



Cumberland Jr. Grads Minor Hockey Club Rules and Regulations

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Contents

INTRODUCTION	1
1. PURPOSE	1
2. AMENDMENTS	1
3. TEAM ENTRIES	1
4. REGISTRATION OF PLAYERS, COACHES AND MANAGERS	1
5. TRANSFERS	2
6. REGISTRATION FEES AND OPERATING EXPENSES	2
7. PLAYER SELECTION	3
8. TEAM TRY-OUTS	4
9. SELECTION OF COACHES	5
10. SPONSORSHIPS	6
11. AFFILIATED PLAYERS	8
12. ICE ALLOTMENT	9
13. DRESS CODE, PLAYERS' UNIFORM AND JR. GRADS WEAR	10
14. ADDITIONAL CJGMHC DISCIPLINE	11
15. GOALIE EVALUATIONS	12
ADDENDUM TO RULES AND REGULATIONS	12
ANNEX A – COACHES' CODE OF CONDUCT	13
PLAYER'S CODE OF CONDUCT	14
PARENT'S CODE OF CONDUCT	15
ANNEX D - FIT POLICY	16

Introduction

The Cumberland Jr. Grads Minor Hockey Club Rules and Regulations are published in accordance with the District 12 CMHA Constitution and By-Laws.

Suggestions and comments may be forwarded to the CJGMHC Executive Committee.

1. Purpose

- 1.1. These Rules and Regulations shall serve as an extension to, but will not supersede, the CJGMHC By-Laws.
- 1.2. All CJGMHC members, by virtue of their membership in the Cumberland Jr. Grads Minor Hockey Club, agree to abide by and comply with the CJGMHC Rules and Regulations.

2. Amendments

- 2.1. These Rules and Regulations may be amended in two ways:
 - 2.1.1. at the Annual General Meeting or a Special General Meeting, by a two-thirds majority affirmative vote of the membership, or
 - 2.1.2. by the Executive Committee, between Annual General Meetings, again with a two-thirds majority affirmative vote.
- 2.2. Amendments made by the Executive Committee shall be subject to ratification by the membership at the next Annual General Meeting or at a Special General Meeting, whichever occurs first.

3. Team Entries

- 3.1. The numbers and categories of teams to be operated by the CJGMHC shall be proposed by the CJGMHC Executive Committee and approved by the CMHA Executive Committee.

4. Registration of Players, Coaches and Managers

- 4.1. All players must be duly registered prior to participating with any process relating to the selection or operation of a CJGMHC team.
- 4.2. All CJGMHC teams shall register a coach, a manager, a trainer, and a maximum of three (3) assistant coaches. Team officials shall be registered in accordance with ODMHA/CHA regulations.

- 4.3. Team officials shall be registered following clearance from a Police Background Check conducted in accordance with CHA Harassment and Abuse Guidelines, as amended from time to time.
- 4.4. CJGMHC teams shall, whenever possible, register a minimum of the following number of players:

	Goaltenders	Defence	Forward	Total
Atom	2	6	9	17
Peewee	2	6	9	17
Bantam	2	6	9	17
Midget	2	6	9	17

- 4.5. Any deviation from the table at 4.4 must be submitted to the Executive Committee for approval. The Executive Committee may direct deviations to this table if they are considered to be in the best interests of the CJGMHC.

5. Transfers

- 5.1. Transfers and release of players shall be in accordance with CHA Regulations, District XII and ODMHA policies.
- 5.2. All players within the jurisdiction of the CJGMHC, excepting those with vested rights elsewhere, must participate in try-outs with, and be released from, a CJGMHC team at the appropriate division prior to being considered for a release from District 12 (i.e. Novice, Atom, PeeWee, Bantam or Midget) and category (i.e. "AA", "A", or "B").
- 5.3. Should a player not be selected for a CJGMHC team at a given category, that player may approach the Executive Committee for a release from District 12. If the CJGMHC operates a team at the next lower category, that player shall not be granted a release.
- 5.4. For the purpose of this Regulation, if the ODMHA "A" league does not operate a league for minor-aged players in a division, Minor "B" shall be considered the next lower category to Minor "AA" for minor-aged players in that division.
- 5.5. Barring exceptional circumstances and consistent with District XII and ODMHA policies , the CJGMHC Executive Committee shall not permit players from outside the jurisdiction of the CJGMHC to register with CJGMHC teams.

6. Registration Fees and Operating Expenses

- 6.1. Player registration fees and individual team operating expenses, exceptional tournament registration fees and purchase often clothing, shall be payable to the CJGMHC.
- 6.2. Baseline team operating expenses for each team shall be set by the Executive Committee and shall reflect the anticipated minimum cost to the CJGMHC team.
- 6.3. The Executive Committee may adjust the teams' operating expenses during the season to ensure a balance of team expenses and revenues.
- 6.4. A minimum of two (2) financial statements - interim and final - will be provided to parents of each team, and to the CJGMHC Treasurer.

