



Whitby Minor Hockey Association

House League Coaches Manual

House League hockey is all about fair play and player development.

In the past, there have been instances where coaches have let their own desire for victory compromise the spirit of fair play. Winning is not the ultimate goal at House League. Every House League player paid the same registration fee and therefore is entitled to the same amount of ice time.

House League hockey is NOT Rep hockey!

Let's all work together to ensure that the youth of our community have a fun and memorable hockey experience.

Table of Contents

<u>The Role of the House League Coach</u>	Pg. 3
<ul style="list-style-type: none">• Overview• Time Commitment• Coach Selection• Your New Team• Volunteers• Duties and Responsibilities• Practices• Pre-Game Preparation• Dressing Room• Games• Tournaments• Ten Most Frequent Criticisms of Coaches	
<u>The Role of the Trainer</u>	Pg. 7
<ul style="list-style-type: none">• Overview• How to become a Trainer• What Are the Key Responsibilities• What does a Trainer Really Do• Injuries	
<u>Certification Requirements</u>	Pg. 10
<ul style="list-style-type: none">• Team Official Certification Requirements	
<u>House League Playing Rules</u>	Pg. 12
<ul style="list-style-type: none">• Regular Season Operation<ul style="list-style-type: none">◦ Regular Season Tiebreaker Rules• Playoff Game Operation<ul style="list-style-type: none">◦ Playoff Game Tiebreaker Rules• Championship Weekend Operation<ul style="list-style-type: none">◦ Over Time Format◦ Shoot Out Format	
<u>Suspensions</u>	Pg. 18
<ul style="list-style-type: none">• OHF Minimum Suspensions• Referee signals• Game Sheets 101	
<u>Tournaments</u>	Pg. 25
<u>Hockey Rink Etiquette for Parents</u>	Pg. 26
<u>Code of Conduct and Ethics</u>	Pg. 29
<u>I Hope They Didn't Bring Apple Juice</u>	Pg. 31

The Role of the House League Head Coach

Overview

You may have many reasons for wanting to be a head coach. You may want to spend more time with your child who is playing hockey, you may feel you can teach children to become better hockey players, you may enjoy the social interaction with the children and their families, or you may really love the game and want to be a part of it. All of these are good reasons, and WMHA will especially support your efforts if you are motivated for all of them. When your players reach adulthood, the wins and losses will have long been forgotten, but the atmosphere and opportunity you create and the positivity you invest in their lives will have a lasting impact. Your ability to demonstrate the fun, fitness and friendship they can have with hockey should be a big reason you want to be a head coach at WMHA.

Time Commitment

The WMHA House League season runs from early September to the end of March. The time commitment for a head coach may vary according to level but most house league teams receive two allocations (games/practices) per week with the exception of the Bantam, Minor Midget and Midget Juvenile which play straight games throughout the season. There are always exception weekends throughout the season as well were teams may have back to back games or practices or be off the ice to accommodate other events.

Coach Selection

The Director/Convenor will select head coaches for each level from the pool of applicants available and the based on a number of criteria, which may include feedback results from previous year coach surveys and impressions from written and/or verbal communications.

Your New Team

Once selected as a head coach the Convenor will provide a list of players and contact information. Due to the number of children wishing to play hockey in Whitby, and the limited amount of ice available, it is WMHA policy to have 15 skaters plus one or two goalies on every team (16 players total in the case of teams without a dedicated goalie, and up to 20 players per team in the Tyke Division). Players and their families must be contacted by the coach, often through a welcome letter, which may include an introduction of yourself and a chance to state some objectives or philosophies along with initial team ice times or team meetings.

Volunteers

The Team also requires parent volunteers to help during the season. Directors/ Convenors can help indicate what parents from your list have put their name forward to volunteer but the coach may need to solicit more volunteers.

As many parents as possible should be involved to staff team officials positions. Team officials share in the various team responsibilities that must be managed throughout the year. Volunteers may be utilized for the following roles:

- assistant coaches (1-2);
- goalie coach (if the team has dedicated goalie(s));
- other on-ice assistants;
- a manager(s);
- trainer(s);

The Head Coach should ensure that all volunteers take the necessary courses for their role. While the Head Coach is required to complete the CHIP or Coach Stream course, assistant coaches are also encouraged to complete the CHIP or Coach Stream Certification. Trainers are required to have valid Trainer1 certification. All team staff and volunteers are required to have taken the Speak Out course once, and all will be required to have done a police check.

Duties and Responsibilities

Coaches are:

- Responsible for the conduct of their players on the ice and in the dressing room.
- To make every effort to ensure that we offer a safe environment in which the players may enjoy the game.
- Responsible for goalie equipment, which must be returned by the assigned date at the end of the house league season. Players will be allowed to keep their sweaters and socks at the end of the hockey season.
- To ensure that each player has all the proper and approved equipment that it is in a safe and working condition, and that it fits properly. If not, the player should not be allowed on the ice.
- To make every effort to encourage all players to come out. Contact your Convenor if a child's attendance is affecting the team's performance.

Practices

- Almost all WMHA assigned practice times are shared ice with another team in the same division. Younger age groups (Tyke through Minor Bantam) should plan on sharing the full ice for the entire practice. WMHA

scheduled ice should not be used for exhibition games or lengthy scrimmages, but for development and teaching opportunities.

- Coaches must commit the time to practice preparation which includes a practice plan that considers the needs of the team and WMHA and Hockey Canada guidelines for the age group taking to the ice. The practices should be interesting and challenging. The practice plans should be communicated to the partner coach and all on-ice help in advance (not when you arrive at the rink) to ensure the best use of the limited time the players are on the ice.
- At least one qualified trainer from either team must be at every practice.

Pre-Game Preparation

- Coaches should encourage players to be in the dressing room a reasonable time before the game. Most Coaches find it beneficial to have only players (no parents) in the dressing room for the last five or ten minutes.
- Coaches should have players lined up and ready to go on the ice, as soon as the ice is available, if there is a flood, players and Coaches are not allowed on the ice until the arena personnel and equipment are off the ice, and the end equipment gate is closed. A penalty may be assessed for entering the ice surface prior to that time. If there is no flood, allow the exiting team to leave the ice surface prior to allowing your players out onto the ice.

