3rd Place League

Tier 2

4th Place League
5th Place League
6th Place League

Day 1

Game 1 4th Place vs 6th Place
Game 2 1st Place vs 3rd Place
Game 3 5th Place vs 6th Place
Game 4 2nd Place vs 3rd Place
Game 5 4th Place vs 5th Place
Game 6 1st Place vs 2nd Place

Day 2

Game 7 Semi Final 1(1st Tier 1 vs 1st Tier 2)
Game 8 Semi Final 2(2nd Tier 1 vs 3rd Tier 1)
Game 9 Bronze Medal Game
Game 10 Gold Medal Game

The host team will submit a budget to the League based on a break-even budget with all six teams sharing equally in the cost of each game they play. Two teams will pay for 2 game, and four teams will pay for 4 Games.

If there is a tie at the end of regulation time, there will be a 5 minute 4 on 4 Sudden Victory Overtime Period. This will be followed by a three person shoot out. All eligible players must shoot before a player can shoot twice in the shootout.

Rule 4a: PROVINCIAL TIE-BREAKING SYSTEM

This sequence is to be used for the Championship game at the Provincial Tournament in the event that teams are tied for rankings. If two or more teams are tied at the conclusion of the round robin tournament, then the following procedure will be used to determine the final rankings before the Championship game.

Tie Breaking Sequence When 2 Teams are Tied

If 2 teams are tied for a play-off position, the following procedure will apply:

- 1.0 The winner of the round robin game between the 2 tied teams gains the higher ranking.
- 2.0 The team with the most wins in the round robin gains the higher ranking.
- 3.0 If the 2 teams are still tied after 1.0 and 2.0 have been applied, then the team with the best goal average gains the higher ranking. The goal average of a team is to be determined in the following manner:

Total Number of Goals For Divided by the Total Number of Goals For PLUS
Total Number of Goals Against

EXAMPLE: 10 Goals For and 4 Goals Against

PERCENTAGE: $10/(10 + 4) = .714$

NOTE: The higher percentage gains the higher ranking

- 4.0 If the 2 teams are still tied after 1.0, 2.0 and 3.0 have been applied, then the team with the least number of penalty minutes throughout all of the round robin games, will gain the higher ranking.
- 5.0 If the 2 teams are still tied after 1.0, 2.0, 3.0 and 4.0 have been applied, then the team which scored the first goal in the game between the 2 tied teams gains the higher ranking.
- 6.0 If the 2 teams are still tied after 1.0, 2.0, 3.0, 4.0 and 5.0 have been applied, then a single coin toss will determine which team gains the higher ranking.

Tie Breaking Sequence When 3 or More Teams are Tied

The 3-team tie breaker sequence is to be used to determine the rankings of the first, second and third seeds. If any step in the tie breaker only seeds 1 team, then that team assumes that ranking. The 3-team tie breaker will continue to determine the rankings of the 2 remaining teams. At no time will teams using this formula revert to the 2-team tie breaker.

- 1.0 If 3 or more teams are tied, the point record established in the games among the tied teams **only** will be used as the first tie breaking formula in deciding which team(s) will advance.
- 2.0 The team with the most wins would gain the higher ranking.
- 3.0 If the teams are still tied after 1.0 and 2.0 have been applied, then the team with the best goal average gains the higher ranking. The goal average of a team is to be determined in the following manner:

Total Number of Goals For Divided by tie Total Number of Goals For PLUS Total Number of Goals Against. NOTE: Games amongst the tied teams only are included.

EXAMPLE: 10 Goals For and 4 Goals Against

PERCENTAGE: $10/(10 + 4) = .714$

NOTE: The higher percentage gains the higher ranking

The exercise of 3.0 establishes the team or teams with highest rankings by percentage. These teams will advance. If there are still teams tied, they go to the next step, they do not go back to the 2 Team Tie Breaker.