- 6.5. The CJGMHC will reimburse all team officials per team per season with 100 percent of the cost incurred for upgrading coaching or training qualifications to a maximum of \$300.00. The cost of NCCP Advanced level training is not eligible for reimbursement.

7. Player Selection

- 7.1. Players for CJGMHC teams shall be selected in accordance with CJGMHC BY-LAW NO. III - AIMS and OBJECTIVES, and their hockey ability. This collective criterion and the process to evaluate this criterion (i.e. try-out plans) must be defined and recorded by the respective Head Coach prior to the commencement of any try-out. This is to be confirmed by the Vice- President, Hockey Operations prior to the commencement of any try-out.
- 7.2. All prospective players are entitled to participate in the first two (2) try-out sessions. If they are unable to attend one of the try-out sessions for any reason, they may be granted an additional try-out at the discretion of the coach.
- 7.3. The Head Coach, in his try-out plan, will define the length and/or term of an "initial" assessment period and a "concluding" assessment period. The "initial" assessment must be, as a minimum, the first two (2) try-out sessions.
- 7.4. Independent evaluators (here in after referred to as evaluators), who do not represent a conflict of interest, shall be used to conduct the "initial" assessment of all players trying out for a given level.
- 7.5. No evaluator, or evaluator group, shall be paid for services rendered, by the CJGMHC, or any of its members, unless so authorized by the CJGMHC executive.
- 7.6. The criteria defined by the Head Coach in 7.1, and the "initial" method to evaluate this criteria (i.e. try-out plans), must be assigned wholly to the "initial" evaluator group. A record of assessment from each evaluator must be completed, signed, with the name of the evaluator clearly printed.
- 7.7. The results of the "initial" evaluations, using the criteria and processes establish by the Head Coach will define the selection of all releases of the "initial" try-out sessions.
- 7.8. The criteria defined by the Head Coach in 7.1, and the "concluding" method to evaluate this criteria, must be assigned to the "concluding" evaluation group. This group must include the Head Coach of the respective team. No other member of this "concluding" evaluation group may represent a conflict of interest with the respective team. A record of assessment from each evaluator, including the Head Coach, must be completed, signed, with the name of the independent evaluator clearly printed.
- 7.9. The results of the "concluding" evaluations, using the criteria and processes establish by the Head Coach will define the selection of the final team (see 4.4 in the CJGMHC Rules and Regulations). It is left to the discretion of the Head Coach, as to when the confirmed players noted above are informed. The Head Coach is required to submit all evaluation documentation to the Vice-President, Hockey Operations within 48 hours of confirming the players for the team.
- 7.10. In order to be as fair as possible with any player trying out for a team, the Head Coach has the rights to evaluate an injured player who is unable to participate in the try-out sessions

for a team/level he would normally has a strong possibility to make the team as long as this player can demonstrate (medical proof) that he will be back on or before (date to be determined by Hockey Operations). In such a situation, the Head Coach shall put forward a formal request explaining his selection to the VP Hockey Operations for approval by all directors of the hockey program. This formal request must describe the player's previous years' hockey background as well as the why he is a realistic, honest and logical pick for the team/level he's been selected. It is also suitable to provide previous coaching staff references in this request. Should the selection be approved but the player is unable to get back on (date to be determined by Hockey Operations), the Head Coach has the rights to switch the injured player with a player from the team of the next lowest level or simply decide to use affiliated players for the remainder of the season.

- 7.11. Head Coaches are encouraged to be supportive and positive when releasing a player, but shall not forecast or guarantee the success of a released player with regards to subsequent try-outs.
- 7.12. All players, coaches, and parents are to sign their appropriate Code of Conduct witnessed by the Coach, Player and Parent after team selections have been made.

8. Team Try-outs

- 8.1. The Ice Scheduler provide for appropriate ice time to make the selections at any given level. Where there is a difference of opinion, "appropriate ice time" will be defined by the VP Hockey Operations and/or their designate.
 - 8.1.1. Coaches will be provided with Standardize Evaluation Forms and use applicable categories depending on the level.
- 8.2. Head Coaches who wish to exceed item 8.1 must receive the approval of the VP Hockey Operations and/or their designate.
- 8.3. The first two (2) try-out dates for each team (i.e. initial) will be posted on the CJGMHC Web site (cumberland-jrgrads.com) and manually at our three (3) arenas (Navan, Cumberland, Ray Friel) prior to the September Labour Day weekend. The CJGMHC Executive is not accountable should these postings be removed or tampered with, but will endeavour to ensure that they are replaced when/if this occurs.
- 8.4. Try-outs fees for the initial sessions shall be set by the Executive Committee. The sum of monies collected from these try-outs shall be given to the CJGMHC Treasurer. Once a prospective player has paid an initial tryout fee, this player will not be subject to any additional initial try-out fees should he/she be released and decide to try-out at the next logical level, or the next logical level after that (AA, A, B progression). This activity will be coordinated by the attending CJGMHC representative.
- 8.5. Additional player try-out fees (after the initial) shall be retained by the respective team and shall be clearly accounted for on the team's financial statements as a separate accounting line item.
- 8.6. All players must be registered and paid for prior to attending any try-out. Registration forms and fees will not be accepted at the try-out. Prospective unregistered players

should contact the District XII Registrar or alternatively, any CJGMHC Executive member for instructions/procedures on registering late (i.e. a waiting list may apply).

