

NORTHERN ONTARIO HOCKEY ASSOCIATION

**TEAM GUIDE
2023-2024**

Table of Contents

CONTACTS	4
IMPORTANT DATES	6
CODE OF CONDUCT	7
TEAM COMPOSITION	8
CERTIFICATION REQUIREMENTS	9
AFFILIATION	10
TEAM ROSTER	11
SEASON PLANNING	13
EXHIBITION GAMES	16
TOURNAMENTS	17
INSURANCE	19
SUSPENSIONS	20
NON-SANCTIONED POLICY	21
TOURNAMENT OF CHAMPIONS	22
MALTREATMENT	23
GREEN ARM BAND INITIATIVE	24
HOCKEY CANADA NETWORK	25
PLAYER PATHWAYS	26
SEASONAL STRUCTURE	27



QUICK LINKS

This Team Guide is meant to supplement the NOHA Bylaws, Regulations, and Policies. It is intended as a reference and guideline only; in all cases, the exact wording of the NOHA Bylaws and Regulations and Hockey Canada Official Playing Rules will take precedence.



www.noha-hockey.ca



www.ohf.on.ca



www.hockeycanada.ca

NOHA Resources

NOHA Forms

Injury Report Form



CONTACTS

A Team's primary contact should be their Minor Hockey Association. Ensure you know the MHA Travel Permit Contact for Exhibition Games and Tournament Permits.

NOHA EXECUTIVE

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DISTRICT TWO

Nickel City

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Temiskaming Shores

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Cochrane

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DISTRICT SEVEN

Manitoulin

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DISTRICT EIGHT

Sudbury

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DISTRICT NINE

Kapuskasing

Seb Lessard

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1 (705) 474-8851 ext. 814

DIRECTOR OF OFFICIALS

Glen Campbell

gcampbell@noha-hockey.ca

1 (705) 497-3980



CONTACTS

A Team's primary contact should be their Minor Hockey Association. Ensure you know the MHA Travel Permit Contact for Exhibition Games and Tournament Permits.

NOHA OFFICE

Executive Director

Jason Marchand

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1 (705) 474-8851 ext. 101

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Co-ordinator

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Co-ordinator

Lindsay Morell

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REFEREES-IN-CHIEF

District 1

Porcupine

Owen Rigg

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Districts 2&8

Nickel City/Sudbury

Eric Caetano

cnote5@msn.com

District 3

Sault Ste. Marie

Scott Raycroft

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District 4

Temiskaming Shores

Eric Ouellette

eric.ouellette@live.com

District 5

North Bay

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District 6

Cochrane

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District 7

Manitoulin

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District 9

Kapuskasing

Robert Gagnon

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IMPORTANT DATES

All Team Bench Staff should be aware of the important dates for Teams to be able to plan the season accordingly. All Players and Team Staff must be approved on the HCR Roster to participate in Tournaments .

- OCTOBER 1** ● Final Date to apply to Host the NOHA Tournament of Champions
- NOVEMBER 1** ● Final Date for all Players to have Respect-in-Sport Parent Program
● Final Date for all Bench Staff to complete their Certification Requirements
- DECEMBER 1** ● Final Date for NOHA Tournament of Champions Applications and Fees
● Final Date for NOHA House League Tournament of Champions Applications and Fees
- JANUARY 10** ● Final Date to Release Minor Hockey Players
- JANUARY 15** ● Final Date to submit 19-at-Large Affiliation List
- JANUARY 20** ● New AAA Team/League Applications due
- FEBRUARY 10** ● Final Date to add Players and Bench Staff
- MARCH/APRIL** ● NOHA Tournament of Champions
- APRIL** ● OHF Championships
- JUNE** ● NOHA Annual General Meeting



CODE OF CONDUCT

1. The NOHA is committed to providing a sport environment in which all individuals are treated with respect.

2. During the course of all NOHA activities: Athletes, coaches, parents, directors, volunteers, staff, chaperones, and others within each of the NOHA Member Associations:

a) Shall conduct themselves, at all times, in a fair and responsible manner and refrain from comments or behaviours that are disrespectful, offensive, abusive, racist, or sexist. In particular, the NOHA will not tolerate behaviour that constitutes harassment or abuse or bullying.