EXAMPLE A:

Team A - .714 = First Ranking – ADVANCES

Team B - .500 = Third Ranking – DOES NOT ADVANCE

Team C - .650 = Second Ranking – ADVANCES

EXAMPLE B:

Team A - .714 = First Ranking – ADVANCES

Team B - .500 = Still tied with Team C – Go to Step 4

Team C - .500 = Still tied with Team B – Go to Step 4

EXAMPLE C:

Team A - .650 = Still tied with team B – Go to Step 4

Team B - .650 = Still tied with Team A – Go to Step 4

Team C - .500 – Does not Advance

- 4.0 If teams are still tied after 1.0, 2.0 and 3.0, then the team(s) with the fewest goals against (all round robin games are included) will gain the higher ranking.
- 5.0 If teams are still tied after 1.0, 2.0, 3.0 and 4.0, then the team(s) with the most goals for (all round robin games are included) will gain the higher ranking.
- 6.0 If teams are still tied after 1.0, 2.0, 3.0, 4.0 and 5.0, the team(s) to qualify would be the team(s) that received the fewest number of penalty minutes in all the round robin games.
- 7.0 If teams are still tied after 1.0, 2.0, 3.0, 4.0, 5.0 and 6.0, a single coin toss shall determine the winner. In a 3-team coin toss, the odd team gains the higher ranking.
- 8.0 In the event two teams are still tied, a single coin toss shall determine the winner.

Rule 4b: LEAGUE TIE BREAKING PROCEDURE

In the event of a tie in points between two or more teams at the end of the regular season, the following tie-breaking procedure will be endorsed to determine placements for the play-offs.

1. The team with the most wins gains the higher position.
2. If teams are tied in wins, the team with the best record between the tied teams gains the higher position.
3. If teams are still tied after Procedure 2, the team with the highest goal differential in games amongst the tied teams during the regular season gains the higher position. Goals For divided by Goals For plus Goals Against. 5 G For and 10 G Against would be $5/15 = 0.333$. The higher percentage gains the higher position.
4. If teams are still tied after Procedure 3, the team with the least number of penalty minutes in all games during the regular season gains the higher position.
5. If teams are still tied after Procedure 4, the team that scored the first goal in the first game between the tied teams gains the higher position.
6. If teams are still tied after Procedure 5, a single game will be played to determine which team gains the higher position.

Rule 5: PLAYER ELIGIBILITY

U13 Division Players must be U13 age (11 and 12 years old prior to December 31st) who are residentially eligible to register and play minor hockey in Newfoundland and Labrador and who are in good standing with their minor hockey association.

U15 Division Players must be U15 age (13 and 14 years old prior to December 31st) who are residentially eligible to register and play minor hockey in Newfoundland and Labrador and who are in good standing with their minor hockey association.

U16 Division Players must be U16 age (15 years old prior to December 31st, Teams Are permitted to name 3 Skaters and Goalie who are 16 years old prior to December 31st) who are residentially eligible to register and play minor hockey in Newfoundland and Labrador and who are in good standing with their minor hockey association.

All players registered in the NLAAAHL will not be permitted to participate in HNL Provincial Tournament (Easter Provincial) with their home association.

Rule 6: RESIDENCY RULE

No player shall be registered as a member of, or compete for, a team if his parents have not been bona fide residents of the city, town, or rural area or zone which has been established by the Branch to which the team belongs. However, a player may be permitted to register as a member of, or compete for, a team from outside his parent's place of residence if the player is granted permission from the Provincial Appeals Committee to try-out for another team. Proof of residency will be determined by the League Executive in consultation with Hockey Newfoundland and Labrador.

Rule 7: TRYOUTS

Players must try out for the team in the zone in which they reside.

The **Eastern Region** consists of players from the following minor hockey associations; Avalon Celtics MHA, Bell Island MHA, Conception Bay Regional MHA, Goulds MHA, Mount Pearl MHA, Northeast MHA, Paradise MHA, Southern Shore MHA and St. John's MHA.

Players from the Eastern Zone after evaluations will be entered into a draft and placed on one of the following teams. U13 teams will consist of Eastern Thunder, Eastern Hitman and Eastern Knights. U15 teams will consist of Eastern Thunder, Eastern Hitman and Eastern Knights. U16 teams will consist of Eastern Thunder, Eastern Hitman.

The **TriPen Region** consists of players from the following minor hockey associations; Bay Arena MHA, Bonavista Trinity MHA, Cee Bees MHA, Clarendville MHA, Marystown MHA, Placentia MHA, Trinity Placentia MHA, United Towns MHA.