- 8.7. CJGMHC will not entertain requests for age advancement at any level.
- 8.8. The AA and A/B try-outs will be combined at all levels for the first 2 or 3 ice sessions (if and where feasible) with the top 36 skaters advancing and divided appropriately into the AA and A/B categories. The (original) evaluation score sheets will be submitted to the Director of the appropriate level within 48 hours. Coaches are to keep copies of the evaluation sheets. The same process shall be applied to specific/individual categories.
- 8.9. Where a combined team is fielded, the Executive will establish tryouts at an appropriate time following the higher level tryouts (AA or A as applicable).

9. Selection of Coaches

- 9.1. Coaching positions shall be advertised annually prior to the Annual General Meeting at all CMHA arenas (Navan, Cumberland, Ray Friel), on the CJGMHC Web site (cumberland-jrgrads.com), and in those newspapers deemed appropriate (local and regional) by the CJGMHC Executive council.
- 9.2. Coaching application forms shall be made available through all CMHA arenas (Navan, Cumberland, Ray Friel) and through the CJGMHC Web site (cumberland-jrgrads.com). The CJGMHC Executive cannot guarantee the safe keeping and/or availability of applications at the CMHA arenas.
- 9.3. A Resume, CV, or formal coaching application form will be considered sufficient in order to apply for a coaching position.
- 9.4. Coaches will be selected by a Coaches Selection Committee that is chaired by the Vice-President, Hockey Operations. In addition, Directors for "AA", "A" and "B" will be standing members of the Coaches Selection Committee. The Coaches Selection Committee may appoint additional members as required.
- 9.5. No member of the Coaches Selection Committee, who has applied for a coaching position at a specific level, shall partake in interviews of candidates at that level, as this represents a conflict of interest. This member must be excused, but may continue to participate in the selection process at other levels. The selection of coach in these situations will be based solely on the input of the remaining members.
- 9.6. The Coaches Selection Committee Chairperson reserves the right to select an additional member to the Coaches Selection Committee to fill the void caused by 9.5. This assignment is only valid for the term of the conflict of interest.
- 9.7. The Coaches Selection Committee will establish a selection framework based on the following criteria:
 - 9.7.1. Coaching Qualifications: A valid NCCP Intermediate certificate and a valid "Risk Management" certificate;
 - 9.7.2. Promoting the CJGMHC values as outlined in By-Law No. III - AIMS AND OBJECTIVES;
 - 9.7.3. Past coaching evaluations (where available) and obtained from a credible process;

- 9.7.4. Collective evaluation from the interview with the Coaches Selection Committee; and
- 9.7.5. Preference will be given to candidates who have demonstrated the attributes of an effective teacher, motivator, leader and community-minded person.
- 9.8. Interviews will not be held by phone, conference call or by e-mail.
- 9.9. Candidates should be aware that, when applying for re-appointment to a team, they will be considered equally along with other candidates.
- 9.10. Candidates should be aware that, if they are the only candidate for a specific team, this does not guarantee them the position.
- 9.11. An audit trail for each applicant will be established, containing the application letter/form, coaching portfolio where available, and interview notes. Applicants will have access to all matters pertaining to their coaching application and evaluation.
- 9.12. Recommendations of the Coaches Selection Committee shall be put forward to the Executive Committee for approval by a majority vote on each proposed appointee - separately unless it is accepted unanimously to ratify the entire list at once with one vote. Coaches shall be appointed annually and for one season only. The appointed coaches (and vacancies) will be posted on the CJGMHC Web site.
- 9.13. Appointed coaches shall be subject to a police background check and submit an annual plan to the Vice-President, Hockey Operations prior to the commencement of their respective team's try-outs.
- 9.14. The CJGMHC Vice-President, Hockey Operations and Directors AA, A and B shall not coach any CJGMHC teams.
- 9.15. Establish an active/on-going file on all coaches past, present and future for the Executive Committee reference and "eyes only"; with the exception of the individual.
- 9.16. A mid-season (first week of December) and year end (March 15) Team evaluation survey will be completed by parents and players. The feedback provided will be consolidated with input from other on your team. This input will be used as one of the considerations when selecting coaches in future seasons. It will also be summarized and made available to coaches so as to provide meaningful feedback and development opportunities to coaches. Names and specific references to parents or players will be withheld to provide anonymity. Directors will have the responsibility for gathering and submitting this information to the executive.