b) Shall avoid behaviour which brings the NOHA and/or its Member Associations, or the sport of hockey into disrepute, including, but not limited to the abusive use of alcohol and/or non-medical use of drugs.

c) Shall not use unlawful performance-enhancing drugs or methods, nor shall they engage in any activity or behaviour that endangers the safety of others.

d) Shall at all times adhere to the Hockey Canada, OHF, and NOHA Member Associations' operational policies and procedures, to rules governing Hockey Canada, OHF, and NOHA Member Association events and activities, and to rules governing any competition in which the member participates on behalf of the OHF, NOHA, and NOHA Member Associations.

3. Failure to comply with this Code of Conduct may result in disciplinary action, including, but not limited to: the loss or suspension of certain or all privileges connected with the respective Member Association and/or NOHA, including the opportunity to participate in NOHA and its Member Association activities. Such discipline may include the removal or ban from an arena, game, practice, and other team activities.



TEAM COMPOSITION

PLAYERS

House League

Not fewer than 9 players (no goaltenders designated)

U13 AA and Below

Not fewer than 11 players

U15 AA–U18C

Not fewer than 11 players; one must be a goaltender

AAA

Not fewer than 12 players; two must be goaltenders

U11, U13, U15

Maximum of 19 players

U18, U20

Maximum of 19 at one time; no more than 25 per season.

BENCH STAFF

COACHES

Coaches are responsible for the team, and mainly in charge of development, practices, game plays, and games. Head Coaches must also delegate to Assistant Coaches and focus on Fair Play and Player safety. The Head Coach is also responsible for ensuring every Player and Bench Staff are approved on the HCR Roster.

TRAINERS - MAXIMUM 2 PER TEAM

The Team Trainer is responsible for ensuring Players are always in proper equipment, playing safely, and in charge of handling injuries as they happen and tracking return-to-play afterward. Trainers do not assist on the ice unless there is an injury.

MANAGERS - MAXIMUM 2 PER TEAM

The Team Manager is an administrative position, and is in charge of communication, taking care of the Team Binder, and arranging tournaments and exhibition games.

ON-ICE ASSISTANT

The On-Ice Assistant may assist during practices in activities like opening doors and moving pylons. They cannot give instruction to players.

All Bench Staff must be approved on the HCR Roster.



CERTIFICATION REQUIREMENTS

PLAYERS

Respect in Sport Parent Program

Rowan's Law Acknowledgment

BENCH STAFF

All NOHA Coaches, Trainers, Manager, and On-Ice volunteers must meet the certification requirements to be approved to participate.

Respect-in-Sport Activity Leader

Gender Identity & Expression

Hockey University Online Coach 1/2

Hockey University Online Checking

Trainer 1 Online Certification

[VIEW ALL BENCH STAFF REQUIREMENTS HERE](#)

All Bench Staff must be approved on the HCR Roster.



AFFILIATION

Find all regulations and forms [HERE](#).

From U7 to Junior A, teams wishing to dress Players other than those on their Roster may select nine-teen (19) Affiliated Players. If a Team has selected the maximum number of Affiliated Players, at least two (2) Affiliated Players must be Goaltenders.

Teams may only select Affiliated Players from a lower Division or Category Team, with the exception of the Regulation below; all such Players and Team(s) must be properly registered in the HCR.

Affiliated players must be approved by the Association and the NOHA, and must be approved on the HCR Roster before participation.

[Affiliation Page](#)
[Affiliation FAQ](#)
[Affiliation Chart](#)
[Affiliation Form](#)



TEAM ROSTER

Regulation 5.1.1 e)

In all divisions, Players and Team Officials must be registered on rosters in the HCR before any Player participates in their Team's first game on any League schedule. Teams and/or Associations are to ensure that applicable releases, tryout forms, HC Appeals, Residential Move Forms, etc. are in the possession of the Team and/or Association before a Player participates in their first League game. Also, pertinent releases, forms, and appeals must be attached to the Player's record in the HCR before any Player participates in their first game on any League schedule.