Dressing Rooms

- All Coaches are responsible for supervision of their dressing room from 1/2 hour before practice or game time, until the last player leaves the dressing room after a practice or game. The Two Deep rule is in effect at all times.
- All female players may use the designated dressing room provided by the WMHA

Any policies adopted by the OMHA regarding co-ed teams will be in effect

Games

- The home team is responsible for providing the game sheet
- At least one qualified trainer from either team must be at every game and practice.
- WMHA has an **equal ice time** policy for all house league teams. This means that no player should intentionally get more or less ice time than another, or be put on or kept off the ice in certain situations such as a power play or a key moment late in the game. WMHA believes that all

players deserve an equal opportunity to contribute at all times of the game and for equal lengths of time, and that while “shortening the bench” may help a team have a better chance to win, the harm to a child’s confidence lasts much longer than the temporary satisfaction of winning the game.

- Players starting the game should be rotated. Players should also be given opportunities to try different positions.

Tournaments

- All WMHA teams are encouraged to participate in at least one tournament as it is part of the hockey experience each child should have every year. Some teams will decide to do several tournaments (three are permitted including one away).
- Some teams will also decide to enter an “away tournament”, one that requires families to stay in a hotel. Expectations of player and parent behaviour and parent activities, including the consumption of alcohol, do not change when teams travel to other communities. WMHA Code of Conduct and the laws that govern that community are to be respected. Head coaches are expected to communicate this to families and adhere to it themselves.
- Any tournament outside of the OMHA boundaries requires a travel permit approved by the WMHA Vice President of House League or the House Coordinator. If you are unsure if the tournament you wish to attend is outside of the OMHA please contact the hockey office for advice. Travel permit forms are located on the WMHA website.

Ten Most Frequent Criticisms of Coaches

- Coach shows favoritism, unequal discipline
- Coach is too negative, belittles players
- Practices are too unorganized and not planned out.
- Lack of communication
- Lack of team discipline
- Lack of skill development
- Coach plays the “star” system, lack of teamwork
- Goalies forgotten in practice
- Borderline language
- Not a good teacher

The Role of the House League Trainer

Overview

It is the responsibility of the team officials to be concerned about and attentive to all aspects of player safety. The prime objectives are prevention and proper injury management when the situation requires. The trainer is the leader amongst a team's staff in enhancing the safety of players and other participants within minor hockey. Safety, both on and off the ice is the trainer's primary responsibility and top priority at all times.

How to Become a Trainer

Trainers for minor hockey must possess a HPTC trainer's certification, available online or through a clinic. But having this training is not enough; you must take the training AND be on the bench. Every team, regardless of the level of hockey should have a qualified person on the bench. This will provide the fastest means to attending an injury.

The presence of a qualified trainer is a requirement for all age levels. The Hockey Development Centre of Ontario promotes and recognizes three levels of trainer certification. To receive any of these Certifications, an individual must enroll in and successfully complete the established and standard curriculum for each of the specific levels. The levels vary as to the degree of knowledge and technique taught and permitted for use in the area of injury management. There are also clear standards related to expiration and re-certification for each level certificate.

What Are The Key Responsibilities?

- Carrying out the role for both teams in game situations where the opposing team does not have a trainer.
- Taking a lead role in the development and implementation of a risk management plan and program that emphasizes the prevention of injuries and accidents before they occur.
- Ensuring that the physical premises in which a team activity is about to occur are safe and free from harmful hazards.
- Taking the lead role in the development and readiness preparation of a viable Emergency Action Plan, ensuring that all parties involved are aware of and practiced in their roles.
- Understanding and promoting, along with the other coaches, the principles of fair play.
- Conducting or supervising (depending on age level) regular checks and reviews of player equipment to ensure maximum safety and comfort.

- Teaching, promoting and supervising the use of proper conditioning, stretching and warm-up techniques prior to all on-ice and off-ice physical activities.
- Ensuring the presence and use of key documents such as the Medical Information Form, the Player Injury Report, the Emergency Parent/Guardian Phone List and a Safety Checklist.
- Ensuring that you have a Trainer's Kit or "on-ice" pack that is properly stocked at all times and present at all practices and games.
- Being prepared to be the equipment manager at times also by ensuring the existence of extra supplies such screws, fasteners, tape, laces and elastics and the presence of important tools like screw drivers, pliers, scissors and sharpening stones.
- Managing minor injuries immediately in accordance with training and proper injury management principles and then ensuring referral to appropriate medical professionals.
- Recognizing significant, if not life-threatening injuries as soon as they occur and taking immediate and appropriate action.
- Being prepared to be the decision maker on whether a player who is injured in a game or practice is able to return to the play. **THIS IS THE TRAINER'S DECISION.**
- Ensuring that a proper protocol exists in the team that governs the return of any player from any injury. This protocol should require medical approval and should be specific enough to dictate whether return is to light activity, full practice or full game.

What Does a Trainer Really Do?

- arrives at the rink early to ensure that the premises are safe
- is responsible for following up with players who are still managing injuries
- makes sure that the proper protocol for return is followed
- oversees the stretching and warm-up preparation of the players
- reminds the players to drink plenty of water
- attends to any identified equipment issues
- ensures that the water bottles are prepared and delivered to the player's bench
- ensures that the proper trainer's kits are on the player's bench

- remains present on the player bench attending to injuries and equipment issues as they occur
- should an injury occur, the trainer immediately assesses and attends to the injury
- ensures that all injury management has been completed and that proper communication and next steps are discussed with the coaching staff, player and parents

Injuries

Coaches or trainers are not allowed on the ice until requested by the Referee, IN ALL CASES WHERE AN INJURY APPEARS SERIOUS, and DO NOT MOVE PLAYER. CALL FOR AN AMBULANCE.