10. Sponsorships

- 10.1. CJGMHC teams may solicit sponsorships of their teams by local businesses, under the following conditions:
 - 10.1.1. no player is allowed to sell tickets for alcoholic beverages or tobacco products;
 - 10.1.2. no team may solicit sponsorship of their team by a business (already) displaying a CMHA and/or CJGMHC Sponsorship Certificate;
 - 10.1.3. a business may have its company's name or logo displayed on the sweater(s) of a CJGMHC team for one (1) year;

10.1.4. a company's name, logo or wordmark can be no larger than 4" by 4", and can be posted on the right chest area, or either shoulder (maximum of three (3) name/logo/wordmark per jersey); or a name bar with the sponsor name and/or logo place at bottom/beneath the sweater(s) number and can be no larger than "x" by "x". If decision is to have sponsor name bar, all sweaters must have them related to Motion #11 and related changes below

10.1.5. Sponsor name bars must be a team decision. If team decides to sell name bars, full set of jerseys must have them. If not all name bars are sold, the "unsold" name bars will display club website. Teams must also sell a minimum of 12 home or away names bars (therefore, there would be a maximum of 5 home and/or 5 away jerseys with CJGMHC website). Sponsorships are as follows:

<p>Platinum Sponsor = \$4,000</p> <ul style="list-style-type: none"> • Sponsorship for one team's jerseys (home <u>and</u> away) • Company name is displayed on name bar for all players • Team plaque and letter • Listed as sponsor on team and club website • Cost of name bars is included 	<p>Gold Sponsor = \$2,250</p> <ul style="list-style-type: none"> • Sponsorship for one team's jerseys (home <u>or</u> away) • Company name is displayed on name bar for all players • Team plaque and letter • Listed as sponsor on team and club website • Cost of name bars is included 	<p>Silver Sponsor = \$1,000</p> <ul style="list-style-type: none"> • Sponsorship for three players' jerseys (home <u>and</u> away) • Company name is displayed on name bar for all players • Team plaque and letter • Listed as sponsor on team and club website • Cost of name bars is included
<p>Bronze Plus Sponsor = \$400</p> <ul style="list-style-type: none"> • Sponsorship for one player's jersey (home <u>and</u> away) • Company name is displayed on name bar player • Team plaque and letter • Listed as sponsor on team website • Cost of name bars is included 	<p>Bronze Sponsor = \$250</p> <ul style="list-style-type: none"> • Sponsorship for one player's jersey (home <u>or</u> away) • Company name is displayed on name bar player • Team plaque and letter • Listed as sponsor on team website • Cost of name bar is included 	

10.1.6. 50% of all sponsorship funds shall be credited to the team's operating budget and remaining 50% of sponsorship funds shall be credited as players' personal contribution. At the end of the year, parents will only be proportionally refunded to a maximum of their personal contributions to the team and no actual monetary refunds above and beyond shall be allowed.

- 10.2. All team fund-raising activities must be approved, in advance, by the VP Administration.
- 10.3. No CJGMHC team officials, parents or players shall be involved in any fundraising activity which could be construed to be "panhandling".
- 10.4. Subject to the availability of funds, the CJGMHC Executive will match any funds donated by the ODMHA to a CJGMHC team who qualifies for a Provincial Championship (up to and including \$2000.00).
- 10.5. Subject to the availability of funds, the CJGMHC Executive will reimburse Cumberland Jr. Grads Players selected to participate in the Provincial under 17 Hockey Camp the costs associated with their attendance, to a maximum of \$150.00 per player.

11. Affiliated Players

- 11.1. CJGMHC endorses and uses a specialty 19 affiliated system or club system (determined by the CJGMHC executive) whereby teams of a higher age category are permitted to affiliate with a lower age category team so that players may be used occasionally by the higher team in accordance with league and branch rulings. Affiliated players are only to be used in game situations in the absence of a regular player, due to suspension, illness, injury or absence for exams.
- 11.2. Coaches and/or managers wishing to use affiliated players must obtain permission from that player's coach or manager. At no time shall the player or parents in question be approached prior to approval having been obtained.
- 11.3. The requesting coach or manager must advise the appropriate Director prior to the use of the affiliated players, so that a record of player movements can be maintained.
- 11.4. Before any affiliated players is permitted to "play-up" a sixth game (excluding exhibition and non-provincial tournament games), after January 10, under the affiliated player provision, CJGMHC Executive approval must be obtained.
- 11.5. As a practical suggestion, teams are advised to use their affiliated players towards the end of the season in meaningful situations.
- 11.6. Where there is an event conflict, the following schedule of event priorities should be used. The team with the highest event priority will take precedence. Where the event priorities are the same, the player's regular team will take precedence:
 - 11.6.1. League or playoff game.
 - 11.6.2. Out-of-town tournament (where roster is depleted).
 - 11.6.3. In-town tournament game.
 - 11.6.4. Practice.
 - 11.6.5. Exhibition game.
 - 11.6.6. Off-ice team event.
- 11.7. Within the same age group, AA teams may only affiliate from the next logical lower level down in the same age bracket. i.e.: AA to A, A to B or AA to B if no A. This however does not preclude a AA, A or B team from affiliating from the same letter category in the next lower age group. i.e.: Minor Bantam AA affiliates to Major Peewee AA, Minor Peewee A affiliates down to Major Atom A.
- 11.8. Per ODMHA rules a player is only permitted to participate as an affiliated player with ONE hockey team of a higher division or category during a playing season.
- 11.9. Appearance of a registered Player's name on the official game report of a game shall be considered participation in the game except in the case of an alternate goalkeeper, in which case actual participation only shall be considered as taking part in the game, and such participation shall be specially noted on the official game report.
- 11.10. Any violation of provisions 11.0 to 11.9 will entail a possible coach suspension and/or discipline hearing by the CJGMHC