- It is the Team Officials' responsibility to ensure the HCR Roster is approved and up to date.
- Ensure it is checked before any game or tournament, and if there are any discrepancies, contact your local Minor Hockey Association as soon as possible.
- Any player or staff not approved on the roster may not participate.
- The Team Manager should have copies of the most up-to-date approved roster at all times. If any changes are made, it is the Team's responsibility to ensure they have the roster with those approved changes.

Tournaments

For every tournament, an NOHA Travel Permit and an approved HCR Roster must be submitted. Prior to the tournament, review the roster to ensure every player who is participating is approved on the roster. If they are not on the roster, they are not insured, and therefore cannot participate.

Important HCR Roster Fields (Sample on next page)

1. HCR Team ID
2. Print Date
3. Approved Status
4. Bench Staff Position
5. Official Team Name



TEAM ROSTER

Official Team Roster



Team: NOHA TEST TEAM U18 H/L #2022111122223333 Playoffs: ---
League: --- Conference: --- Tournament Number: ---
Division: U18 Class: HOUSE LEAGUE Season: 2021-2022
Category: UNDER-18 HOUSE LEAGUE Type: Standard Print Date: 2022-04-11

PLAYERS

No	Last Name	First Name	Sex	DOB (yyyy-mm-dd)	HCR NUMBER	REGISTERED	POSITION	STATUS
	LASTNAME	FIRSTNAME	MALE	YYYY-MM-DD	2022111122223333	2021-11-26	Player	✓
	LASTNAME	FIRSTNAME	MALE	YYYY-MM-DD	2022111122223333	2021-10-30	Player	✓
	LASTNAME	FIRSTNAME	MALE	YYYY-MM-DD	2022111122223333	2021-10-30	Player	✓
	LASTNAME	FIRSTNAME	MALE	YYYY-MM-DD	2022111122223333	2021-10-30	Player	✓
	LASTNAME	FIRSTNAME	MALE	YYYY-MM-DD	2022111122223333	2021-11-26	Player	✓
	LASTNAME	FIRSTNAME	MALE	YYYY-MM-DD	2022111122223333	2021-10-30	Player	✓
	LASTNAME	FIRSTNAME	MALE	YYYY-MM-DD	2022111122223333	2021-10-30	Player	✓
	LASTNAME	FIRSTNAME	MALE	YYYY-MM-DD	2022111122223333	2021-10-30	Player	✓
	LASTNAME	FIRSTNAME	MALE	YYYY-MM-DD	2022111122223333	2021-10-30	Player	✓
	LASTNAME	FIRSTNAME	MALE	YYYY-MM-DD	2022111122223333	2021-10-30	Player	✓
	LASTNAME	FIRSTNAME	FEMALE	YYYY-MM-DD	2022111122223333	2021-11-18	Player	✓
	LASTNAME	FIRSTNAME	MALE	YYYY-MM-DD	2022111122223333	2021-10-30	Player	✓
	LASTNAME	FIRSTNAME	MALE	YYYY-MM-DD	2022111122223333	2021-10-30	Player	✓
	LASTNAME	FIRSTNAME	MALE	YYYY-MM-DD	2022111122223333	2021-10-30	Player	✓
	LASTNAME	FIRSTNAME	MALE	YYYY-MM-DD	2022111122223333	2021-10-30	Player	✓
	LASTNAME	FIRSTNAME	MALE	YYYY-MM-DD	2022111122223333	2021-10-30	Player	✓
	LASTNAME	FIRSTNAME	MALE	YYYY-MM-DD	2022111122223333	2021-10-30	Player	✓
TOTAL PLAYERS: 16								