- Spinal Injury – Don't move the player! – Ask player if he can move legs, arms & head. Check A, B, C's – Airways, Breathing, and Circulation.
- Concussion – Sit player out – Ask questions; “where are you?”, “who are you?”
- Simple Injury – First Aid Room for cuts, etc. Ensure that the player is fit to return prior to allowing him/her return to the ice game.

When in doubt, call for an ambulance, keep the player warm. DO NOT MOVE THE PLAYER. Do not allow a player to return to the dressing room or first-aid room alone. Ensure that either parent/guardian or a team representative accompanies them.

Certification Requirements

All bench personnel **must** have their Speak out or RIS certificate and a current C.I.R with the vulnerable sector selected, Head Coaches and Trainers also require a valid Coach or Trainers certificate.

OMHA Rules state that all persons assisting at practices **must** have Speak out or RIS certification as well as a current C.I.R. Parent volunteers without a minimum certification of PRS and C.I.R. will not be permitted on the ice during practices or on the bench and therefore are not permitted to sign the game sheet.

You are now able to complete the Speak out or RIS certification online on the OMHA website.

Changes implemented by the RCMP, mean that some people undergoing routine criminal background checks will have to take the extra step of submitting fingerprints to police. That's because the system has been expanded beyond the data base checks previously in place -- which included a check of the national sex offender list -- to include a check of pardoned sex offenders.

Anyone who comes up as a "potential match" -- someone with a name or other information similar to those on the pardoned sex offender list -- is being asked to submit fingerprints to gain clearance.

Police stress the added measure is meant to ensure no sex offenders slip through, and doesn't mean anyone asked to submit fingerprints is confirmed as a sex offender.

To speed up the process, if you are required to submit fingerprints please notify the organization and we will provide a reference letter stating that you are volunteering with our organization.

Current C.I.R.'s are valid for a period of four years. Only original C.I.R.'s will be accepted, if requested your original copy can be returned but we suggest you order 5 copies of your C.I.R. at no additional cost - this saves you from requiring them back for soccer, baseball, etc. If you are required to hand one in this season please do so prior to the beginning of regular season schedule. On subsequent years all bench staff and volunteers will be required to sign a Criminal Offence Declaration Form located on the WMHA website

Please do not hand your C.I.R.'s to your Convener, please address them to the VP of House League and place them in the mail slot in the hockey office door Please note that all returning coaches will be required to be fully certified prior to the preseason schedule or have proof of registration in an upcoming clinic for any expired certifications.

All new coaches will be required to be fully certified prior to the regular season schedule or have proof of registration in an upcoming clinic.

All certifications **must** be completed and received by your Directors, no later than the first of November of the current season. Failure to do so may result in the removal of the volunteer from the bench.

Available clinics can be located by viewing the WMHA website.

Team Official Certification Requirements

All certifications listed are the MINIMUM REQUIREMENT.

DIVISION	COACHES HOUSE LEAGUE	TRAINERS ALL LEVELS	MANAGERS ALL LEVELS
Below Novice (Initiation/Tyke)	Intro Coach (CHIP) ONLY* & Speak Out or RIS	HTCP Level 1 & Speak Out or RIS	Speak Out or RIS
Novice	Intro Coach (CHIP) ONLY* & Speak Out or RIS	HTCP Level 1 & Speak Out or RIS	Speak Out or RIS
Minor Atom Atom	Intro Coach (CHIP) or NCCP Coach Stream & Speak Out or RIS	HTCP Level 1 & Speak Out or RIS	Speak Out or RIS
Minor Peewee Peewee	NCCP Coach Stream & Speak Out or RIS	HTCP Level 1 & Speak Out or RIS	Speak Out or RIS
Minor Bantam Bantam	NCCP Coach Stream & Speak Out or RIS	HTCP Level 1 & Speak Out or RIS	Speak Out or RIS
Minor Midget Midget-Juvenile	NCCP Coach Stream & Speak Out or RIS	HTCP Level 1 & Speak Out or RIS	Speak Out or RIS

NOTES:

1. All Certifications must be registered with the OMHA.
2. Head Coaches of a House League in divisions Novice and below (age 8 & below) must be Intro Coach (CHIP) certified.
3. House League NCCP certification applies to Head Coaches only. Assistant Coaches at the House League level require Speak Out! (PRS) or Respect in Sport (RIS) certification.
4. The certification for Assistant Coaches for House League may be Speak Out! (PRS) or Respect in Sport (RIS) only, but they would require the same certification as the Head Coach for participation with teams from outside its House League (i.e. exhibition and/or tournament play). In addition, if the Head Coach were not available to start a House League game, an appropriately Certified NCCP Coach would be required to act as the Head Coach.

House League Playing Rules

SHARED RESPECT – this initiative calls on all participants to respect one another.

CHECKING TO THE HEAD – Any moderate or severe blow to the head must be penalized with a Minor Penalty and a Game Misconduct, or a Major Penalty and a Game Misconduct. A match penalty may also be assessed.

CHECKING FROM BEHIND – strict application of this rule will continue.

STANDARD OF PLAY – Continued enforcement of the standard of play with regards to restraining (Hooking and Holding) and stick fouls (Slashing, High Sticking, Cross-Checking) at all levels will be maintained.

PROTECTIVE EQUIPMENT – Players are required to wear Neck Guards, Helmet with Chin Straps secured, Facial Protection, and Mouth Guards.

- These are required before and after the game, as well as on the ice and on the bench during the game.
- If any of these items are lost during play, the player is to proceed to the bench and replace – NO PENALTY.
- If they are worn improperly while a player is not participating in play, the team will receive a warning for the first violation, and a game misconduct for each subsequent violation.
- If they are worn improperly while a player is participating in play, the whistle will be blown immediately and a minor penalty for ineligible player will be assessed.

FACEOFFS – Centre Ice face-offs will only be conducted at the start of each period, following the scoring of a goal, or the premature substitution of a goalie.