12. Ice Allotment

- 12.1. Each "AA" team will be allotted a minimum of 15 hours of ice for tryouts, practices and exhibition games prior to the start of each hockey season. From the start of each hockey season until each "AA" team's last regular season game, each "AA" team will be allotted a minimum of 45 practice hours along with ice time for one (1) home game each week, subject to availability. Additional ice will be provided for play-off games and practices following the completion of the regular season as required.
- 12.2. Each "A" team will be allotted a minimum of 8 hours of ice for tryouts, practices and exhibition games prior to the start of each hockey season. From the start of each hockey season until each "A" team's last regular season game, each "A" team will be allotted 40 practice hours along with ice time for one (1) home game each week, subject to availability. Additional ice will be provided for play-off games and practices following the completion of the regular season as required.
- 12.3. Each "B" team will be allotted a minimum of 6 hours of ice for tryouts, practices and exhibition games prior to the start of each hockey season. From the start of each hockey season until each "B" team's last regular season game, each "B" team will be allotted 35 practice hours along with ice time for three (3) home games each month, subject to availability. Additional ice will be provided for play-off games and practices following the completion of the regular season as required.
- 12.4. CJGMHC teams will not be provided ice time between Christmas and New Year's Day unless requested by the coach.
- 12.5. Coaches have until the 20th day of the "current" month to notify the CJGMHC Ice Scheduler of all unavailable times regarding ice time with the "following" or "next" month (note: this does not include tournaments ... see item 12.6). Unavailable times must be presented to the CJGMHC Ice Scheduler as dates and times. They cannot include weekend early morning practices (6-8 am) nor early weekday practices (5-6 pm). After the 20th of the "current" month, the schedule published by the CJGMHC Ice Scheduler will be considered final (i.e. Master Ice Schedule). Subsequent changes to the teams individual Ice Schedule will be the sole responsibility of the Head Coach and/or representative (i.e. Team manager). The CJGMHC Ice Scheduler is not to be contacted to facilitate changes to the "next" month after the 20th of the "current" month. Any persistent contact with the CJGMHC Ice Scheduler after the 20th of the "current" month regarding the "next" months schedule, may lead to a suspension of the Head Coach (even if he/she is not the offending party). Where a change is made by a team, the Head Coach (or designate) must advise the CJGMHC Ice Scheduler of the change within 24 hours.
- 12.6. Coaches are required to present the CJGMHC Ice Scheduler with ALL tournament dates and times prior to November 30th of the "current" hockey season. This is to permit the CJGMHC Ice Scheduler to finalize the CJGMHC Annual Ice Plan (requirements). Any Tournaments not known to the CJGMHC Ice Scheduler by November 30th of the "current" hockey season will result in the Head Coach (or designate) being held accountable for managing any ice schedule conflicts that arise as a result. In addition, tournaments not known to the CJGMHC Ice Scheduler by November 30th of the "current" hockey season,

will not be accepted by the CJGMHC Ice Scheduler as in item 12.5. The CJGMHC Ice Scheduler is not to be contacted for changes to the Ice Schedule after the 30th of November of the “current” hockey season in regards to tournament conflicts. Any persistent contact with the CJGMHC Ice Scheduler after the 30th of November with regards to ice time conflicts resulting from Tournaments, may lead to a suspension of the Head Coach (even if he/she is not the offending party).

- 12.7. There will be a black-out period for attending tournaments during play-offs to avoid scheduling conflicts excluding teams who are not in post season hockey.

13. Dress Code, Players’ Uniform and Jr. Grads Wear

- 13.1. Players who represent the CJGMHC must attend games in proper attire. This may include a CJGMHC approved coat or warm-up suit or dress pants or casual pants (excluding jeans), belt and appropriate footwear. For all players, a mock neck can be worn in lieu of a shirt and tie. When a shirt and tie is worn, they must be worn properly (i.e. "shirt tucked in, tie tied properly"). Players are to dress in manner that positively represents the CJGMHC and the team must all wear the same theme (e.g., all track suits or all jackets and ties).

- 13.2. Team Officials, including Head Coach and Assistant Coaches who represent the CJGMHC must attend games in proper attire. This includes dress pants or casual pants (excluding jeans) and belt. When a shirt and tie is worn, they must be worn properly (i.e. "shirt tucked in, tie tied properly"). Trainers may optionally, due to their duties, wear a clean CJGMHC approved "warm-up" suit. Team Officials are to dress in a manner that positively represents the CJGMHC.