TEAM OFFICIALS

No	Last Name	First Name	Sex	DOB (yyyy-mm-dd)	HCR NUMBER	REGISTERED	POSITION	STATUS
	LASTNAME	FIRSTNAME	FEMALE	YYYY-MM-DD	2022111122223333	2021-11-18	Manager	✓
	LASTNAME	FIRSTNAME	MALE	YYYY-MM-DD	2022111122223333	2021-11-16	Trainer	✓
	LASTNAME	FIRSTNAME	MALE	YYYY-MM-DD	2022111122223333	2021-10-30	Coach	✓
	LASTNAME	FIRSTNAME	MALE	YYYY-MM-DD	2022111122223333	2021-11-16	Trainer	✓
TOTAL TEAM OFFICIALS: 4								



SEASON PLANNING

DELEGATING TASKS

Every volunteer has a role to fulfil, and it is important to involve parents to help out with various roles. Examples of parent-based roles include:

- Equipment Manager
- Game Volunteers (Concessions, 50/50, stats)
- Snacks Managers
- Events/Fundraiser Scheduler
- Safety Coordinator/Communications Officer
- Communication or “Phone Tree” Planner

Please see the **NOHA's Volunteer Manual** for more resources.

CREATING A TEAM BINDER

The official Team Manager should keep a Team Binder with all important information and have this with them at every practice, game, and event. Only the Team Manager on the official HCR Roster should keep and access this binder.

The Team Binder should include:

- Approved HCR Roster – This roster must have all players and bench staff listed and approved. It is the Team's responsibility to ensure the roster is accurate. Players or bench staff who are not on the roster are not insured and cannot participate.
- Team Contact List
- Team Medical Information – Each parent should fill out a medical information sheet to be used in case of an emergency. This should include emergency contact information, allergies, medical conditions, and the player's Health Care Number. Any injury reports or logs should also be filed here.
- **Injury Report Forms**
- Game and Practice Schedules
- Gamesheets/Game Reports
- Photo/Media Consent Forms – Privacy is very important. If photos or video are being taken for media purposes, consent forms will be required for use.



SEASON PLANNING

HOSTING A TEAM MEETING

At the start of the season, the Manager and Bench Staff should host an in-person or virtual meeting to review the codes of conduct, schedules, and rules and regulations. This is also a good time to delegate tasks to parents, plan tournaments, and run through a complaint-intake process.

PLANNING TOURNAMENTS

- Tournaments should be planned at the beginning of the year.
- For NOHA Tournaments, visit the Tournament Listing [HERE](#).
- NOHA Tournament of Champions are held in March & April, and the deadline for application and payment is December 1st.
- To attend ANY tournament, even in your Home Centre, your team MUST have an approved HCR Roster and Tournament Travel Permit.

SUSPENSIONS AND GAME SHEETS

- When a player obtains a suspension, it is the Team's responsibility to keep track of games served. This is also to be noted on the gamesheets when a player is serving.
- If you are unsure what suspension a player has received, please reference the NOHA Minimum Suspension List [HERE](#).

FUNDRAISING AND INSURANCE

Fundraising is a great way to help pay for equipment, tournaments, and team events. When organizing events, always check to ensure it is covered by Hockey Canada Insurance as non-hockey or high-risk events may not be covered. You can find the OHF Insurance Guide [HERE](#).

Dryland training and events will need an insurance certificate. Access the online insurance portal [HERE](#).

INJURY REPORTING

The Team Trainer is responsible for filling out and sending in [Injury Report Forms](#) whenever an incident occurs. Even if the injury does not require immediate care, it is important to log and track the injury in case it is continual. Injury Report Forms should be kept in the Team Binder and brought with players if they need to attend a clinic or emergency room.



SEASON PLANNING

SPONSORSHIP OPPORTUNITIES

There are a number of sponsorship programs and opportunities, including the NOHA-Kobe Jersey Program, Hockey Canada Assist Fund, and more. Take advantage of programs to find savings on equipment, accommodations, meals, and more.

Visit the NOHA Website for a list of available programs [HERE](#).

