

Revised August 10, 2022



REGULATION 1: MEMBERSHIP RESPONSIBILITIES

Each Association shall provide, to the best of their ability, to the President of the CMHL annually, by September 15 of each year:

- a) The name of the President, Central Minor delegate and alternate delegate, of which only one may vote at any meeting of the CMHL. Any alteration of these positions shall require the consent of the League for voting privileges.
- b) The name and contact information for the Referee-in-Chief.
- c) The name and contact for team officials.
- d) The number and proposed level of teams being entered to play in the CMHL for the year.
- e) Home and away team colours to be worn.
- f) The day, time, and rink location, at which each team will play its home games.

Failure to provide the above information by the required date could result in a team not being accepted into the league for that year.

REGULATION 2: CATEGORIZATION.

- a) Categorization is the responsibility of HNS in accordance with HNS regulations.
- b) In the event where teams are re-categorized, the affected divisions will have a new schedule generated and standings are reset to zero

For example, if a U11-A team is recategorized to U11-B, both divisions will need to rest to zero and new schedules drafted.

REGULATION 3: ASSOCIATIONS OF PARTICIPATION

- a) Primary associations of participation within the CMHL are comprised of the Halifax and Dartmouth Zones/Regions as defined by Hockey Nova Scotia
 1. Bedford Minor Hockey Association
 2. Chebucto Minor Hockey Association
 3. Cole Harbour Minor Hockey Association
 4. Dartmouth Minor Hockey Association
 5. East Hants Minor Hockey Association
 6. Eastern Shore Minor Hockey Association
 7. Halifax Minor Hockey Association
 8. Sackville Minor Hockey Association
 9. TASA Minor Hockey Association

Should a non-CMHL association team/association wish to enter the league, they must contact the President no later than September 15 of each year with their proposed home game day/time/location and must also receive majority vote by the executive to be accepted into the league.

Should amalgamation occur between two existing CMHL associations, the newly formed association will be accepted immediately to the league and above list of participating associations updated accordingly.

REGULATION 5: RULES OF COMPETITION

5.1 Team Competition

- (a) The players listed on the game sheet must be either registered members of the team involved, or approved affiliate players.
- (b) A minimum of 9 players in uniform (not necessarily including a goaltender) on each team shall be necessary to start a game. For all divisions playing 3 x 15 minutes games, 11 players in uniform (10 skaters plus one goaltender) is the minimum required to start a game.

5.2 Timing Procedure

- (a) Games at the U18-AA, U18-A, U15-AA, and U13-AAA levels shall be 3 x 15-minute stop time periods.
- (b) Games in all other divisions/levels shall be 3 x 10-minute stop time periods.
- (c) If after completing two (2) periods of play a game is called for lack of time it shall constitute a complete game. If less than two (2) periods are completed the game shall be replayed in its entirety.

5.3 Playing Rules

- (a) Rules as adopted by HOCKEY CANADA, HNS, and the HNSMC shall apply except as specified herein, for all games of the CMHF.
- (b) There are no timeouts permitted in regular season and playoff round robin games
- (c) Rink clocks are enforced for all games if facilities use them. The exception to this rule is during elimination games when a winner is required.

5.4 Equipment

- (a) All players will wear protective equipment as indicated in the Hockey Canada playing rules.

5.5 Schedules

- (a) Every attempt should be made to play games as scheduled. Schedule changes should be done through the association's CMHL delegates and then updated by the league scheduler. No team official should be contacting any CMHL Vice president or league scheduler on game changes. Game changes between coaches or other team officials are not permitted.
- b) The league will approve the scheduling format for each division yearly. Total number of games played during regular season and playoffs will depend on each division size. CMHL does not guarantee the same number of games played for every division.

CMHL recognizes the following reasons for requesting a game be rescheduled:

1. School exams where three (3) or more players have an exam scheduled for the next day.
2. Halloween - Games may be rescheduled for players in the U13 age bracket and below.
3. Snow storms - Games may be rescheduled based on storm warnings, heavy snowfall forecasts or requests by police to stay off the roads. In all cases, the safety of the players shall take precedence. Power failures are also common during severe storms. If either team (home or away) feels that it is unsafe to travel, the game will be rescheduled.
4. No ice - Minor Hockey can be cancelled for tournaments or other reasons in some rinks.
5. Recognized HNS sanctioned tournaments. Every effort must be made to reschedule games in a timely manner around tournaments. While CMHL encourages tournament play, the completion of the CMHL schedule is paramount. Notice of impacted games as a result of tournament participation must be communicated to the league schedule and corresponding opposition association rep as soon as possible.
6. Christmas concerts - For U13 and below a game may be cancelled if three (3) or more players on the team cannot make it, however, it should be limited to one date per team.