Players from the TriPen Zone after evaluations will be placed on one of the following teams. U13 Tripen Osprey, U15 Tripen Osprey and U16 Tripen Osprey.

The **Central Region** consists of players from the following minor hockey associations; Baie Verte MHA, Bay D'Espoir MHA, Beothic MHA, Bishop's Falls MHA, Botwood MHA, Fogo Island/Change Islands MHA, Gander MHA, Glovertown MHA, Grand Falls Windsor MHA, Green Bay South MHA, Harbour Breton MHA, Lewisporte MHA, Springdale MHA, Twillingate/New World Island MHA.

Players from the Central Zone after evaluations will be placed on one of the following teams. U13 Central IcePak, U15 Central IcePak and U16 Central IcePak.

The **Western Region** consists of players from the following minor hockey associations; Corner Brook MHA, Deer Lake MHA, Gros Morne MHA, Port aux Basques MHA, St. Anthony MHA, Stephenville MHA, Straits MHA, Twin Town MHA.

Players from the Western Zone after evaluations will be placed on one of the following teams. U13 Western Kings, U15 Western Kings and U16 Western Kings.

Teams in the U16 Divisions who already have a Team Sponsor in Place for their teams, can apply to their Area Director and Minor Council Chair to maintain the team names they already have in place.

Teams will call open tryouts for all players from the minor hockey associations in their region. Try-outs for all teams shall not commence prior to September 1st. Each team must advertise their try-outs through the NLAAHL website, as well as local media, social media and other association and league websites. Each team must notify the League Administrator and the Area Member as to the number of players and the names of all players attending their tryout camp. All training camp rosters, including the remaining

players in camp as cuts are made, and final team selection, MUST be announced on the League website prior to posting on other association and/or league websites. Coaches have the discretion to name players to a position that they did not try out for and have the flexibility to name the number of forwards and defense up to the maximum of 17 skaters. Each team must select a minimum of 15 skaters and 2 goalies assuming there are enough players trying out.

Any player deemed eligible under Hockey Canada Rules and Regulations shall be eligible to compete during regular season and playoff competition. A player, registered at a private educational institution (prep school) outside the province, is ineligible to register for or compete for a team within the NLAAHL.

Tryouts will adhere to the following selection process:

- 1) Head Coaches or any other person with a Child trying out will not be involved in the evaluations during the try-out camp.
- 2) Three independent evaluators, selected by Minor Council will oversee the tryout camps and rank all players. The top ranked 7 forwards, 4 defense and 1 Goalie will automatically make the team. All evaluations will be sent to the Area Member, Minor Council Chair and League Administrator.
- 3) The head coach can proceed to invite the next ranked 5 forwards, 3 defense and 2 goalies to the kickoff tournament where they would select the remainder of their roster. The Players who don't make the roster will automatically be offered AP positions. If teams want to take a different mix of forwards and defense then they have to get permission from their Area Member.

Teams must submit their starting team roster to the Administrator prior to the start of the kick-off tournament. The FINAL roster must be confirmed with the Administrator prior to the January 10th deadline.

If teams take extra players, they must dress 17 skaters and two goalies in each game and a player cannot sit two games. Goalies must adhere to the Ice allocation Policy for the kick-off. These games will not count towards their maximum allowable affiliate games for the season.

Affiliated players in the League are required to complete a Hockey Newfoundland and Labrador Special Affiliate Letter of Consent form signed by the President or Vice President of their minor hockey association to ensure that they are in good standing with their minor hockey association which allows them to participate in the NLAAHL. This is required yearly for affiliated players. Teams can sign up to the maximum of 19 Affiliated Players at any one time.

If a team does not have enough players at try-outs to ice the maximum number of players (15 skaters and 2 goaltenders), consideration will be given to allow players cut from another team to try-out for that team. The next closest zone will be the first place to select players. If none are available, then the search can expand out to the next closest zone.

Any player refused a release by a team with which they are registered, may appeal to Hockey NL to be granted such release as described in By-Law 12.03.

If there is no team in a zone, players wishing to play AAA hockey in another zone must apply to the League for consideration to play elsewhere. Players quitting during the tryout process in one zone will not be permitted to try out in another zone. The Minor Council Executive will determine the zone these players are eligible to try out in.