- All other face-offs will be conducted only at all face-off dots.
- Any stoppage in play will either be conducted at the nearest face-off spot if the stoppage was not caused by either team, or at the face-off spot nearest the offending team's blue line, causing a loss of territorial advantage.

DIVING – a minor penalty for Unsportsmanlike Conduct shall be imposed on a player who attempts to draw a penalty by his/her actions (diving).

- This penalty may be assessed with or without a foul to the opposing team at the discretion of the Referee.

Regular Season Game Operation

- All House League games from Novice through Midget / Juvenile will consist of three stop time periods of 13 - 10 - 13 minutes.
- On completion of the scheduled flood:
 - a. The game clock will be set at 13:00 and will start to run.
 - b. At 11:00, the whistle or buzzer will sound to indicate the end of the team warm-ups.
 - c. Both teams will shake hands prior to the start of each game.
 - d. The game clock will not stop until the first stoppage of play.
- The game will not start before its scheduled time but the game clock may start exactly at the scheduled time.
- All games will be curfewed at their scheduled completion time
 - a. Curfew time is noted on the game sheet.
 - b. Curfew time is initialed on the game sheet by each head coach.
- Time outs are not permitted during any House League play (regular season and playoffs).
 - a. A delay of game penalty will be assessed to the team inquiring about a time out.
- Every effort will be made to have an even number of teams in each division.
- The team with the most points upon completion of the regular season will be declared League Champions. The same applies for the Playoff season.
- Every team will compete in the playoffs.

Regular Season Tiebreaker Rules

Teams in the same division play the same number of games therefore:

1. Most wins
2. If 2 teams are still tied: Head to Head Wins
3. If more than 2 Teams are tied or if rule #2 does not break the tie: **Goals for/(GF+GA)**
4. Coin Toss

Playoff Game Operation

- All House League games from Novice through Midget / Juvenile will consist of three stop time periods of 10 – 10 – 13 minutes.
- On completion of the scheduled flood:
 - a. The game clock will be set at 13:00 and will start to run.
 - b. At 11:00, the whistle or buzzer will sound to indicate the end of the team warm-ups.
 - c. Both teams will shake hands prior to the start of each game.
 - d. The game clock will not stop until the first stoppage of play.
- The game will not start before its scheduled time but the game clock may start exactly at the scheduled time.
- All games will be curfewed at their scheduled completion time
 - a. Curfew time is noted on the game sheet.
 - b. Curfew time is initialed on the game sheet by each head coach.

Tiered Divisions (Foote – Minor Bantam)

- Divisions that are tiered will play a round robin within their tier.
- Each team will play each other once in a round robin style format.
- Top two (2) teams will play for the “A “Division Championship weekend, with the third (3rd) and fourth (4th) teams playing each other and so on within the division.

Non Tiered Divisions (Bantam – Minor Midget)

- Teams will be divided into Blue (odd) & White (even) Divisions based on their final placement in the regular season.
- Teams in the Blue (odd) Division will play each other once in a round robin style format.
- Teams in the White (even) Division will play each other once in a round robin style format.
- Teams will then cross over with the first (1st) place teams playing for the “A “Division Championship in Championship weekend and so on crossing over within the division.

Playoff Game Tiebreaker Rule

All teams will have played the same number of games therefore:

1. Most wins
2. If teams are still tied: head to head wins playoffs
3. If teams are still tied: Calculation of **goals for/ (GF+GA)**
4. Finally, if teams are still tied then a coin toss will determine tie breaker.

WMHA standings are programmed for calculations, therefore the head to head rule will to be determined and applied manually after all the scores have been inputted in the system. A disclaimer will be posted if teams appear in the incorrect order for the final standings due to the calculation factor.

Championship Weekend Operations

The WMHA House League Championship weekend is a Best-of-2 series (with the exception of the Initiation program: Nieuwendyk, Ranger and Primeau): 2 points for a win, 1 point for a tie. The team with the most points after 2 games will be declared the winner.

Teams must be prepared to commence play no less than 15 minutes prior to the scheduled start time.

Game One

- **10/10/10** minute stop-time periods
- **Curfew times will be enforced, No Time Outs.**
- If one team is ahead by 5 or more goals in the 3rd period, the game clock will be run-time and will continue to run regardless of the score.
- The Ranger and Primeau Divisions will play one game on Championship Weekend. The games for those divisions only, will be played with no curfews and no time outs.

Game two

- **10/10/10** minute stop-time periods
- **No Curfews, No Time Outs.**
- If one team is ahead by 5 or more goals in the 3rd period, the game clock will be run-time and will continue to run regardless of the score.
- "Player Allocation for Overtime" sheets (enclosed) must be submitted to the Timekeeper by each team before the start of the game.

- Once the game is over both teams are to keep their gloves and helmets on and line up on their respective blue line.

Overtime Format

If the series ends in a tie (each team wins one game or both games result in a tie) then overtime will be played. The overtime is not a continuation of regulation play therefore; any penalties (exceptions listed below) not served by the end of the third period do not carry over into overtime.

The overtime format is as follows:

- 1st goal wins
- Overtime will consist of three 1-minute stop-time segments.
- Timekeeper should put 1 minute on the clock for each segment
- Each one minute segment will be 3-on-3 skaters.
- Face-offs will occur at centre ice for the start of each 1 minute segment.
- Timekeepers must check the on-ice players against the "Player Allocation for Overtime" sheets; report discrepancies to Referee before the segment begins
- All players on the allocation sheet must rotate in the order they are listed. Once all player have rotated through, if required rotation will go back to the top of the player allocation list, in the same rotation.
- The goaltender cannot be removed.
- Any minor penalty assessed in overtime, will result in a penalty shot to the opposing team. Normal penalty shot rules apply.
- A player is **not** permitted to return for the overtime or shoot out if they have been assessed the following penalties:
 - o If a match, gross or game misconduct was received at any time during the game.
 - o If any misconduct penalty was received in the 3rd period.
- Any player that receives a game ejection for 3 minor penalties at any time in the game will be permitted to play in the overtime and shoot out.
- Any coincidental penalty assessed in overtime will result in 2-on-2 being played for the remainder of that 1-minute segment.
- Any player not able to fulfill their shift for any reason, (e.g. injury, illness, equipment) will be replaced by the **next player on the list**. Other than

for the above-mentioned reasons, substituting players during the 1-minute overtime segments is not permitted. The player may return at a stoppage of play in the same 1-minute segment. If the player returns at a stoppage in play, the substitute player returns to their original position on the "Player Allocation for Overtime" sheet (the player would still play his/her shift as per the "Player Allocation for Overtime" sheet).

