



GMAA

GMAA Hockey Handbook

Section 1: Sports Committee

The Hockey Sports Committee shall consist of the chairperson of the above sport and all the coaches for that season of the above sport. The Chairperson shall call a meeting prior to the opening of the season. A mid or post season meeting may be called at the discretion of the chairperson of the above sport or at the request of 1\3 of the coaches involved in this sport.

Section 2: Team Entry and Classification

2.1) All official team entries must be submitted on S1 by the deadline

2.2) Classification:

Boys: U14, U15 or U18

Division 4 (D4) – Physical Contact

Girls: U18

Division 3 (D3)

Age Categories – 2023-2024

U14	October 1 st , 2009, to September 30 th , 2011	Grades 7 & 8
U15	October 1 st , 2008, to December 31 st , 2010	Grades 8 & 9
U18	July 1 st , 2005, to December 31 st , 2008	Grades 10 & 11
U18 GIRLS	October 1 st , 2005, to December 31 st , 2009	Grades 9, 10 & 11

Section 3: Player Registration & Eligibility

3.1) Player Registration is due on S1 prior to the teams' first game. Players must also be registered on the Hockey Canada HCR system prior to the Hockey Quebec deadline.

3.2) All players must submit an acceptance of risk form. If the GMAA has not received a player's acceptance of risk form before they play their first game, the player in question will be ineligible and the game will automatically be defaulted.

3.3) Double Carding Rule Clarifications

- All single letter players must be indicated on S1 under 'Additional Information'
- Only single letter players are permitted to be double carded onto a D4 Regional Hockey team.
- Single letter players called up to a double letter team are not considered double letter until they are registered as a joueur regulier with the double letter team.
- Grade 12 players: The level at which the student was classified in their grade 11 year will follow this student into grade 12, even if they are no longer playing at that level.

3.4) Eligibility: The following special rules shall apply for hockey:

- Students registered as a 'joueur regulier' on AA, BB, CC, or AAA team shall not be eligible for GMAA Hockey. Exception: Girls AAA Players shall be permitted to participate in GMAA D3 Girls hockey with permission from Hockey Quebec.
- Any student playing on an RSEQ D1 or D2 team, AAA team (major or minor), Espoir team, or higher category of HQ or its affiliated teams, or any double letter team shall not be eligible to represent his or her school in the Regional GMAA league.
- Any girl who plays in a pro-league (ex: NWHL) shall not be eligible to represent her school in GMAA hockey.

3.5) Boys Eligibility

- Division 4: Only single letter players are permitted to be double carded in GMAA Hockey

3.6) Girls Eligibility

- a) Girls AAA players must apply for a derogation from Hockey Quebec to be eligible for GMAA Hockey.
- b) Girls AA players will be permitted to participate in GMAA Regional Girls Hockey.
- c) Girls Division 3: A maximum of 5 'AAA' SKATERS may dress per game. (This does not include goalies).

Section 4: Uniform (also refer to Governing Rules – Rule VI, Section 5)

4.1) All players must wear a helmet and facemask (CSA approved) fastened at all times while on the ice. Goalies must wear a mask and/or helmet. A neck guard is compulsory. Sweaters tucked into the pants are not subject to a penalty provided the number is clearly visible.

4.2) Mouth Guards are not compulsory but are recommended for all players in GMAA.

Section 5: Scheduling & Starting Time

5.1) The schedule shall be drawn up by the coaches at a scheduling meeting. Each team is required to have one representative present to do the scheduling (see Governing Rules – Rule VI, Section 6).

5.2) League games have priority over any exhibition games or tournaments and will not be postponed because of any conflicts in playing dates. In the case of a postponed game, with the permission of GMAA, a new date must be agreed upon by the coaches. No rescheduled game will be posted until confirmed by both coaches. (See governing rules re: Postponing of games)

5.3) Number of Games

- a) U18 teams will play a maximum of 20 regular season games
- b) U15 teams will play a maximum of 18 regular season games
- c) U14 teams will play a maximum of 16 regular season games

5.4) All participating schools are required to provide indoor artificial ice for all scheduled games. The minimum ice time required is 1.5 hours for regular season games and 2 hours for playoff games.

5.5) There must be a minimum of 4 teams in a level to draw up a schedule of games for that level, otherwise the level will be eliminated.