If a player cannot try-out or has to leave try-outs due to extenuating circumstances such as an injury or compassionate leave, the following steps **MUST** be taken by the Head Coach to ensure due diligence is followed when determining the skill level of the player.

1. The player must present a doctor's note in the case of an injury or a written request explaining the extenuating circumstances to the team's Director of Operations. Copies of correspondence must be submitted to the League Administrator and Minor Council Area Member.
2. The Head Coach **MUST** contact the player's coach from the previous season as well as the High-Performance coach if the player participated on a provincial HPP team the previous season. Current year HPP status must also be used (if applicable). Copies of correspondence must be submitted to the League Administrator and Minor Council Area Member.
3. The player **CANNOT** be cut during the try-out process.
4. At the end of try-outs, the Head Coach can then decide on the status of the player based on information provided. The DOP will submit a report to the League explaining the rationale for the player making the team or being cut from the team which will include the player's ranking within that position.

While due diligence will be followed to ensure that the player is treated fairly, parents must realize that an exemption from try-outs will make it difficult for a player to become a rostered player.

Until a Director of Operations is named to a team the head coach can designate someone to serve in that role, with approval from area member assuming the person does not have a child trying out for the team. The area member and the League Administrator will be available to assist in the try-out process as needed.

Rule 8: GAMESHEETS

Each team will identify a representative who will be responsible for submitting game sheets to the League Administrator. Within 24 hours of the completion of the game, the home team is responsible for sending a copy of the official game sheet to the League Administrator. The official game sheet can be scanned and sent electronically as a PDF file (preferred format).

- Any affiliated player listed on the game sheet **MUST** have (AP) noted by their name.
- If an affiliated goalie is listed on the game sheet, but does not play, it must be noted on the game sheet so that it doesn't count towards the AP 10 game rule. Insert DNP (Did Not Play) next to the goalie's name.
- The starting goaltender must be noted and any change to the goaltenders' playing time must be noted.

- Players must be listed numerically.
- If stickers are used, they must be placed on all 3 copies and any change to the roster must be changed on all 3 copies.

Teams will use the standard NLAAHL Game sheet. The game sheet will have 3 copies; one copy for each team and one copy for the officials. All teams will be required to participate in a pre-season conference call to ensure that the game sheets are completed in accordance with the data entry functions of the web page. Once a game sheet has been entered into the website, changes will not be made to player statistics. Team DOPs will be given the option of entering their home games into the NLAAHL website.

Team management will be required to indicate any affiliated players on the game sheet by noting (AP) next to their name and will be responsible for ensuring that the affiliated player(s) do not exceed their 10-game maximum.

Rule 9: GAME PROTOCOL

Each team is responsible for their conduct during warm-ups and after game completion. The following rules must be adhered to in preparation for games:

- Teams will ensure that the dressing rooms are left in a clean condition such that there will be no delay imposed on the next incoming team.
- Team are required to have both a dark Jersey and a white jersey with Home team wearing dark and away team wearing white.
- There will be a 10-minute warm-up period for U15 & U16 and 5-minute warmup for U13 prior to the commencement of the game.
- It is not necessary to re-surface the ice prior to the warm-up for U15 and U16. At the conclusion of the warm-up, teams will return to their dressing rooms to allow for ice re-surfacing prior to the start of the game.
- The ice surface must be flooded after the second period with a maximum of 15 minutes allotted for the intermission.
- Running of the clock or stopping a game to comply with ice time allocation is not permitted.

The Home Team is responsible for:

- Supplying a minimum of 25 pucks to the visiting team for warm-up. The visiting team will collect the pucks and return to the home team after warm-up.
- Ensuring that there are sufficient game pucks provided for game play.
- Providing dressing rooms that ensure there is adequate separation between teams before, during and after the game.
- Providing separate shower facilities for each team.
- The playing of the National Anthem.
- Providing on-ice and off-ice officials
- Changing jerseys in the event of similar colours

Rule 10: TEAM ROSTERS

Participating member teams must dress the minimum of seventeen (up to a maximum of 19) players, two of which must be goaltenders, during League games. If a visiting team's goaltender gets injured or suspended while travelling, the home team is responsible for providing a backup goaltender. Teams are encouraged to take APs while travelling to ensure that the full roster of seventeen players is dressed for each game. However, no AP should participate in a AAA game when their lower division team is playing.