- 13.3. The official uniform for players on CJGMHC teams is as described below. It includes:

Jersey Home: White (predominant) with silver and or blue striping.

Name Bar: White background with blue letters; ‘C’s and ‘A’s will be blue.

Jersey Away: Blue (predominant) with silver and or white striping.

Name Bar: Blue background with white letters; ‘C’s and ‘A’s will be white. Sweaters will be the same as depicted.

Third Jersey: Black / TBA (predominant) with silver and/or white stripes on the sweater.

The word “GRADS” will be stitched in an arch on the front of the sweater, the letters will be white, approx 4” to 5” in height with a silver background letter. The numbers on the back and sleeves will be of the same colour scheme. Name Bars: Black background with white letters; “C”s and “A”s will be white. This jersey is for use in Tournament games only and at the discretion of the CJGMHC Executive.

Note: The third jersey is not provided to the team by the association. It is at each team’s discretion if they choose to purchase the third jersey at their own expense, and they will remain the property of the players. The team must agree by at least a 2/3 majority vote to purchase the extra jerseys. No other design for a third jersey is acceptable.

- 13.4. **Stockings Home:** White (predominant) with a blue and grey stripe

Stockings Away: Blue (predominant) with a white and silver stripe



- 13.5. **Navy blue pants or shell** (short style); The only markings or decal allowed on the pants are the manufacturer logos (e.g. Bauer, CCM, NIKE, etc. ..). No stars or other decal are permitted.
- 13.6. **Navy blue helmet** with CHA approved face shield. Helmets cannot be painted to match CJGMHC colors as this discredits their protective value guaranteed by the manufacturer (e.g., Bauer, CCM, NIKE, etc.).

14. Additional CJGMHC Discipline

- 14.1. Atom Division
 - 14.1.1. Any player competing in the Atom division receiving one hundred (100) minutes in penalties, excluding automatic misconduct penalties for hits to the head, shall be suspended for one (1) game immediately following the game in which (s)he reached the one hundred (100) penalty minute limit. The player shall receive a warning from the appropriate team official (default to coach) after eighty (80) penalty minutes have been accrued.
 - 14.1.2. After one hundred and twenty (120) minutes in penalties, again excluding automatic misconduct penalties for hits to the head, the same player will be suspended for one (1) additional game and may be subject to further suspension as determined by a formal hearing of the CJGMHC Discipline Committee.
- 14.2. Pee Wee, Bantam and Midget Divisions
 - 14.2.1. Any player competing in the Pee Wee, Bantam and Midget divisions receiving one hundred and twenty (120) minutes in penalties, excluding automatic misconduct penalties for hits to the head, shall be suspended for one (1) game immediately following the game in which (s)he reached the one hundred and twenty(120) penalty minute limit. The player shall receive a warning from the appropriate team official (default to coach) after one hundred (100) penalty minutes have been accrued.
 - 14.2.2. After one hundred and forty (140) minutes in penalties, again excluding automatic misconduct penalties for hits to the head, the same player will be suspended for one (1) additional game and may be subject to further suspension as determined by a formal hearing of the CJGMHC Discipline Committee.
 - 14.2.3. All other misconduct penalties shall be included in the above mentioned penalty totals.
 - 14.2.4. These penalty totals will be applicable till the end of the regular season and will only include regular season league games.

15. Goalie Evaluations

- 15.1. A minimum of 2 independent evaluators will be contracted by the CJGMHC to conduct skills and game play evaluations. The evaluators will advise the CJGMHC of their requirements for shooters and these shooters will be secured as soon as practicable.
- 15.2. The scoring method will be as follows without any deviations. The scores from the initial assessments will be handed in to the VP - Hockey Ops as soon as tabulated and not exceeding a 24 hour time period. Same rule will apply to the final assessment scoring. In consultation with the VP Hockey Ops and Directors coaches can release goalies after the initial skills assessment in order to bring the number of prospects down to a manageable level.
 Evaluator 70% - Coach 30%
 Evaluator's 70% will be made up of skills and game evaluations. The 70% will be split according to the Hockey Canada guidelines for each respective age (level) group.
- 15.3. For example at the Pee wee level -Hockey Canada recommends an evaluation of 60% skills based and 40% game based. The two evaluations would then be combined and a final total score would be calculated as follows:
 Evaluator 60% of 70% = 42% (skills assessment) Evaluator 40% of 70% = 28% (game assessment)
 Coach 100% of 30% = 30% (skills/game/drill assessment 100%)
 Numerical Example: Goalie A -Pee wee age
 Evaluator - 70%
 Skills - score 5/10 42% x 5 = 2.1
 Game - score 6/10 28% x 6 = 1.7
 Coach - 30%
 Skills/games/drills - score 7/10 30% x7 = 2.1
 Total Score for Goalie A = 2.1 +1.7 + 2.1 = 5.9 (59%)

Addendum to Rules and Regulations

The foregoing is believed to be an accurate reproduction of the CJGMHC Rules and Regulations and is reproduced and provided as a convenience to its members. It may not include all amendments that have been passed since its reproduction. However, the updated and amended CJGMHC Rules and Regulations document is filed at the CJGMHC office and held by the CJGMHC Secretary. Should any errors, omissions or discrepancies exist between a copy of the Rules and Regulations and the original document of Rules and Regulations filed at the CJGMHC office and held by the CJGMHC Secretary, the original document of Rules and Regulations filed at the CJGMHC office and held by the CJGMHC Secretary shall be final and binding.