5.6) Time: Games should be scheduled to start between 3:00 PM and 5:30 PM. Provided both coaches agree, starting times outside of this guideline may be arranged. Referees cannot be guaranteed for earlier (or later) start times.

5.7) If start of game is delayed for any reason, the referee in consultation with the coaches will allow the full (60) sixty minutes of running time (or whatever fraction of that time remains) to be played if ice is available.

Section 6: Governing Rules & Rule Modifications

6.1) Current Rules as established by Hockey Quebec shall apply.

6.2) Staff Member: no teams shall be permitted to play any league game unless accompanied by a staff member from that school. PENALTY: Default of game, \$50.00 fine, plus all other costs incurred for organizing the game.

6.3) Playing Time: The timing for all games shall be 3 periods of 15 minutes stop time. This will require 1 1/2 hours of ice time. A regular season game will be considered to have been completed if two thirds (2/3) of the game has been completed.

6.4) Call ups – call ups are permitted in GMAA hockey.

M14 D4 can be called up to M15 D4

M15 D4 can be called up to M18 D4

These players can be called up an unlimited number of times prior to January 10th of the school year. After January 10th, these players can only be called up five (5) times.

6.5) All players whose names appear on the game report are considered as having taken part in that game.

6.6) Any team not on the ice 15 minutes after the scheduled starting time shall forfeit the game.

6.7) Any team defaulting a game that is not due to an “emergency” situation be penalized 1 point in the standings in addition to the existing financial penalties. The office staff, along with the discipline committee, will determine if it was an emergency.

6.8) Time out - one 30 second time out per team per game is allotted.

6.9) Consecutive Minors: Any player receiving 4 minor penalties in a game will be ejected from that game and no further sanctions will be taken against that player.

Section 7: Regular Season Games

7.1) Number of Players

a) Girls & D4: Minimum number of players required to start a league game is eight (8) plus a goalie. If two (2) goalies dress, the minimum would then be ten (10) players.

PENALTY - if unable to dress this number means LOSS OF GAME.

7.2) A team may dress and play a maximum of 17 players plus one or two goalies. PENALTY - successive minor penalties until correct number of players remain on the bench.

7.3) Officials

a) All D4 U18 and U15, U14 and U18 Girls games will be covered with 2 officials.

b) If possible, all championship games will have 3 officials.

c) If no assigned officials are present at starting time, the coaches shall have the option of starting the game using persons mutually agreed upon to referee OR rescheduling the game.

7.4) Mercy Rule: In the third period the time will be running time if the goal spread is 5 goals or more. This rule is at the discretion of the losing coach.

Section 8: Championships & Playoffs (see Rule XI Secondary Governing Rules)

8.1) Eligibility - A player must have played at least 40% and a Goalie must have played at least 3 games during the regular GMAA season to qualify for playoffs.

8.2) All playoff structures will be announced at the Hockey Scheduling meeting.

8.3) Playoffs both Semi-finals and finals: All playoff games shall be sudden death and played to a conclusion according to GMAA rules. The games shall be played at the home ice of the higher place team for quarter and semi-finals. Only exceptional circumstances (for example: a serious injury) can result in stopping the game before it has been concluded. In this case, the game shall be picked up at another date. The game shall continue at the same place with the same score and the same remaining time as recorded at the time of stoppage of play.

8.4) Breaking ties in the standings when all teams make the playoffs.

- a) The higher place will go to the team which defeated the other in the game(s) between the two tied teams.
- b) The win % of the teams involved in the tie shall be calculated. The higher place will go to the team with the better win %.
- c) The goals against each of the teams involved in the tie, in the games between the teams tied, shall be tabulated.
- d) The goals against each of the teams involved in the tie over the entire season be considered.

8.5) Breaking ties should a team(s) be eliminated from the playoffs:

- a) When 2 teams are tied and only 1 team will move on to the playoffs, a sudden death game will be played if still tied after "Breaking ties in standings" rules have been applied.
- b) When 3 or more teams are tied with only 1 team moving on to playoffs no tiebreaker game shall be played and the above rules "breaking ties in standings" shall be followed.
- c) When 3 teams are tied and there are two playoff spots available: Step #1 Rank the teams by following the above rule "breaking ties in standings" The teams ranked 1st & 2nd will move on to the playoffs.