Teams can affiliate players according to the Hockey Canada regulations up to a maximum of 19 at any one time, but all teams should try and sign 2 goaltenders as Affiliated Players. Copies of the approved affiliated players list shall be forwarded to the League Administrator no later than January 10th of each season.

Affiliated players can only play a maximum of 10 games with their AAA team while their lower division, permanent team is still playing. **January 15th** is the deadline for filing affiliations, players are not eligible to play until the affiliation has been approved. Once their permanent team is finished playing for the season, the affiliated players can resume playing with their AAA team for an unlimited number of games. Exhibition and/or Tournament games, which are not part of the regular league games or play-off games, are excluded from the number of games referred.

Any team who plays an ineligible player shall automatically be deemed to have lost the game or games in which any ineligible player(s) has participated. Team points will be awarded to the other team and players on the forfeited team will lose their individual points. Any coach who plays an ineligible player will be suspended 1 game for each game the illegible player(s) participates in and will be fined \$200 per game. A request for a ruling on the eligibility of a player is not considered a protest. The score recorded as the official game score will be 5-0 and only player stats of the non-offending team count.

All team rosters including players' registration lists, transfer information and releases will be approved by Hockey NL. The Administrator shall forward copies of the approved team rosters to the teams by no later than each Thursday at noon for weekend games.

Each team is permitted 19 registrations under the Hockey Canada Regulations (108.A) for AAA teams. Any player, who becomes a full-time rostered player, is registered with Hockey Canada, and then decides to leave the team, **MUST** provide written documentation, supported by the head coach explaining the reasons for asking to be released. Any player who asks for and is granted a release after November 1 forfeits their eligibility to participate in the AAA League for the remainder of the current season **AND** the following season. Only under extreme extenuating circumstances such as a season ending injury, will the player be permitted to try-out the following year if the release is requested after November 1. Minor Council will review the circumstances on an individual basis to determine the validity of the reasons.

It is the expectation of the League that once a player has signed with a team, that player will remain with the team for the rest of the year. Only under exceptional circumstances would a player be released after being signed and would require approval of the League President.

Teams are required to dress a minimum of 14 skaters and two goalies during all league games. If traveling, teams are expected to use their affiliated players to reach the full roster. If a team loses a player/s to injury or suspension during weekend play outside their zone, then an allowance will be made to play with less than the 14 skaters.

Rule 11: SCHEDULE

The role of the League Scheduler will be the duty of the League Administrator. Each participating member team shall adhere to all requirements of the League Scheduling Policy. The League Schedule shall, in all cases, be subject to ratification by Minor Council at the AGM by a simple majority vote of the members in attendance. Games will be scheduled to minimize absences from school and to minimize travel and accommodations costs.

- a) The Administrator shall submit any changes to the league schedule to the League President.
- b) Minor changes to the start time of a game agreed upon by the affected teams must be communicated to the Administrator and/or League President for approval.

Rule 12: OFFICIALS

All League regular season games shall be handled using a 4-Man system with the two referees and two linesmen in good standing with the governing body or affiliated branches of Hockey Canada. Linesman should have a minimum Level 2 Certification and Referees should have a minimum Level 3 Certification.

Rule 13: FINANCES

The management of League finances is the responsibility of the League Administrator who will present a Budget and Financial Update to Minor Council for approval at the AGM. The League's fiscal year shall be June 1 – May 31.

All Team managers are required to submit a budget to the League Administrator no later than two weeks after the START of regular season. The League Administrator will schedule regular meetings with the DOP's to ensure finances are in order. All Bank statements of team's accounts will be forwarded to the League Administrator on Dec 1st and the end of season. Year-end Financial reports are due to the League Administrator 30 days after the END of the season. Team budgets must be presented to parents, and it is mandatory to hold 3 meetings during the season, start, mid- season and end of season. Teams Meeting are to be scheduled with parents and the League Administrator, who will set up the online meeting. Team Director of Operations must submit updated team financials at least three days prior to all parent meetings.

Signing Authority for League accounts will be approved by the Hockey NL Board of Directors. The Chair of Minor Council will approve all expenditures. Two signatures are required on all cheques.