Note: The order of the players listed on the "Player Allocation for Overtime" sheet will be followed. Substituting players during the 1-minute overtime segments or changing the order of the players on the list for the shoot-out will not be permitted.

Shoot Out Format

Should a tie still exist following the 3 1-minute periods the following shoot out format will be followed:

- The Home team will shoot first
- The team with the most goals **after** the 3 shooters is declared the winner.
- The 3-shooter shoot out series starts with the players listed after the third 1-minute overtime segment on the "Player Allocation for Overtime" sheet.
- The players **will not** shoot simultaneously, but rather one at a time, as per usual penalty shot rules.
- If the teams are still tied after 3 shooters, a sudden death shoot out will take place. The shoot out rotation, as completed on the "Player Allocation for Overtime" sheet that is to be submitted to the timekeeper prior to the final game, will continue with the same rotation of all players until a winner is decided.
- The sudden death shoot out will continue until a winner is determined.

Note: No player can be repeated on the "Player Allocation for Overtime" sheet and the order of rotation cannot change once submitted to the timekeeper at the start of the final game.

Suspensions

Previously coaches and players had to wait to hear the results of any suspensions from their Convener or Director.

The vast majority of suspensions handed out were for the minimum as set out by the OHF or the WMHA.

Unless informed otherwise, all suspensions will be considered to be for the minimum as set out by the OHF or the WMHA.

All Major penalties will carry an automatic Game Misconduct penalty.

2011–2012 OHF Minimum Suspension

The following are minimum suspensions that shall be imposed for infractions, which occur in all OHF exhibition, league, and play-off games, during the current playing season for Minor Hockey. Note that these suspensions are over and above any imposed by Hockey Canada rules.

These are minimum suspensions. Additional suspensions will be imposed wherever conditions and circumstance warrant.

It is the responsibility of each team manager and / or coach to ensure their players sit out their appropriate suspensions. When in doubt as to the relevant suspension, contact the association office. If unable to contact the league office, sit player's in question out until clarification can be obtained. These suspensions are in addition to game incurred.

Match Penalty reports will be forwarded to the appropriate Member Partner for further review.

Misconducts & Game Misconducts		H.C. Rule	Suspension
M10	Throwing Stick Over Boards	9.8 (d)	0 Games
M11	Refusing to Surrender Stick for Measurement	3.3 (f)	0 Games
M12	Player Interference/Distracton During Penalty Shot	4.9 (f)	0 Games
M13	Goalkeeper Violation/Infraction During Penalty Shot	4.9 (f)	0 Games
M14	Equipment/Facemask Worn Incorrectly	3.6 (d, f)	0 Games
M20	Disputing Call of Official	9.2 (a)	0 Games
M21	Harassment of Official/Unsportsmanlike Conduct	9.2 (b)	0 Games
M22	Inciting	9.2 (e)	0 Games
M23	Entering Officials Crease	9.2 (g)	0 Games

M34	Failure to go to the Player's Bench or Neutral Area	6.7 (g)	0 Games
M35	Failure to go directly to Penalty Bench	9.2 (d)	0 Games
M71	Checking to the Head (Minor + 10 Minutes)	6.5 (a)	0 Games
GM20	Disputing Call of Official	9.2 (a)	1 Game
GM21	Disputing Call with Official: Verbal Abuse of a Game Official	9.2 (b)	3 Games
GM26	Second Misconduct - Same Game	4.5 (c)	1 Game
GM28	Interference from the Bench	7.3 (c, d)	2 Games
GM30	Fighting		
	1 st Offense	6.7	2 Games
	2 nd Offense	6.7	4 Games
	3 rd Offense	6.7	Indefinite
GM31	2 nd Fight, Same stoppage of play (3 rd , 4 th , etc...)	6.7 (h)	3 Games
GM32	Player(s) 3 rd , 4 th , 5 th Man into Fight	6.7 (h)	3 Games
GM33*	Leaving the Players bench or Penalty Box	9.5	3 Games
GM33*	Coach identified as having the 1 st Player leave the players bench or penalty bench and GM34	9.5	3 Games
GM34	Leaving the Penalty Box to start a fight	9.5 (a)	4 Games
GM36	Instigator (minor + Game)	6.7 (b)	3 Games
GM37	Aggressor (minor + Game)	6.7 (b)	3 Games
GM39	Hairpulling, Grab Face Mask/Helmet/Chin Strap (Major + Game)	6.1 (d)	2 Games
GM50	Checking from Behind (Minor + Game)	6.4 (a)	1 Game
GM51	Checking from Behind (Major + Game)	6.4 (a)	3 Games
GM53	High Sticking (Major + Game)	8.3 (a, b)	2 Games
GM54	Cross Checking (Major + Game)	8.2 (a, b, c, d)	2 Games
GM55	Slashing (Major + Game)	8.4 (a, b)	2 Games
GE56	Game Ejections	4.6	0 Games
GM57	Boarding/Body Checking (Major + Game)	6.2	2 Games
GM58	Elbowing/Kneeing (Major + Game)	6.6	2 Games
GM59	Charging (Major + Game)	6.3	2 Games
GM63	Discriminatory Slur	9.2 (f)	3 Games

