



CVHA Coach's Manual

2023-2024 Edition Version 170224



CITY OF VAUGHAN HOCKEY ASSOCIATION

HOUSE LEAGUE CHARTER

City of Vaughan Hockey Association is a not-for-profit volunteer driven organization that is dedicated to helping young hockey players in the City of Vaughan. The CVHA is an association within the Greater Toronto Hockey League (GTHL), Ontario Hockey Federation (OHF), and Hockey Canada.

Our Objective

The objectives of the CVHA are to develop and to improve minor hockey within the City of Vaughan Community. To cultivate a true spirit of sportsmanship and fair play among all participants, spectators, and volunteers alike. To promote a spirit of co-operation within the community, through support for recreational development.

Our Mission & Vision

The City of Vaughan Hockey Association unites minors in a co-operative effort to practice and extend moral standards and ideals. CVHA is committed to creating a hockey program for youth that is fun, where participants can develop and learn the technique and skills of the game, life skills, and good sportsmanship in a safe environment.

Everyone involved in the game of hockey deserves to be treated with respect. This includes coaches, on and off the ice officials, teammates, opponents, parents, spectators, Convenors and CVHA Executive Members.

Our Motto

The CVHA believes **"EVERYONE CAN PLAY OUR GAME"**

Confidentiality

Coaches are reminded that any information you may learn or generate about parents and players throughout the course of the season must be kept in the strictest confidence outside of CVHA Officials. This may include medical information, incident details and personal contact information, etc).

Please note the CVHA has developed and implemented a Social Media Program. From time-to-time photos may be displayed on our various Social Media platforms. By agreeing to participate in our CVHA program you are hereby agreeing to such photos that may be obtained of you during the season. For further detail please review our Social Media Policy at the end of this document.



CVHA HOUSE LEAGUE

REGULAR SEASON GENERAL PLAYING

RULES

Duties and Responsibilities as a Coach

Skill Sessions / Assessment Skates

We ask that all Head Coaches attend the assessment skates and aid in the ranking of players. The Head Coaches traditionally will rank players while Assistant Coaches will help run drills and the scrimmage on the ice. The Convenor will send out a request and put together a schedule for the day.

Beginning of the Season

Once teams are formed, the Convenor will provide you with a team list and the parent contact phone numbers. Due to privacy laws, we do not provide emails, and require you to call each family, ask them for it, and confirm with them:

1. Introduce yourself as the Head Coach, and let them know the team name, when they are first on the ice, and to visit the website (www.vaughanhockey.com) for all schedules and other information.
2. Ask them for their email contact, so that you may email them updates.
3. They need to supply their own hockey socks and water bottle. Team jerseys will be provided.

Contact Information

Players contact information, including phone numbers and email addresses are strictly confidential and should not be distributed to the team. When sending emails to your parents, you should always use the BCC field so that you are not sharing it with the group. Always obtain permission from any parent to distribute their contact info. When in doubt please ask your Convenor.

Weekly

On a weekly basis you should ask parents to let you know as soon as possible if they are not going to be attending a practice or game, so that you may plan accordingly. Schedules are updated and correct on the website, and you should direct every parent to always check the website for the most accurate website.

Practices

Ensure you have pucks and pylons and any other items you need to run your practice. Be prepared to start practice at your given time and leave the ice at the end of your hour. Rink schedule flood times will be provided by the Convenor so there is no confusion as to the start and end of practices. There are many great written and video resources that you can look up to put together a fun and productive practice. We strongly recommend that these resources are utilized as each age group has tested practice modules that encourage progressive development throughout the season.

Games

Please make sure your team is ready to start 10 minutes early. Games need to start on time without delay to ensure that all games at the rink can be played, and not cut short due to reaching the end of our allotted time. It is good practice to ask your players to be there 30 minutes before the game, so they can get dressed and have enough time for the coaches to go over things with the players.