EQUIPMENT

- Jerseys - The Team should discuss jersey options with the local Association. Teams should have both light and dark sets of jerseys, and should bring both sets with them to every game. Ensure any additional markings or crests are approved by the local Association.
- Water Bottles - Water bottles can be brought individually, or the Team can invest in a set. Water bottles should be clearly marked with the player's name, and water bottles should never be shared, as this could cause the spread of germs and infection.
- Other Equipment - The Team should create a plan for any other equipment such as pucks, tape, first-aid kits, etc.

TOURNAMENT OF CHAMPIONS

The NOHA Tournament of Champions are held every March/April for both Representative and House League Teams.

- Host applications are due from Associations by October 1st, and Team applications or Letters of Intent are due by December 1st.
- If your Rep Team wishes to change category, this must be requested along with your application by December 1st.

The Tournament of Champions is a great way to finish the season, and winners of OHF categories (AA and A), will be selected to represent the NOHA at the OHF Championships in April.

Full information, Rules & Regulations [HERE](#)



EXHIBITION GAMES

Exhibition Games are games played against other Teams that are not considered League Play.

REGULATION 7.2 - EXHIBITION GAMES

No Player or Team shall be permitted to play exhibition games without the permission of their NOHA Council Director. Permission must be obtained 48 hours in advance of the scheduled game or 7 days in the case where an NOHA Team is playing a Team from outside the NOHA. It will be the responsibility of the home Team to make the request to their Council Director

To apply for an Exhibition Game permit, you must submit a request to your **Minor Hockey Association** permit contact.

Include:

1. Team Name, Division, Category
2. HCR Team ID
3. Team Contact Name
4. Opposing Team Name, Division, Category
5. Date & Location of Game
6. Length of Game

Ensure you have a copy of all Exhibition Permits in the Team Binder.

Exhibition Games can only be played against Hockey Canada Sanctioned Teams. It is the Team's responsibility to ensure the opposing Teams are sanctioned.

Exhibition Game permits must be entered by both Teams.



TOURNAMENTS

All NOHA sanctioned tournaments can be found [HERE](#).

Regulation 12.2 – Tournament Attendance

a) All tournament permits and letters of permission are granted with the understanding that they are not to interfere with the NOHA playoffs and league playoffs. This will be strictly enforced by the Council Directors.

b) (R.13.2) NOHA teams must not take part in any tournament unless such tournament has a sanction permit from the NOHA, OHF or HC and the team has permission from the NOHA. Teams shall not enter to participate in concurrent tournaments.

c) (R.13.3) Teams (House League and Representative) wishing to participate in tournaments, must apply for a permit through the Tournament Portal. Requests through the Tournament Portal must be received by the NOHA Office two (2) weeks prior to the tournament. Any requests received after this will be subject to a charge of \$50.00. Approved tournament permits will be available to the Association Tournament Portal contact.

d) (R.13.18) Every Player and Team Official participating in any sanctioned tournament must be registered with that Team on an approved HCR roster for inspection at all tournaments.

e) (R.13.4) NOHA Teams, Players, or Team Officials taking part in unsanctioned tournaments without permission will be subject to disciplinary action.

f) (R.13.22) No Rep team will be allowed to play in a House League tournament. When applying for a tournament permit, ensure the tournament is sanctioned by the NOHA, OHF, or Hockey Canada. When attending any tournament, a travel permit and HCR Roster must be submitted before any participation. All participating members must be approved on the HCR Roster.

It is important to review your HCR Roster before every tournament to ensure it is accurate, and that every player and bench staff is approved on the roster.

Travel Permits must have the signature of the Executive Director of the NOHA. A sample has been provided for reference on the next page:



TOURNAMENTS



NOHA Tournament Travel Permit

Permit ID 123456

Type	Tournament Travel Permit		
Minor Hockey Association	Test Minor Hockey Association		
Team Name	Team Name		
HCR ID	1234567891011123		
Division	U13	Category	House League
Contact Name	Team Contact		
Tournament ID	21-001		
Location	North Bay, Ontario		
Start Date	1/1/2022	End Date	1/3/2023

Approved By

5/17/2023 16:06:00

A handwritten signature in black ink that reads 'Jason Marchand'.