GM64	Trash Talking	9.2 (a)	2 Games
GM68	Kick Shot (with injury Major + Game)	9.4	2 Games
GM72	Checking to the Head (Major + Game)	6.5 (b)	3 Games
GM73	Tripping (Major + Game)	7.4 (a, b)	2 Games
GM74	Interference (Major + Game)	7.3 (a, b, e)	2 Games
GM75	Holding (Major + Game)	7.1 (a, b)	2 Games
GM76	Hooking (Major + Game)	7.2 (a, b)	2 Games
GM77	Roughing (Major + Game)	6.7 (k, i)	2 Games
GM78	Goaltender Drop Kick Puck (with injury – Major + Game)	4.11 (f)	2 Games
GM79	Refusing to Start Play (Coach – Major + Game)	10.14 (a)	Indefinite
GM80	Team Official Interference/Distracton during Penalty Shot	4.9 (f)	1 Game
GM81	Leaving the Bench without Clearance from the Referee	9.5 (i)	2 Games
	(Assessed to coach if altercation results in penalties at end of game)		

Gross Misconducts

		H.C. Rule	Suspension
GRM60	Travesty of the Game	4.7	3 Games
GRM61	Obscene Gesture	4.7	3 Games
GRM62	Removing Helmet and/or chinstrap	3.6 (c)	3 Games
GRM63	Discriminatory Slur	9.2 (f)	3 Games
GRM66	Head Butt – Team Official (Double Minor + Gross)	6.1 (b)	3 Games
GRM67	Butt End – Team Official (Double Minor + Gross)	8.1	3 Games
GRM68	Spearing – Team Official (Double Minor + Gross)	8.5	3 Games
GRM69	Goaltender Refusing to remove mask for Identification	3.5 (d)	3 Games

M = Misconduct GM = Game Misconduct MP = Match Penalty GRM = Gross Misconduct

Knowing your Referee Signals

REFEREE'S SIGNALS



BOARDING
Striking the clenched fist of one hand into the open palm of the opposite hand in front of the chest.



BODYCHECKING
Open palm of the non-whistle hand, with fingers together, comes across body on to the opposite shoulder.



BUTT-ENDING
A cross motion of the fore-arms, one moving under the other arm.



CHARGING
Rotating clenched fists around one another in front of the chest.



CHECKING FROM BEHIND
A forward motion of both arms, with the palms of the hands open and facing away from the body, fully extended from the chest at shoulder level.



CHECKING TO THE HEAD
Patting flat (open palm) of the non-whistle hand on this side of the head.



CROSS-CHECKING
A forward and backward motion of the arms with both fists clenched, extending from the chest for a distance of about one foot.



DELAYED OFF-SIDE
Non-whistle arm fully extended above the head. To nullify a delayed off-side the Linesman shall drop the arm to the side.



DELAYED CALLING PENALTY
Extending the non-whistle arm fully above the head.



ELBOWING
Tapping either elbow with the opposite hand.



GOAL SCORED
A single point directed at the goal in which the puck legally entered.



PENALTY SHOT

Arms crossed above the head. Give the signal upon stoppage of play.



WASH OUT

A sweeping sideways motion of both arms across the front of the

body at shoulder level with palms down. This signal is used: (a) by the Referee to signal "no goal"; (b) by the Linesman to signal "no icing" and in certain situations "no off-side".



ROUGHING

Fist clenched and arm extended out to the front or side of the body.



SLASHING

A chopping motion with the edge of one hand across the opposite forearm.



SPEARING

Jabbing motion with both hands thrust out immediately in front of the body and then hands dropped to the side of the body.



TRIPPING

Striking leg with either hand below the knee, keeping both skates on the ice.



UNSPORTSMANLIKE CONDUCT/DIVING

Using both hands to form a "T" in front of the chest.

SAMPLE Game Sheet – Filling in your game sheet

Legend of completed game sheet

1. Game Number N/A
2. Date of Game: e.g. Sept 20, 2011
3. Location of Game: e.g. IPSC #2
4. Division: e.g. Major
5. Category: e.g. HL
6. Group/League Division: PEEWEE
7. Playoff Game: Complete only for playoffs
8. Type of Game: League, Exhibition, Tournament
9. Length of Game
10. Curfew Time/Flood: Completed by Home Team, initialed by both coaches
11. Home Team:
12. Player List: Names and Numbers, DO NOT list absent or suspended players, remove/scratch from ALL copies.
13. Suspended Player/Officials List: Player Name and 'Game x of y' (Do not list infraction)
14. Team Official List: N/A
15. League Convener box: N/A
16. Referee Information: Completed by Refs at end of the game, they will also check the game sheet for completeness at the start and end of the game. Refs add any penalty or injury details to the back of the white sheet.
17. Scorekeeper details: Scorekeeper to complete with name and phone number.

Tournaments

Teams may **only** participate in a tournament once they have filled out a Tournament Permission Form and received approval from the V.P. of House League or the House League Coordinator. Please do not register prior to obtaining approval. Tournaments not sanctioned under the OMHA also require a Travel Permit. Permission forms and Travel Permits can be found on the Whitby Minor Hockey Association Website under the House League tab in Forms and Documents.

Any financial penalties incurred for withdrawing due to non-compliance for certification are the sole responsibility of the team, not the WMHA.

HL Teams are limited to entering 3 tournaments, one of which can be an away tournament. Away is defined as a sleep away tournament, if the team will be returning home between days of the tournament then it is not considered an away tournament.

Players are not required to participate in tournaments. Tournaments are strictly voluntary. The cost incurred is to be divided amongst those players participating.

Coaches are not permitted to borrow players from another team for tournaments or exhibition games. You must have an approved OMHA roster to play in a tournament or exhibition game.

Tournaments or exhibition games cannot conflict with your regular season and playoff schedules

In order to qualify to enter a tournament or play an exhibition game, full bench certification must be submitted to your Director.

There will be no exceptions to this rule.