Balancing

The Convenor with the Head Coaches will have a balancing meeting in which teams will be adjusted, however, the Convenor can make the final call. It is not always easy for a player to move, but it really is all about how the coach frames it to the player, the parents, and the team. Our goal is to have a balanced division and have the players enjoy their experience. Providing a positive outlook from the start with your parents when you discuss balancing and if they ask, is key to setting the tone. The right attitude can make it a positive experience for the player and parents.

CVHA INITIATION PROGRAM (U6/U7/U8/U9)

ABOUT HOCKEY CANADA'S INITIATION PROGRAM (IP)

The Initiation Program is a progressive, learn to play teaching curriculum. Children learn through participating in practice drills and informal and modified games (such as shinny, freeze tag, and obstacle courses).

The skills of skating, puck control, passing and shooting are introduced and refined in a progressive one step at a time manner.

Although the emphasis is on fun and fundamental skill development, the Initiation Program also allows the younger players to experience fitness, fair play, and cooperation.

To ensure a positive experience for the children, a 4-hour instructional clinic has been designed for the ice instructors (coaches), that focuses on communication, teaching skills, leadership, skill analysis, lesson organization and safety and risk management.

PROGRAM PHILOSOPHY

The Initiation Program is Canada's premier "LEARN TO PLAY" program for beginning hockey players.

The Canadian Hockey Association developed the program to ensure that the child's first contact with hockey is a safe and positive experience.

It enables participants to become contributing members of a team effort, develop self-confidence, and experience a sense of personal achievement.

The goals, philosophy and objectives of the program are:

1. Teaching basic hockey skills so players can enjoy the game.
2. Assisting in development and enhancement of basic motor patterns.
3. Developing and encouraging the concept of team, through player participation in on and off-ice activities.
4. To implement fitness, fair play and co-operation aspects within the fun of the game.



U6 HOCKEY (IP)

The focus is on the development of physical literacy. Fundamental movement skills should be mastered, and motor development emphasized. For optional skill acquisition, the basic hockey skills of skating and puck control are introduced through the Initiation Program. FUN competitions are also introduced in a team environment.

Practice to Game Ratio

- 2 Practices per week until November.
- 1 Practice and 1 Cross Ice Game (blue line in) per week until season's end.
- 85% focus on technical skills; 15% individual tactics; 5:1 player to coach ratio.

U7 HOCKEY (IP)

The focus is on fundamental skills. Those include forehand and backhand passing, forward and backward crossovers, a forehand sweeping shot and wrist shot, toe drags and four different stopping variations. FUN competitions are also introduced in a team environment.

Practice to Game Ratio

- 2 Practices per week until November.
- 1 Practice and 1 Cross Ice Game (blue line in) per week until season's end.
- 85% focus on technical skills; 15% individual tactics; 5:1 player to coach ratio.

BUMPERS

Bumpers are located at the rinks which are to be used for all games for the U6 and U7 divisions. The first two teams that arrive that day are to assemble the bumpers on the blue lines and leave them there when they are finished their session. The last two teams we ask that the coaches then remove the bumpers and stack them back in their designated place.

Bumpers are easily assembled using attached Velcro straps and should take 5 minutes as a group to get the rink set up.





U8 HOCKEY (IP)

During this period, the players continue to develop motor skills and coordination. The U8 SKILLS PROGRAM is designed to promote the continued development of physical literacy, fitness, and the basic skills required to play hockey.

Practice to Game Ratio

- 2 Practices per week until November.
- 1 Practice and 1 Half-Ice Game (boards at centre ice) per week until season's end
- 75% focus on technical skills; 15% individual tactics; 10% team tactics; 5:1 player to coach ratio

U9 HOCKEY (IP)

Skills being focused on in U9 include an advancement of the skills learned in the INITIATION PROGRAM and the introduction of Team Play. Players are learning more offensive (dekes and net drives) and defensive (basic one-on-ones and escape moves) tactics.