Reimbursement of expenses incurred while conducting official League business will be covered using the NLAAHL Expense Claim Form. Cash expenses will be reimbursed upon submission of receipts; per diem expenses for meals and mileage will be

reimbursed based on HNL Expense Policy.

Rule 14: ANNUAL FEES

The League will establish an annual fee to be paid by the teams to be included in the annual budget set out in Rule 13. Teams will pay an equal share of the operational costs (50% due prior to the kickoff event and the remaining 50% by December 1) to ensure the effective management of the League and teams will be provided with an itemized invoice outlining various expenses. The annual fee will be used to establish and maintain the approved league administrative costs. Teams withholding payment of their annual fees will be prohibited from participating in League games.

When Directors of Operations are preparing their team budgets with respect to coaching staff travel, the Hockey NL Travel and Expenses policy should be followed. See link below.

<https://hockeynl.ca/wp-content/uploads/2023/02/HockeyNL-Travel-Expenses-Policy-as-amended-February-2023.pdf>

Coaching staff that have children on the team will be permitted to claim one half of what is listed in the Hockey NL Travel and Expenses policy

Airfare: Airfare for all coaches would be part of the team's travel expense and overall budget.

Out of Province Tournaments: Teams are permitted to attend a maximum of two out of province tournaments and MUST register for these tournaments no later than October 31.

Rule 15: TEAM MANAGEMENT

Team management will consist of a Head Coach, 2 Assistant Coaches, Trainer, and a Team Director of Operations. The team Director of Operations role is a strictly off-ice administrative role, all Budget and team expenses will be administered by the team Director of Operations. The Director of Operations should not be on the ice or the bench without special permission from the league. All teams must have a certified Hockey Canada Safety Person ("HCSP") on the bench for all games. All team management must have completed Speak-Out or Respect in Sport programs and must meet minimum coaching levels for AAA Hockey as per HNL and Hockey Canada requirements. The Administrator will register the team management using the Hockey Canada on-line database. Changes to team management will be communicated to the Administrator immediately.

Rule 16: SUSPENSIONS

The League employs the HNL Minimum Suspension Guidelines as a basis for suspensions. Minor Council reserves the right to increase the duration of HNL

Suspensions where the situation warrants this action. A copy of the Minimum Suspensions Guidelines can be found on the league website.

All suspensions received in the League MUST be served in League play. Players receiving a Gross Misconduct, a Match Penalty or a Fighting Suspension while playing elsewhere, cannot resume play in the AAA League until the Gross Misconduct, Match Penalty or a Fighting Suspension is served in the League/Association where it was received. Confirmation of the completion of the suspension must be communicated to the League Administrator by the HNL Area Member before a suspended player is eligible to resume play in the League. Players are permitted to practice with their team while serving their game suspensions except while suspended for a Gross or a Match penalty.

The Administrator will keep a log of Player Suspensions and will forward the Suspension Tracker to teams prior to weekend play. However, it is ultimately up to team management to ensure that players serve their full and rightful suspension regardless of the information contained in the Suspension Tracker. Exhibition games cannot be used towards the number of games a player has to miss.

Rule 17: PROTESTS (Refer to Hockey NL Policy)

Protests of games may be made only in regard to the interpretation of the rules of competition, and not in regard to the judgment of a referee or other official. Protests must be in writing and submitted to the League President within 24 hours of the initial interpretation of the rule and must be accompanied by a non-refundable \$200 fee.

The League Administrator will refer all protests to the Protest Committee (to be comprised of the Vice-Chair and two area members not involved with the teams involved in the appeal) who will make recommendation on the disposition of the protest to Minor Council. Protests will be dealt with as expeditiously as possible. A maximum of 7 days should be allowed to respond to a protest.

Rule 18: APPEALS

Appeals of a decision made by the Protest Committee or the Discipline Committee may be made to the HNL Appeals Committee as per the HNL Appeals Committee.

Rule 19: SANCTIONING EXHIBITION GAMES AND TOURNAMENTS

Teams planning to host exhibition games or tournaments with teams must request permission from the Area Member by completing the HNL sanctioning form three weeks prior to the event. Teams are not permitted to participate in any other leagues without the approval of Minor Council.