Hockey Rink Etiquette for Parents

15 things to keep in mind while watching from the stands this winter:

1. Let the coaches' coach. If you are telling your son or daughter — or any other player for that matter — to do something different from what their coach is telling them, you create distraction and confusion.
2. It is very unnerving for many young players to try and perform difficult tasks on the ice on the spur of the moment when parents are yelling at them from the sidelines. Let the kids play. If they have been well coached, they should know what to do on the ice. If they make a mistake, chances are they will learn from it.
3. Do not discuss the play of specific young players in front of other parents. How many times do you hear comments such as, "I don't know how that boy made this team..." or "she's just not fast enough...". Too many parents act as though their own child is a 'star', and the problem is someone else's kid. Negative comments and attitudes are hurtful and totally unnecessary and kill parent harmony, which is often essential to youth team success.
4. Discourage such toxic behaviour by listening patiently to any negative comments that might be made, then address issues in a thoughtful, positive way. Speak to the positive qualities of a player, family or coach. It tends to make the outspoken critics back off, at least temporarily.
5. Do your level best not to complain about your son or daughter's coaches to other parents. Once that starts, it is like a disease that spreads. Before you know it, parents are talking constantly in a negative way behind a coach's back. (As an aside, if you have what you truly feel is a legitimate beef with your child's coach — either regarding game strategy or playing time, arrange an appointment to meet privately, away from the rink and other parents.)
6. Make only positive comments from the stands. Be encouraging. Young athletes do not need to be reminded constantly about their perceived errors or mistakes. Their coaches will instruct them, either during the game or between periods, and during practices. You can often see a young player make that extra effort when they hear encouraging words from the stands about their hustle.

7. Avoid making any negative comments about players on the other team. This should be simple: we are talking about youngsters, not adults who are being paid to play professionally. I recall being at a 'rep' baseball game some years ago, when parent on one team loudly made comments about errors made by a particular young player on the other team. People on the other side of the diamond were stunned— not to mention hurt and angry, and rightfully so. Besides being tasteless and classless, these kinds of comments can be hurtful to the young person involved and to their family as well.
8. Try to keep interaction with parents on the other team as healthy and positive as possible. Who's kidding whom? You want your child's team to win. So do they. But that should not make us take leave of our senses, especially our common sense. Be courteous 'till it hurts; avoid the 'tit for tat' syndrome.
9. Parents on the 'other' team are not the enemy. Neither are the boys or girls on the other team. We should work to check any negative feelings at the door before we hit the arena.
10. What is the easiest thing to do in the youth sports world? Criticize the referees. Oh, there are times when calls are missed, absolutely. And that can, unfortunately, directly affect the outcome of a contest. That said, by and large those who officiate at youth hockey games are a) hardly over-compensated, and b) give it an honest — and often quite competent — effort. At worst, they usually at least try to be fair and objective.
11. On that note, outbursts from parents on the sideline made toward the referees only signal to our on children on the ice that they can blame the refs for anything that goes wrong. Learning early in life to make excuses and to blame others is not a formula for success in sports — or life.
12. Yelling out comments such as "Good call, ref" or "Thanks ref" may only serve to alienate an official. The ref always assumes they made the proper call, that's why they made it. Trying to show superficial support because the call went 'your' way is simply annoying to the officials, and to anyone within earshot.
13. The stands are for enjoying watching your child play, and the companionship of other parents— not for negative behaviour. If you want to coach, obtain your coaching certification and then apply for a job.
14. We all feel things and are apt to be tempted to say things to others — fellow parents, officials, our own kids — in the 'heat of the moment'. But we don't excuse athletes for doing inappropriate things in the 'heat of the moment' (there are penalties, suspensions, etc.) so we should apply similar standards to our own behaviour at the rink. Make yourself pause and quickly check yourself and ask: Will I be proud of what I am about to say or do when I reflect on it tomorrow?

15. The parking lot is not the time to 'fan the flames'. Whether it is a coach's decision, a referee's call, a comment that was made, let it go. Don't harass the coach or an official or a parent on the other team after the game is over. Go home, relax, and unwind. Talk positively with your child. Many of us have made the mistake of "chewing out" our own son or daughter on the way home for perceived poor play. The ride home is sometimes as important as the game itself. Make that time a good memory for your son or daughter by discussing as many positives as you can about him/her, their coach and their teammates.

Michael Langlois, founder of Prospect Communications Inc., is the author of the book, "A Guide to Better Communication for Minor (Youth) Hockey Coaches". Prospect's web site is located at <http://www.beyondthegame.net>

CODE OF CONDUCT AND ETHICS

This Code of Conduct identifies the standard of behaviour, which is expected of all OMHA members and participants, which for the purpose of this policy shall include all players, guardians, parents, Coaches, officials, volunteers, directors, officers, committee members, Convenors, team Managers, Trainers and administrators involved in OMHA activities and events.

OMHA is committed to providing an environment in which all individuals are treated with respect.

Members and participants of OMHA shall conduct themselves at all times in a manner consistent with the values of OMHA, which include fairness, integrity and mutual respect.

During the course of all OMHA activities and events, members shall avoid behaviour, which brings OMHA or the sport of hockey into disrepute, including but not limited to abusive use of alcohol, use of non-medical drugs and use of alcohol by minors.

OMHA Members and participants shall at all times adhere to OMHA's operational policies and procedures, to rules and regulations governing OMHA events and activities, and to rules and regulations governing any competitions in which the member participates on behalf of the OMHA.

Members and participants of OMHA shall not engage in any activity or behaviour, which interferes with a competition or with any player or team's preparation for a competition, or which endangers the safety of others.

Members of OMHA shall refrain from comments or behaviours, which are disrespectful, offensive, abusive, racist or sexist. In particular, behaviour, which constitutes harassment or abuse, will not be tolerated, and will be dealt with under OMHA's Harassment policy.

Failure to comply with this Code of Conduct may result in disciplinary action in accordance with the Discipline Policy of the OMHA and / or WMHA. Such action may result in the member losing the privileges, which come with membership in the OMHA and / or WMHA, including the opportunity to participate in OMHA activities and events, both present and future.