Jason Marchand
Executive Director
Northern Ontario Hockey Association

Northern Ontario Hockey Association
110 Lakeshore Drive, North Bay, ON P1A 2A8
noha-hockey.ca



INSURANCE

INSURANCE PORTAL – SUBMITTING FOR A CERTIFICATE OF INSURANCE

Insurance Certificate requests must be made through the Insurance Portal online [HERE](#)

Please ensure requests are input at least one week prior to the event to ensure you receive the certificate on time. A walkthrough for the portal is available [HERE](#)

INJURY REPORTING

Teams should keep blank Hockey Canada Injury Report Forms in the Team Binder. Forms can be found [HERE](#).

When an injury occurs, a Hockey Canada Injury Report needs to be filled in and sent to the NOHA. If a player needs to go to the Emergency Room, a medical clinic, or to a doctor's appointment, they should bring a Hockey Canada Injury Report with them to be filled out. It is much easier to have the form filled out at the time of the injury than to try to have it filled out later.

Injury Reports need to be submitted within 90 days of the injury.

Send completed forms to:

Kiersten Maitland
110 Lakeshore Drive
North Bay, ON
P1A 2A8
kmaitland@noha.-hockey.ca
Or fax to: (705) 474-6019

For more information on what is and isn't covered, visit the NOHA Insurance Section online [HERE](#)



SUSPENSIONS

For full Suspension Regulations, see Regulation 10 in the NOHA Constitution: Suspensions.

If a Player or Bench Staff incurs a suspension during a game, it will be logged on the game sheet. Use the Minimum Suspension List [HERE](#) to verify suspensions.

Your local Association will follow up with a suspension notice.

It is the responsibility of the Team and Association to track suspensions and possible accumulations. If, at any time, you are unsure of the status of a suspension, please be in contact with your local Minor Hockey Association.

SERVING A SUSPENSION

Any player who receives a penalty will be required to sit out the minimum number of games outlined for the infraction.

The Team is responsible to record suspensions on game sheets and monitor the games a Player or Bench Staff has sat.

Teams failing to enforce suspensions leave the suspended Player or Bench Staff, as well as the Team Officers liable for further disciplinary action and possible forfeiture of games involving the suspended person(s).

For further questions on Suspensions, please contact:

Adam Morell

Officiating Program Co-ordinator

amorell@noha-hockey.ca



NON-SANCTIONED POLICY

As the governing body of amateur hockey in Canada, Hockey Canada is committed to offering the best development programs in the world. Hockey Canada and our Members have invested significant resources in the development of officials, coaches, administrators and players countrywide. We have a committed strategy toward a cohesive long-term athlete development model and we feel our programs are second to none in sport.

Despite, or perhaps because of, our success in delivering quality programming throughout Canada, other organizations operating outside our structure form leagues, tournaments and games from time to time that offer various levels of amateur hockey programming. These “non-sanctioned” organizations do not support the development of Hockey Canada or Member programs. Further, they operate with limited, or no consideration to the impact of their programs on minor, junior, senior, adult recreational hockey, officiating development, female hockey, coaching development or administrator development in Canada. These Non-Sanctioned Leagues choose instead, in many instances, to utilize resources already developed by Hockey Canada and its Members.

Because these Non-Sanctioned Games operate outside of our structure, the Ontario Hockey Federation has no way of ensuring that those Leagues implement many of the fundamental safeguards inherent in Hockey Canada programs. As a result, those Leagues may not be using the same Playing Rules that Hockey Canada has implemented to protect player safety and may not provide adequate insurance for their participants. We also cannot ensure that the quality of play in these Leagues matches the level advertised.

The Ontario Hockey Federation respects the right of every individual to choose between participating in a Hockey Canada sanctioned Game or a Non-Sanctioned Game at the beginning of each hockey season. Every individual who makes the choice to Participate in a Non-Sanctioned Game, however, must understand the ramifications of that choice, as described in greater detail in Section III of this policy.