Every member, upon request, shall be given a copy of the CJGMHC By-Laws and Rules and Regulations at the cost of reproduction. Non-members requesting a copy of the CJGMHC By- Laws and Rules and Regulations, shall be given such at the cost of reproduction plus 50 percent.

Annex A – Coaches' Code of Conduct

I know that winning is a consideration, but not the only one, nor the most important one. I will care more about the child than the winning of the game. I will remember that players are involved in minor hockey for fun and enjoyment.

I will be a positive role model to my players, display emotional maturity and be alert to the physical safety of my players.

I will be generous with my praise when it is deserved. I will be consistent, honest, fair and just. I will not criticize players publicly. I will learn to be a more effective communicator and coach. I will not yell at my players.

I will adjust to the personal needs and problems of my players, be a good listener, and never verbally or physically abuse a player or official.

I will give all players the opportunity to improve their skills, gain confidence and develop self-esteem. I will teach them the fundamentals of the sport and the skills and tactics required to play the game.

I will organize practices that are fun and challenging for my players. I will familiarize myself with the rules, techniques and strategies of hockey. I will encourage all my players to be team players.

I will maintain an open line of communication with my players' parents. I will explain the goals and objectives of my association.

I will be concerned with the overall development of my players. I will emphasize good health habits and clean living.

I will promote the philosophy that to play the game is great; to love the game is greater. I agree that if I fail to abide by this Code of Conduct I will be subject to discipline as prescribed by the CJGMHC Code of Discipline.

Annex B - Player's Code of Conduct

I will play for FUN and the love of the game! I will work hard to improve my skills.

I will be a team player - and get along with my team mates.

I will learn teamwork, sportsmanship and discipline.

I will be on time for practices, games and other team activities.

I will learn the rules, and play by them. I will always be a good sport.

I will respect my coach, other team officials, my team mates, my parents, opponents and officials.

I will never argue with an official, or question his decision, unless asked to do so by my coach.

Annex C - Parent's Code of Conduct

I will not force my child to participate in sports, but will support his desire to play his chosen sport. I know that children are involved in organized sports for their enjoyment, and will do what I can to make it a fun and enjoyable experience.

I will encourage my child to play by the rules. I know that children learn best by example, so I will encourage fair play and applaud the good plays of both teams.

I will not embarrass my child by yelling at players, coaches, or officials. I will show a positive attitude toward the game and all of its participants.

I will emphasize skill development and practices and promote their benefits to my young athlete. I will de-emphasize games and competition, especially in the lower age groups.

I will study the rules of the game, and support the officials both on and off the ice. This approach will help in the development and support of the game.

I will applaud a good effort in victory and in defeat and reinforce the positive points of the game. I will never yell at, or physically abuse, my child after a game or practice. I will work toward removing physical and verbal abuse from youth sports.

I recognize the importance of volunteer coaches and others. They are very important to the development of my child and the sport. I will communicate with them, as required, and support them.

I agree that if I fail to abide by this Code of Conduct I will be subject to discipline as prescribed by the CJGMHC Code of Discipline.

Annex D - Fit Policy

FIT Policy Statement

1. The CJGMHC Executive Council promotes the provision of Fair Ice Time (FIT) for all CJGMHC players. In this regard, coaches are required to provide FIT, as specified by this policy, to all players on their respective teams.
2. It is important to differentiate in that FIT does not necessarily mean "equal ice time" in each game. In general terms, FIT is providing similar or unbiased opportunities to all players over the course of the season, with the focus being:
 - 2.1. development through exposure and/or challenge;
 - 2.2. improving player confidence; and
 - 2.3. team synergy
3. Equal ice time is simply a stopwatch mentality, and is not the purpose of this policy.

FIT Justification

4. The justifications for FIT are:
 - 4.1. All players pay the same funds to participate in the CJGMHC program;
 - 4.2. All players are selected in tryouts to be a member of the team;
 - 4.3. Minor hockey is a developmental activity, physically, mentally and socially. As an Executive Council and as coaches, we need to appreciate the significance of this activity, and of our accountability, and collectively ensure that the results are constructive and positive, for the individual players, for the families, and for the community we live in;
 - 4.4. Winning is an "end result", development is the "means"; and
 - 4.5. Statistically, very few players will go on to play professionally (< 1%).
5. Coaches are strongly encouraged to use all players in all situations, including the Power Player (PP), Penalty Killing (PK), and "goalie-out" situations.

Team Composition and FIT

6. Some teams, as per Item 4.4 of the CJGMHC Rules and Regulations, will carry two (2) defensive pairs and three (3) forward lines. This will result in different playing times amongst defence and forwards. Having said this, the FIT policy must still be practised individually amongst defensive pairs and forward lines.