Rule 20: YEAR-END BANQUET AND AWARDS PRESENTATION

The League will recognize players and coaches with annual awards to be presented at the Year-End Play-Off Tournament. The cost to players and team management for the banquet and awards presentation will be communicated to the teams 30 days prior to the event. Teams will pay the league administrator for the banquet. Additional tickets will be made available to teams, parents and others wishing to attend the banquet at a reasonable price, covering the incremental cost associated with additional meals and other amenities. (Determined by minor council in consultation with the teams)

Each team will be asked for nominations for the various voting awards prior to the year-end awards ceremony. The teams will then be asked to rank the nominations as First, Second, Third and so on in each category. A numerical value will be assigned to each ranking and totaled for a winner. A First-Place vote will receive 5 points, a Second-Place vote will receive 4 points, a Third-Place vote will receive 3 points and so on. The votes are then totaled declaring a winner. In the event of a tie in points between the nominees, the nominee with the most First Place votes will be declared the winner. If still tied, the nominee with the most Second Place votes will be declared the winner. If still tied, the nominees will be declared co-winners. The list of annual awards is included in the Awards section of this document.

The championship teams will retain possession of the championship trophy and the league will be responsible for engraving the team's name on the trophy. All other trophies will be engraved by the League and the League will retain possession of these trophies.

Rule 21: STATISTICS

It is the responsibility of each team to ensure that game sheets are submitted to the league Administrator within 24 hours after the completion of each game. This will allow for the timely updates of the league website. All statistics will be as recorded on the official game sheets, and will not be altered.

Rule 22: ICE TIME ALLOCATION

U13 Division

Coaches must use the Discretion 1 Rule when allocating ice time for skaters. This is defined as equal ice time every game however, there is the ability for a coach to use select players in the following situations:

- In all special team situations in the third period
- In the last three (3) minutes of the third period
- In any overtime period(s) that ensues

For goaltenders, coaches must use the Equal Rule. This is defined as “goaltenders must have no greater than a one game differential throughout the regular season or playoffs”.

U15 &U16 Division

Coaches must use the Discretion 2 Rule when allocating ice time for skaters. This is defined as “the ability for a coach to use players anytime during the game as they decide: however, each player must receive a minimum of three shifts per period.”

For goaltenders, coaches must use the Equal Rule. This is defined as “goaltenders must have no greater than a one game differential throughout the regular season or playoffs”.

RULE 23: FUNDRAISING

When applying for a lottery license from the Lottery Licensing Board, the following procedure must be followed. Each team will submit their completed lottery license application to the League Administrator. The Administrator will record all pertinent information on a Lottery License Tracker and forward the application to Service NL. Upon receipt of the lottery license from Service NL, the date of the financial report will be recorded on the tracker for follow-up with the team and the license will be forwarded to the team. It will be mandatory for teams to submit their financial report to Service NL on or before the date indicated.

U13 AAA PROVINCIAL TOURNAMENT

The Provincial Play-Down Tournament may include the Northern representative. This tournament will take place approximately 3 weeks prior to the Atlantic Championship. This will be a 5, 6 or 7 team round robin or modified round robin tournament with the top two teams playing a championship game to declare a provincial champion to represent the Branch at the Atlantic Championships.

The host association for the Provincial play-down will get their choice of # in the schedule. The remaining teams will be assigned their # through a random draw by the league President and based on the regular season standings. The format for this tournament will follow the format used for the Atlantic Championships if it's a 5 team tournament, otherwise it will follow the schedules listed in the Policy Manual. Rosters for each team shall be set at the coaches meeting and cannot be modified thereafter.

For Provincial Tournament play any team wishing to supplement its roster to the full nineteen (19) players shall choose these additions only from its list of specially affiliated players, its club or affiliated team (depending on which type of affiliation the team is using) of a lower division, sub-division or category. There is no requirement to dress and play these affiliate players each game. An affiliate player cannot replace a rostered player.

Game length:

Games with consist of three fifteen-minute periods with a flood after each 2 periods or at the end of the 2nd period. Round robin games that end in a tie will be recorded as such.

Elimination Games:

In the event of a tie between two teams, the teams will take a ten-minute break with a flood and play for a sudden victory. The overtime will be twenty minutes and the sudden victory (the 1st goal scored) will decide the winner. If still tied at the end of the first overtime the same sequence will repeat which is a ten-minute break with a flood and a twenty-minute period. This sequence will continue until a winner is declared.