8.6) Championship Home Team Rule: the home team will be determined by the following:

- a) When there is one division, the higher placed team will be the home team.
- b) When there are two divisions which do not play each other, the home team will be determined by winning % and if necessary, total goals against.

8.7) Home Ice: all teams playing in the playoffs must have 2 hours of ice time and attempt to have 2-1/2 hours of ice time for a playoff game. If the team with the home ice advantage is unable to provide the required hours of playing time, then the home ice advantage will go to the opposing team. If the game could not be completed because the 2 hours were not supplied, the home team would forfeit the game.

8.8) Playing Time: playoffs will follow regular game time rules. If at the end of regular time the game is tied, sudden death overtime will be played. A rest time between regulation time and the first overtime period and between every overtime period thereafter shall be 1 minute.

8.9) Overtime Periods

- i) In regular season competition, no overtime is played, a tied game will end in a tie.
 - ii) In Quarterfinals: 1 overtime period - 5 minutes running time, 4 against 4 (golden goal)
 - iii) In Semis or Finals: 1 overtime period of 10 minutes running time, 4 against 4 (golden goal)
- If the games are still tied at the end of the overtime periods they will go to a shootout.

8.10) Shoot out rule: Each team must list a total of three players in random order. These players will alternate one from each team, with the home team having the choice of who shoots first. If still tied after these 3, one player from each team will participate until the tie is broken. The number of shooters per team shall be equal to the number of players on the team with fewer players. If it goes to a second round, the order of shooters may be changed. Goals may only be scored inside the opposition's blue line.

Section 9: Duties of Home School & Visiting Schools

9.1) Home team responsibilities

- a) The home team shall supply a trained official scorer and penalty timekeeper.
- b) The home team must print the scoresheet prior to the game. They must also upload the results and scoresheet to S1 the night of the match.
- c) The home coach must notify the opposing coach and the referee, prior to the start of the game, at what time ice is no longer available for playing.

- d) The host school is to provide the pucks for both teams during the warm-up period and enough regulation pucks for the completion of a game.
- e) To provide adequate spectator supervision.
- f) Home ice must be available for at least 1.5 hours for all games. (2 hours for playoffs).
- g) If the GMAA league is contact hockey the host school is required supply an Athletic Therapist for the game. The therapist will be required to sign the scoresheet. If there is not a therapist present, the home team will be subject to a forfeit of the game and a \$50.00 fine.

Section 10: Hockey Discipline

10.1) Hockey Quebec disciplinary sanctions will be adhered to, however GMAA disciplinary sanctions can be more severe than those followed by Hockey Quebec.

10.2) Communication: referees will be asked to inform a coach when a player is given a penalty at the end of a game. However, coaches will be held responsible for obtaining and reading score sheets. Should a player be ejected at the end of a game, even if the referee fails to speak with the coach, that player must be held out of upcoming games. Ignorance will not be a defense for playing a player who is ineligible due to a suspension resulting from a penalty imposed at the end of the game.

10.3) All referees must complete an incident report by email within 24 hours of the incident. The report will be sent to the SAC rep at the offending school upon receipt for a possible response (again within a 24-hour window). All reports will be forwarded to the discipline committee for analysis.

10.4) Video Review: If available, the use of video evidence will be permitted to help determine the length of a suspension. This will not change the call of the referee, nor will it remove the minimum suspensions outlined in the handbook.

10.5) Any player disqualified from a GMAA Hockey game will automatically be given a further suspension of a minimum of two games, subject to the discretion of the Hockey Discipline Committee.

10.6) Accumulated Game suspensions

- a) A team receiving a total of 12 game suspensions will lose 2 points in League standings
- b) A team receiving a total of 14 game suspensions will lose four points in League standings
- c) A team receiving a total of 16 game suspensions be SUSPENDED from the League for the balance of the Season. If all 16 game suspensions result from a single incident in the same game, the Discipline Committee may consider a combination of a loss of 6 points in League standings and automatic suspension from the league for any subsequent suspensions.

Any player who is suspended for more than 4 games will only count as 4 game suspensions against that team. Exception: A player suspended for the remainder of that sports year will count as 6 game suspensions.

10.7) A team suspended from the league can only be accepted back to play in the league the following school year by submitting a special application to the GMAA Board of Directors and upon acceptance be placed on probation the following sports year. Should this team receive 12 game suspensions during this probationary year that team will be disqualified for the year and may be subject to further disqualification.