7. The FIT policy applies to goaltenders as well; however, it is left to the coaches to decide how to rotate goalies on their respective teams. At younger levels, coaches may choose to play both goalies in one (1) game. The coach may also choose to alternate goalies game by game. In this situation, coaches are not required to play goalies in alternating games. Coaches may choose to play a goalie in consecutive games so long as the games played during the course of the season roughly even out between the two (2) goaltenders.

It's a Team Sport

8. Coaches may choose to use certain players during the last five (5) minutes of a close game to give the team its best chance to win or tie. The driving force behind this must be that a win or tie would provide the team with another game as a team. Not adhering to the FIT policy, or "shortening the bench", can be exercised:
 - 8.1. in tournaments or playoffs;
 - 8.2. at the end of the season when a team is challenging for the final playoff place or a specific place finish (note: if a documented and agreed-to team goal).
9. Home ice (playoff) advantage is not considered to be a compelling reason for "shortening the bench", unless this has been agreed upon as a team goal. In addition, it would be difficult to justify "shortening the bench" early in the season for a playoff position; therefore, exercised early in the season for this reason, will not be tolerated.
10. The decision to use certain players in the last few minutes of the game, for the reasons mentioned above, will result in some players finishing the game with more ice time than others players. In these situations, ice time may not be equal in each and every game, but should be roughly equal over the course of the season.

Motivation and Discipline

11. Motivation and discipline can also affect ice time. Coaches may use a player's ice time as a motivational or disciplinary action for:
 - 11.1. repeated failures to follow directions; or
 - 11.2. for lack of "hustle" during games or practices.
12. In the case of "motivation", coaches should understand that different players are motivated differently, and that in addition, coaches should not expect all players to perform equally (i.e. "your benched until you can play like Player X). All players have strengths and weaknesses and, as a result, excel in certain situations, while in others, need direction, support and exposure.
13. When ice time is affected due to motivation or discipline, the coach must explain to the player how they failed to meet the coach's expectations, and of the impact that it is about to have on

the player's ice time. A coach, at his or her own discretion, may suspend a player for up to one (1) game. However, the appropriate Director must approve further disciplinary action that goes beyond the one (1) instance of one (1) game. As is always the case, motivational and disciplinary actions should be applied consistently and without regard to the perceived "importance" of a player to a team.

14. When a player's ice time is affected due to discipline or motivation, this is to have no effect on his/her team mates ice time. For example, sitting an entire line, or sitting a defensive partner due to the actions of a player, will not be tolerated.

Injury

15. If a player is injured during a game, or is unable to participate in a game due to injury, this will not be taken into account with regards to FIT over the course of the season.
16. When a player resumes play, either in a practice or game capacity, his/her playing time may be initially limited while he/she regains timing, strength and/or cardiovascular capability. A plan-of-action and time period for re-introducing an injured player to practice and/or game should be negotiated with the player beforehand. Coaches are encouraged to obtain necessary medical clearances before an injured player resumes regular play.

Specific Guidelines for FIT

17. Coaches are encouraged to create a balanced forward line approach, and a balanced defensive combination. This will limit any tendencies towards "shortening the bench";
18. Regular rotation of lines is the standard. As players advance to more senior levels, offsetting rotation of forward and defensive combinations is strongly encouraged (re: Hockey Program);
19. While not an absolute, forty (40) seconds is considered to be an average duration of a "shift";
20. Consistently permitting specific lines to remain on the ice for a longer duration is a violation of the FIT policy and will not be tolerated;
21. Coaches are expected to develop a "signal" for players to change lines when play is in progress. Players who do not come off the ice (when appropriate) must be dealt with by the coach as a disciplinary item. This will not be permitted as an excuse for coaches for violation of the FIT policy;
22. Coaches, who consistently break their regular rotation to start a specific line at the beginning of each period, will not be tolerated. Coaches are also encouraged to start a different line at the beginning of each game, potentially as a "reward" for good play, good effort, or good attitude;

23. Using the terms "first", "second" and "third" line, for the purpose of differentiating ability, will not be tolerated. Again, coaches are encouraged to build a balanced approach, as a first, second and third line mentality has a tendency to lead to, "shortening the bench";
24. During the PP, and more importantly the PK, players should not be put in situations where they have a high potential for failure. The coach should use his/her judgment to identify when and how it is best to expose players to the PP and PK. Options for the coach would include, against teams of lesser capability, or preferably, with a complimentary team mate(s). Again, if the Head Coach has instrumented a balanced-line approach, and not a 1st, 2nd, 3rd line mentality, this should not be an issue. Coaches are strongly encouraged to minimize "ice time" disruptions related to PP and PK. Having said this, all players are to be educated in, and have experience with, both the PP and PK; and in "changing on the fly", coaches who encourage their assistant coaches, or specific players to remain on the ice, thereby resulting in consistently shorter shifts for a specific substituting player, will not be tolerated.