5.6 Other Scheduling Issues

- (a) Exhibition games do not take precedence over regular scheduled games. However, if an exhibition game has been set prior to the regular season or playoff schedules being posted, the exhibition game does not have to be cancelled. However, if the CMHL game is set first, it cannot be cancelled for an exhibition game unless approved between association reps
- (b) Make up Week - The period referred to as 'make up week' is for Central Minor to-reschedule any outstanding games. Exhibition games should not be scheduled if a team has outstanding League games. Central Minor games are top priority during this time.
- (c) Practice ice times - Practices do not take precedence over CMHL games.
- (d) Short benches - Requests for reschedules for suspensions, illness, etc. will not be entertained for consideration unless it can be shown that every reasonable effort has been made to obtain affiliated players.
- e) Christmas/New Years – There shall be no games played between December 24 – 27 and January 1st
- f) March Break – March Break is not considered a blackout week for gameplay. Unless a team has a significant number of players away or are participating in a sanctioned tournament, games are permitted during this week but will not be regularly scheduled games.
- g) Super Bowl is not a valid excuse to reschedule a game

5.7 Ice Times

- (a) Unless agreed to by both teams and indicated on the game sheet, on weekdays, games cannot start before 6:00 pm. Also, unless agreed to by both teams and indicated on the game sheet, games cannot be scheduled after 10:00PM and cannot start after 10:30PM.

5.8 Awarded/Incomplete Games

(a) After a minimum of three (3) alternate dates for a reschedule, the non-offending team may be awarded the game by the CMHL President in consultation with the corresponding Divisional VP.

b) In the event where a game cannot be played or rescheduled, they will be scored as follows

- Unable to be played due to team illness – scored as a 0-0 tie
- Unable to be played due to weather – scored as a 0-0 tie
- Unable to roster the minimum requirement where team illness is not the main factor – the game will be scored as a 5-0 win for the non-offending team

REGULATION 6: TEAM STANDINGS/AWARDS

(a) If a game is scored with a hard copy sheet, the HOME team is to email a copy to the league scheduler who will then enter the data to the league site.

(b) Standings will be determined using 2 points for a win, 1 point for a tie and 0 points for a loss. A forfeited or awarded game is considered to be a 5-0 score with 2 points awarded to the non-offending team.

(c) If two or more teams are tied in total points at the end of regular season or Playoffs play they shall have their standings determined in accordance with HNS regulation 23.11 and 24.8

Two Teams Tied:

If two or more teams are tied at the conclusion of a round robin series, then the following procedure will be used to determine the final ranking before the semi-final and final games are played.

In the event that teams are tied for a playoff position, the following procedure will apply:

1. If two teams are tied:
 - a. The winner of the round robin game between the two tied teams gains the higher position.
 - b. The team with the most wins in the round robin gains the higher position.
 - c. If the two teams are still tied after 1)a., and 1)b., have been applied, then the team with the best goal average gains the higher position. The goal average of a team is to be determined in the following manner:

Total number of goals for divided by the total number of goals for and against.

NOTE: All round robin games are included.

Example: For = 10 goals Against = 4 goals

Therefore Goal Average Percentage = 10 (Goals For) divided by 10+4
(Goals For plus Goals Against) = .714

NOTE: The higher percentage gains the higher position

- d. If the two teams are still tied after 1)a, 1)b, and 1)c have been applied, the team with the least number of minutes in penalties throughout all of the round robin games, gains the higher position.
- e. If the two teams are still tied after 1)a, 1)b, 1)c, and 1)d have been applied, then the team which scored the first goal in the game between the tied teams gains the higher position.
- f. If the two teams are still tied after 1)a, 1)b, 1)c 1)d, and 1)e have been applied, a single coin toss will determine which team gains the higher position.

Three or More Teams Tied:

Note: The three-team tiebreaker is used to determine the seeding of the 1st, 2nd, 3rd seed. If any step in the tiebreaker only seeds one team, that team assumes that position. The three-team tiebreaker will continue to determine the seeding of the two remaining teams. At no time will teams using this formula go back to the two-team tie breaker.

2. If three teams or more are tied, the head to head record between tied teams will determine who advances. If the tied teams have not all played each other, proceed to 2a.
 - a. The team with the most wins would gain the highest position.
 - b. If teams are still tied after 2)a, has been applied, then the team with the best goal average gains the highest position. The goal average of a team is to be determined in the following manner: total number of goals for divided by total number of goals for and against.

NOTE: All round robin games are included

Example: For = 10 goals Against = 4 goals

Therefore Goal Average Percentage = $10 \text{ (Goals For)} \div 10+4 \text{ (Goals For plus Goals Against)} = .714$ NOTE: The highest percentage gains the highest position(s).

The exercise of 2)b. establishes the team or teams with the highest position(s) by percentage.

These teams will advance. If there are still teams tied, they go to the next step. They do not go back to the "Two Team Tiebreaker" Example;

- Team A - .714 = 1 seed – Advances, Team B - .500 = 3 seed - Does not advance, Team C - .650 = 2 seed – Advances
 - Team A - .714 = 1 seed – Advances, Team B - .500 = Still tied with team C - go to next step 2)c. Team C - .500 = Still tied with team B - go to next step 2)c.
 - Team A - .650 = Still tied with team B - go to next step 2)c. Team B - .650 = Still tied with team A - go to next step 2)c. Team C - .500 = Does not advance
- c) If teams are still tied after 2)a, and 2)b. The team with the fewest goals against (all round robin games played) will gain the highest position.