Read the full Policy [HERE](#).



TOURNAMENT OF CHAMPIONS

The NOHA Tournament of Champions is the end-of-year tournament that takes place in March/April of every season. Find full Rules & Regulations and forms on the [NOHA Website](#)

Representative Tournament of Champions

In order to participate, Teams must submit their application by December 1st. Any application made without payment will be subject to a \$50 late fee.

Teams may apply to change category with a letter of support from their Minor Hockey Association and detailed statistics showcasing the reason for the change.

Winners of the U12, U15, and U18 AA and A categories will represent the NOHA at the OHF Championships in April.

House League Tournament of Champions

The House League Tournament of Champions are held at the U13, U15, and U18 House League levels.

Applications will be accepted until December 1st. Teams will be accepted in order of application up to ten teams.

All Tournament of Champions winners and finalists receive medals, and winners receive hats and a Champion banner. Participating in an NOHA Tournament of Champions is a great way to finish the season.



MALTREATMENT

We believe hockey should be a positive experience for everyone. This is why Hockey Canada introduced Rule 11, which strives to eliminate maltreatment from our game.

What is Maltreatment?

Maltreatment consists of acts that result in actual or the potential of physical or psychological harm. This includes, but is not limited to physical, psychological, or sexual actions.

- Game officials must be alert to all forms of maltreatment and be ready to penalize and report any participant who violates these rules.
- Game officials must stress to players and team personnel that they want to hear concerns related to maltreatment. This is an essential step in players and team personnel feeling comfortable expressing such concerns.
- Game officials must report an incident even if they didn't see it; this is an important part of the new process.
- Everyone must commit to ridding the game of maltreatment and to ensuring positive hockey experiences for all.

Maltreatment Rule

Maltreatment Resources



GREEN ARM BAND INITIATIVE

In an effort to reduce the harassment and abuse of young Officials, the NOHA has spearheaded the Green Arm Band Initiative, which requires Officials under the age of 18 to wear a Green Arm Band to bring awareness that the harassment and abuse of Officials will not be tolerated.

Any Game Misconduct or Gross Misconduct penalty involving a Green Arm Band Official or at the U9 and U11 age category will be doubled from the OHF Minimum Suspension List.

Infractions impacted include:

- Game Misconduct - Unsportsmanlike Conduct (11.1)
- Game Misconduct - Disrespectful, Abusive, and Harassing Behaviour (11.2)
- Gross Misconduct - Travesty of the Game (11.2F)
- Gross Misconduct - Discrimination (11.4)
- Match Penalty - Attempted Strike (11.5A)
- Match Penalty - Deliberate, Touch, Hold, Push (11.5B)
- Match Penalty - Deliberate Strike, Trip, Body Check (11.5C)

[**NOHA Green Arm Band Policy**](#)

[**NOHA Green Arm Band FAQ**](#)



HOCKEY CANADA NETWORK

The Hockey Canada Network gives coaches and players the tools to succeed with drills, skills, videos, practice plans and articles on your tablet or phone.

It includes:

- 3,250+ Articles
- 1,400+ Drills
- 430+ Series
- 200+ Game Clips
- 100+ Practice Plans