Ice Allocation:

Discretion 1 This is defined as equal ice time every game however, there is the ability for a coach to use select players in the following situations:

- In all special team situations in the third period
- In the last three (3) minutes of the third period
- In any overtime period(s) that ensues

For goaltenders, coaches must use the Equal Rule. This is defined as “goaltenders must have no greater than a one game differential throughout the regular season or playoffs”.

U15 & U16 AAA PROVINCIAL TOURNAMENT

The Provincial Play-Down Tournament may include the Northern representative. This tournament will take place approximately 3 weeks prior to the Atlantic Championship. This will be a 5, 6 or 7 team round robin or modified round robin tournament with the top two teams playing a championship game to declare a provincial champion to represent the Branch at the Atlantic Championships.

The host association for the Provincial play-down will get their choice of # in the schedule. The remaining teams will be assigned their # through a random draw by the league President and based on the regular season standings. The format for this tournament will follow the format used for the Atlantic Championships, if it's a 5 team tournament, otherwise it will follow the schedules listed in the Policy Manual. Rosters for each team shall be set at the coaches meeting and cannot be modified thereafter.

For Provincial Tournament play any team wishing to supplement its roster to the full nineteen (19) players, shall choose these additions only from its list of specially affiliated players, its club or affiliated team (depending on which type of affiliation the team is using) of a lower division, sub-division or category. There is no requirement to dress and play these affiliate players each game. An affiliate player cannot replace a rostered player.

Game length:**U15 Division**

Games with consist of three twenty-minute periods with a flood after each period. Round robin games that end in a tie will be recorded as such.

U16 Division

Games will consist of periods 1 and 2 of 15 minutes each, period 3 will be 20 minutes. Round robin games that end in a tie will be recorded as such.

Elimination Games:

In the event of a tie between two teams, the teams will take a ten-minute break with a flood and play for a sudden victory. The overtime will be twenty minutes and the sudden victory (the 1st goal scored) will decide the winner. If still tied at the end of the first

overtime the same sequence will repeat which is a ten-minute break with a flood and a twenty-minute period. This sequence will continue until a winner is declared.

Ice Allocation:

Discretion 2: Is defined as the ability for a coach to use players anytime during the game as they decide; however, each player must receive a minimum of 3 shifts per period

For provincial tournament play only, goaltenders must be equal after the round robin portion of the event. Coaches can choose their goaltender for all elimination games.

NOTWITHSTANDING CLAUSE

In the event a situation arises that is not covered within this document, the League will defer its decision on any matter until it is confirmed that such decision does not contravene the Constitution of Hockey Newfoundland and Labrador or the Articles, By-Laws, and Regulations of Hockey Canada. Otherwise, the League Executive is empowered to make any decision in a fair and dutiful manner that upholds the principles and objectives of the NLAAHL. This will be done in consultation with Hockey Newfoundland and Labrador and/or Hockey Canada and the decision of the League Executive will be final.

DUTIES OF THE LEAGUE ADMINISTRATOR

GENERAL

The Administrator will be responsible for the day-to-day operation of the League. The Administrator will answer to the AAA League President and will work closely with the Board of Directors. The Administrator will act as the liaison between the Board of Directors and team management.

APPOINTMENT

The administrator will be hired on an annual basis. The Board of Directors may use any method it wishes to identify candidates for the position of Administrator.

DUTIES AND RESPONSIBILITIES

The duties and responsibilities of the Administrator include:

- Calling meetings on behalf of the League President or Board of Directors as required
- Managing the web site
- Creating the League Schedule
- Conduct the normal day-to-day business of the League (pay bills, purchasing, etc.)

- Establish process for selecting award winners
- Organize banquet and awards
- Support the League President
- Register players and coaching staff with Hockey Canada using the on-line registration system
- Keep an accurate record of penalties that carry suspensions using the Suspension Tracker.
- Register the NLAAAHL as a member with HNL on an annual basis.
- Keep an accurate record of team fundraising to ensure compliance with Service NL.
- Other duties as assigned

AUTHORITY

The Administrator has the authority to act on behalf of the Board of Directors in the following matters;

- Payment of bills
- Purchasing of items in the approved budget
- Notify players of suspensions
- Negotiate changes to the League schedule