In addition to this Code of Conduct, the Five Basic Principles of Fair Play will be recognized and adhered to by all WMHA members including players, parents, team officials, spectators and the Board of Directors.

The Five Basic Principles of Fair Play are:

1. Respect the Rules.
2. Respect the Opponents.
3. Respect the Officials and their decisions.
4. Have everyone participate.
5. Maintain your self-control at all times.

I Hope They Didn't Bring Apple Juice

By Steve Simmons, Toronto Sun-

There was about two minutes to play in the playoff game and I was anxiously pacing behind the bench, barking out whatever instructions seemed important at that very moment. You watch the game and you watch the clock in those final seconds, sometimes precisely at the very same time. We were up by a goal, poised to advance to the next round of the playoffs, when I felt a tug on my jacket. "Ah coach," one of my players said on the bench. "Yea," I answered, concentrating more on the game and the clock than on him at that instance. "Is there snacks today?" "Whaaaat?" I barked exasperated. "Did anyone bring snacks today?" "Huh," I looked away. "I hope they didn't bring apple juice." The young boy said. "I don't like apple juice." The moment froze me in all the playoff excitement, the way all special and meaningful moments should. If somehow, I could have captured that conversation on tape, I would have had one of those special sporting moments for parents everywhere, the kind you need to play for coaches and executive and trainers and managers and all of us who take kids hockey way too seriously. It isn't life or death, as we like to think it is. It isn't do or die as often as we pretend it to be. In one tiny moment in one game minor hockey was reduced to what it really is about. Apple juice. OK, so it's not apple juice. But what apple juice happens to represent in all of this. The snack. The routine. The ritual. Kids can win and lose and not even give a second's thought about either, but don't forget the post-game drinks. If anything will spoil a good time, that will. You see, it's all part of the culture of hockey. Not who wins, not who scores goals, not which team accomplished what on which night, but about whether Mom and Dad are there, whether their grandparents are in the stands watching, whether their best friend was on their team and they got a shift on the power play, and yes, about what they ate. When you get involved in hockey, when you truly put your heart into the game and into the environment and into everything, it can be when it's at its best, the game is only part of the package. It becomes a social outing for parents. It becomes a social outing for children. It should never be about who is going for extra power skating and who is going straight from minor tyke to the Ottawa Senators but about building that kind of environment, the kind of memories kids and parents and families will have forever. Sometimes, when I stand around the arenas I can't believe the tone of the conversations I hear. The visions are so short-sighted. The conversations are almost always about today and who won and who lost and who scored. Not enough people use the word fun and not enough sell it that way either. Hard as we try to think like kids, we're not kids. Hard as we try to remember what we were when we were young, our vision is clouded by perspective and logic, something not always evident with children. Ask any parent whether they would rather win or lose and without a doubt they would say win. But ask most children what they would prefer: playing a regular shift, with power play time and penalty killing time on a losing team rather playing sparingly on a winning team, and the answer has already come out in two different studies. Overwhelmingly, kids would rather play a lot than win and play a little. Like we said, it is about apple juice. It is, after all, about the experience. You can't know what's in a kid's mind. I was coaching a team a few years ago when I got a call from the goaltender's Father. It was the day before the championship game. The

Father told me his son didn't want to play anymore. "Anymore after tomorrow." I asked. "No," the Father said.

"He just doesn't want to play anymore." "Did something happen?" I asked. "He won't tell me," the Father said. I hung up the phone and began to wonder how this happened and who would play goal the next day when I decided to call back. "Can I talk to him?" I asked the father. The goalie came on the phone. "I don't want to play anymore." "But you know what tomorrow is, don't you? Are you nervous?" "No." "Then what? You can tell me." "I don't like it anymore." "Don't like playing goal?" "They hurt me," he said. "Who hurts you?" "The guys," he said "What guys?" "Our guys. They jump on me after the game. It hurts me and scares me." "Is that it?" "Yea." "Do you trust me?" "Yea." "What if I told you they won't jump on you and hurt you anymore? Would you play then?" "Are you sure?" "I'm sure." "Then I'll play." And that was the end of the goalie crisis. The kid was scared and wouldn't tell his parents. The kid loved playing but didn't love being jumped on after winning games. You can't anticipate anything like that as a coach. You can't anticipate what's in their minds. It's their game, we have to remember. Not our game. They don't think like we do or look at the sport like we do.

They don't have to adjust to us; we have to adjust to them. We have to make certain we're not spoiling their experience. Our experience is important too, but the game is for the children and not for the adults. We can say that over and over again, but the message seems to get lost every year. Lost in too many coaches who lose perspective and who think nothing of blaming and yelling and bullying. Lost by parents who think their son or daughter is the next this or the next that and they are already spending the millions their little one will be earning by the time they finish hockey in the winter, 3-on-3 in the summer, power skating over winter break, special lessons over March break, pre-tryout camp before the AAA tryouts in May and a couple weeks of hockey school, just to make certain they don't go rusty. I have asked many NHL players how they grew up in the game. My favorite answer came from Trevor Linden, who has captained more than one team. He said he played hockey until April and then put his skates away. He played baseball all summer until the last week of August. He went to hockey camp for one week then began his season midway through September with tryouts.

No summer hockey. No special schools. No skating 12 months a year. "I didn't even see my skates for about five months a year. I think the kids today are playing way too much hockey and all you have to do is look at the development to see it really isn't producing any better players. "We have to let the kids be kids." When, I asked Gary Roberts recently, did he think he had a future in hockey. "When I got a call from an agent before the OHL draft," he said. "Before that, it was just a game we played." Do me a favor: Until the agent comes knocking on your teenager's door, let's keep it that way. A game for kids. And one reminder, I don't care what the age: Don't forget the snacks.

Steve Simmons writes a city column for the Toronto Sun when he isn't coaching his Avenue Road minor atom select team or Vaughan peewee house league team. His syndicated Sunday sports column is the most read sports column in Canada