Practice to Game Ratio

- 1 Practice and 1 Half-Ice Game (boards at centre ice) per week until the middle of January.
- 1 Practice and 1 Full Ice Game per week until season's end
- 75% focus on technical skills; 15% individual tactics; 10% team tactics; 5:1 player to coach ratio

BOARDS

Boards are used to divide the ice in half for all U8 and U9 half-ice games. They are to be assembled and removed with the help of referees, the timekeeper and coaches. We ask that the coaches please assist in the assembly of the boards as they take 3-4 people on the ice to properly assemble in a reasonable time (1-2 off ice). Helmets and skates should be worn at all times when on the ice. The first two teams that are on the ice we ask that the coaches assist in putting the boards out, and the last two teams assist in taking them down.





U6 and U7 Game Play

Coaches remain on the ice with players during game play for the U6 and U7 division.

Ice set up: Bumpers set up on each blue line, dividing the ice into 3 zones. Coaches to put out bumpers and take off and put back into storage.

Referees: No officials, coaches should be on the ice and controlling the game.

Games: Warm-up and then running till the end of the session.

Pucks: Blue 4oz. puck.

Net Set-Up: Cross ice, boards to boards with room behind the nets; in each end zone.

Neutral Zone: Where players not in either game can skate around waiting for their shift. Benches should not be used.

Face-offs: To start the game; point of the game is for more involvement, not to learn face-offs.

Shift-Time: 2 min shifts with a coach signaling changes; play resumes immediately with line change from where the puck is.

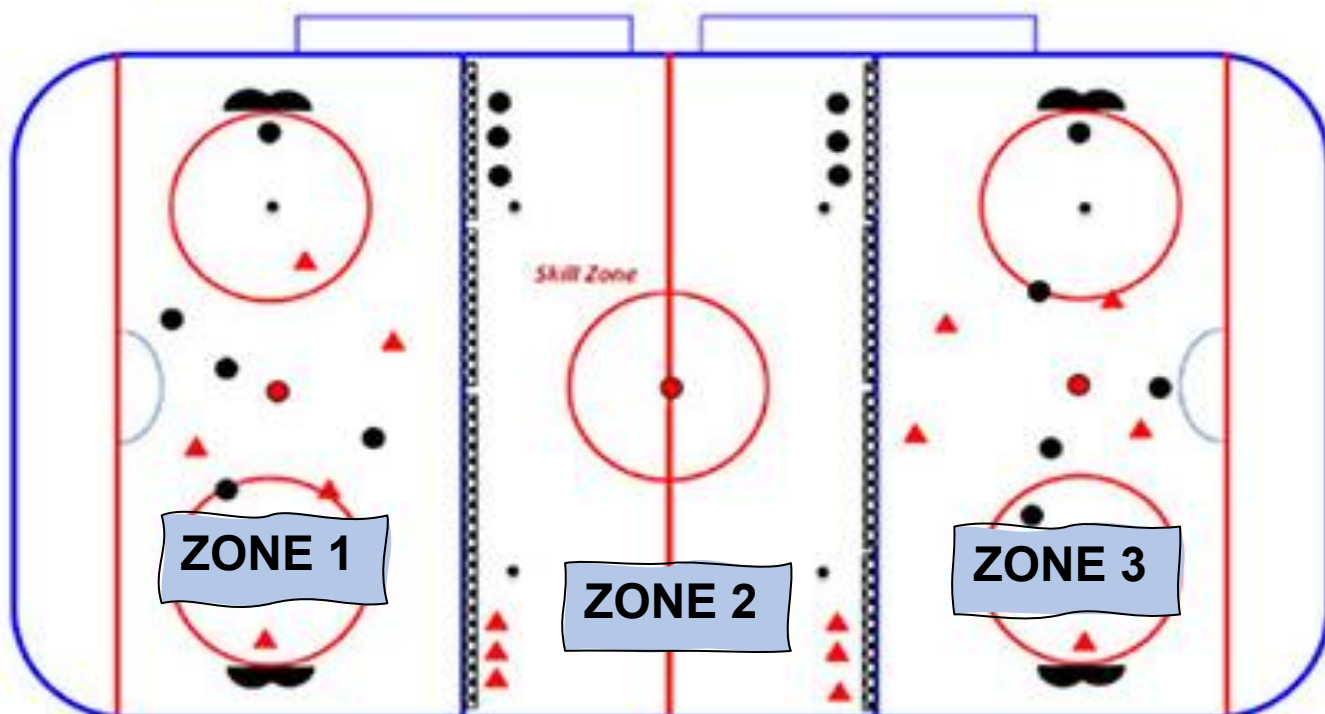
Lines: 4v4

Rules: No offside, no icing, no keeping score.