DISCOUNT CODE

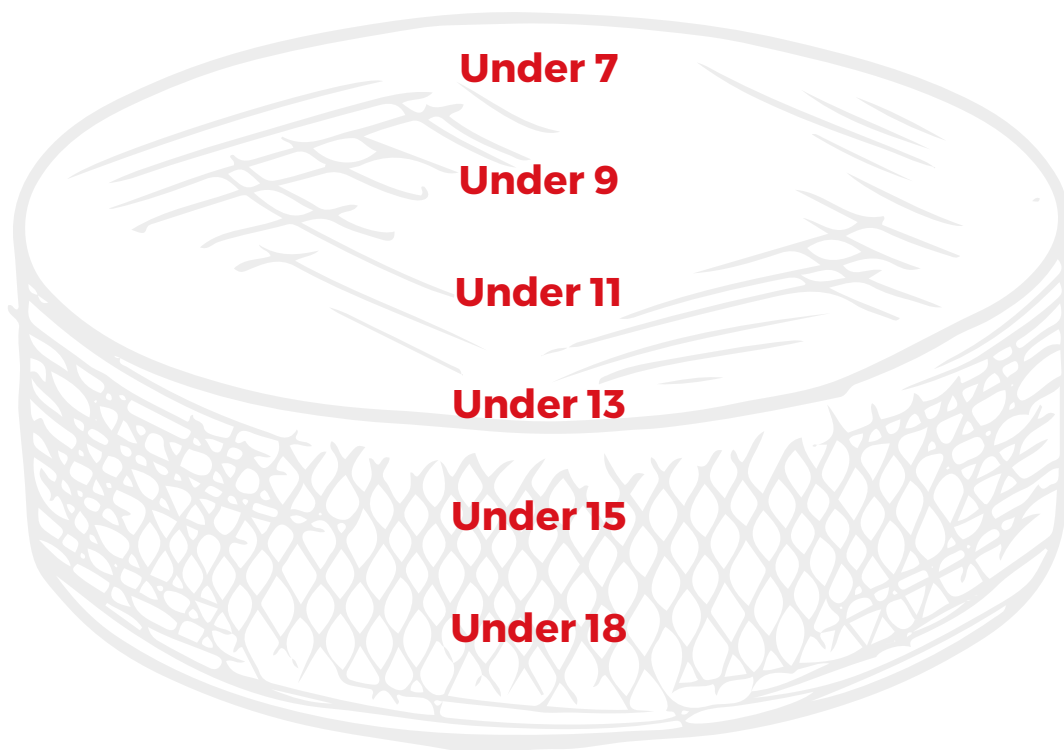
Hockey Canada Network



PLAYER PATHWAYS

The Long Term Player Development model sets out a vision for hockey in Canada that puts the player first. The LTPD model provides age-appropriate opportunities for kids to participate in the game. Focusing on development and enjoyment will lay the foundation for local, national and international success long into the future.

View the Hockey Canada Player Pathways and resources for each division below:



Under 9, Under 11, and Under 13 teams have the following tournament limits:

Under 9 - Two half-ice Jamborees, Two full-ice Tournaments

Under 11 - Four Tournaments

Under-13 - Four Tournaments

*Associations and/or Leagues may impose additional limits.



SEASONAL STRUCTURE

The OHF has approved a seasonal structure for teams who have completed evaluations in the Spring, and for teams who will complete evaluations in the Fall.

[View the OHF Playing Regulations Here](#)

Under 7 and Under 9 Teams

- Hockey may begin September 5th, the Tuesday after Labour Day Weekend
- 1-week Prep Phase - Teams must offer 4 **skills sessions**
- 1-week Evaluation Phase - Teams must offer 3 **evaluation sessions**
- 2-week Development Phase - No Exhibition Games
- The Regular Season may begin October 1st, with meaningful hockey being played until at least March 1st.

Fall Tryout Teams - U11-U18 AA-C & House League

- Hockey may begin September 5th, the Tuesday after Labour Day
- 1-week Prep Phase - Teams must offer 4 **skills sessions**
- Evaluation Phase - Teams must offer 3 **evaluation sessions**
- September 16th - Development Phase begins. Teams may participate in 4 exhibition games and 1 tournament. Tournaments may be hosted starting September 22nd.
- The Regular Season may begin October 1st, with meaningful hockey being played until at least March 1st.

Spring Tryout Teams - U11-U18 AA-C & House League

- August 14-27th - Approved Hockey Schools - Individual Skills
- August 28th-September 1st - Team-building exercises
- September 5th-September 30th - Development Phase may begin. Teams may participate in 4 exhibition games and 1 tournament. Tournaments may be hosted starting September 22nd.
- The Regular Season may begin October 1st, with meaningful hockey being played until at least March 1st.

U18 AAA Teams - OHF Regulation K