- d) If teams are still tied after 2)a, 2)b, and 2)c, the team with the most goals for (all round robin games played) will gain the highest position.
 - e) If teams are still tied after 2)a, 2)b, 2)c, and 2)d, have been applied, the team to qualify would be the team that received the least number of minutes in penalties throughout all the round robin games.
 - f) If teams are still tied after 2)a, 2)b, 2)c, 2)d and 2)e have been applied, a coin toss shall determine the winner. In a three team coin toss, the odd team gains the highest position.
- 3) League and playoff winners will be presented with banners and/or other awards as determined by the membership.

REGULATION 7: OFFICIALS

- (a) On ice officials must be registered with Hockey Nova Scotia and assigned in accordance with HNSMC regulations.
- (b) The home team shall provide on-ice officials for each game.
- (c) Each home association shall provide a timekeeper/scorekeeper to ensure the game sheet is completed.

REGULATION 8: CODE OF DISCIPLINE

- (a) CMHL will be in accordance with the HNSMC code of discipline.
- (b) Central Minor Hockey League fully endorses the Hockey Nova Scotia's Board of Directors motion on dealing with Abusive Parents, which reads: *"Any parent who fails to comply with the Rules and Regulations of the local Association, and exhibits behaviour that is deemed inappropriate is subject to disciplinary action by the Officers of the local Association. The officers of the Association are empowered to suspend the parents from all activities of the association, following a Disciplinary hearing of the local association. Hockey Nova Scotia recommends that the local Association adopt the following disciplinary process: Initially a letter of warning; secondly, short term suspension; thirdly, long term suspension, this is subject to approval of the President of Hockey Nova Scotia. A parent, who fails to comply with the terms of reference for the suspension that is determined by the local Association, may be required to withdraw his/her membership within the local Association. This action may include the cancellation of the membership of all registered players of the parent."*

REGULATION 9: PERMITS

- (a) each season the CMHL shall apply to HNS for a permit to allow for league play between the participating association teams
- (b) additional travel permits (for other than league play) are obtained from Hockey Nova Scotia as per their regulations.

REGULATION 10: PLAYOFFS

- a) Rink clocks are still enforced for league playoff games at facilities that have them. CMHL recognizes that asking facilities to not enforce rink clocks for ice bookings that may impact other user groups is not a fair process.
- (b) all elimination games after the round robin game are to be played in their entirety to constitute an official game, rink clocks are not to be enforced for these games
- (c) playoff standing will be determined using two (2) points for a win, one (1) point for a tie and zero (0) points for a loss. A forfeited or awarded game will be recorded as a 5-0 score with two (2) points awarded to the non-offending team.
- (d) if two or more teams are tied in total points at the end of the playoffs they shall have their standings determined in accordance with CMHL Regulation 6.C
- (e) no protests originating from any Tournament of Champions game will be considered.
- (f) no timeouts will be permitted during playoff and elimination games

PLAYOFFS – OVERTIME

CMHL will adopt the Hockey Nova Scotia Overtime format for league games that require a winner.

Purpose: To avoid long games and dangerous situations due to players playing too long.

Preamble: In all play down and provincial semi-final and final elimination games in which a winner must be declared, the overtime and shootout process outlined below must be followed.

IN PROVINCIAL PLAYOFF GAMES WHERE A WINNER MUST BE DECLARED THE FOLLOWING OVERTIME FORMAT MUST BE FOLLOWED

- 1) Overtime period one: Should a game end in a tie at the end of regulation play, there will be one (1) five-minute five-on-five sudden victory period. There will be a two-minute break at the conclusion of regulation play.
- 2) Overtime period two: Should a game end in a tie at the end of the first overtime period, there will be one (1) five-minute four-on-four sudden victory period. There will be a two-minute break at the conclusion of the first overtime.
- 3) Shootout. Should a game remain tied after overtime, there will be a three-player shootout with the home team shooting first. Each team selects their own three shooters.
 - a) if still tied after the first three rounds, the shootout continues one (1) player at a time per team, moving through the roster until a winner is declared. After eleven (11) players on each team (including the original three shooters) have shot, teams may then use a shooter again going through the same process.
- 4) Each team will be permitted one (1) timeout for the game, including overtime.

REGULATION 11: PROVINCIAL PLAYOFFS

CMHL will determine their league provincial qualifying format to adhere to HNSMC provincial qualifying dates each year.

Games classified as Provincial Qualifying do not count toward game caps.

(a) Official Provincial qualifying games leading to (Conference Championships) and including Provincials come under the jurisdiction of Hockey Nova Scotia Minor Council.

REGULATION 12: AMENDMENTS

The regulations of the CMHL may be amended at any meeting of the CMHF, provided that notice of the intended amendment is circulated to all members 15 days prior to the meeting. A majority vote is required to amend a Regulation. If there is a tie vote the motion is considered to be defeated.