Goaltender save or goal scored: Coach blows whistle, offensive team backs up to centre to allow the team to assume control of the puck, and on second whistle play resumes.

Penalties: Change of possession and one of the coaches should explain what the penalty was for to the player at the end of the shift to educate them on the play. Teams always play at even strength.

Teams: Should be divided into two groups, with the top half of the team playing in Zone 1, and the other half in Zone 2, against the same from the other team.





U8 and U9 Game Play

Coaches remain on the ice with players during game play for the U8 and U9 division at the beginning to get them use to the game play. After 4-6 weeks they should be off the ice and leave the games to the referees to run.

Ice set up: Boards are installed at centre ice, dividing the ice into 2 zones. Coaches to assist in board set-up and take down along with referees and timekeepers.

Referees: Coaches to start season running games as referees are introduced and will take over.

Games: Warm-up and then running till the end of the session.

Pucks: Black 6oz. puck.

Net Set-Up: Half ice, one net in proper position, other using centre ice circle as goal line.

Benches: Players not on will use the bench; both teams will share the same bench on each side.

Face-offs: To start the game; point of the game is for more involvement, not to learn face-offs.

Periods: 3 min warm-up; 2 x 22min running time periods.

Shift-Time: 2 min shifts with automatic buzzer; play resumes immediately with line change from where the puck is.

Lines: 4v4

Rules: No offside, no icing, no keeping score.

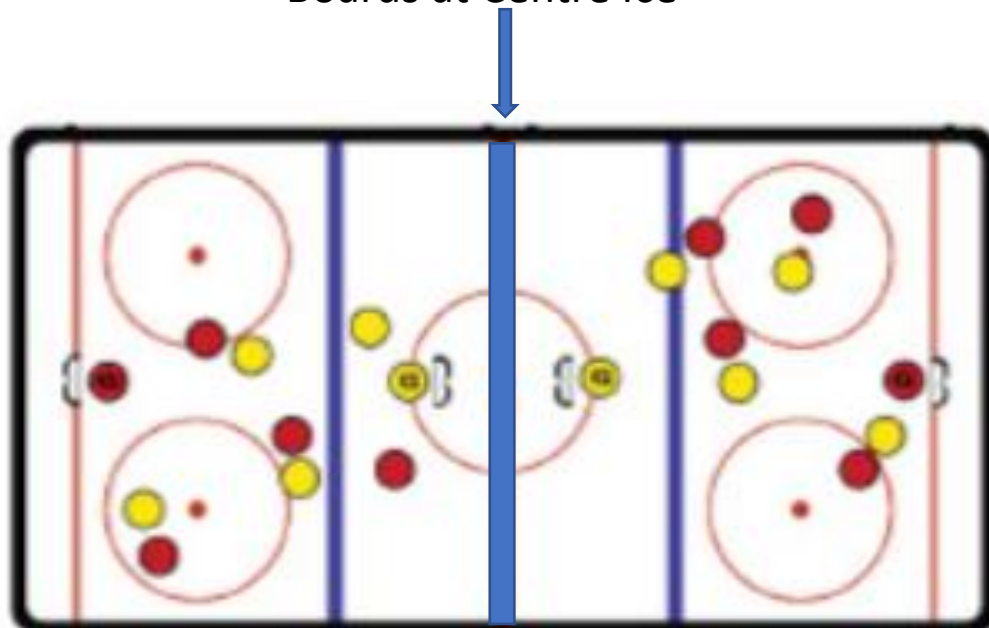
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Penalties: Change of possession and one of the coaches should explain what the penalty was for to the player at the end of the shift to educate them on the play. Teams always play at even strength.

Teams: Should be divided into two groups, with the top half of the team playing in Zone 1, and the other half in Zone 2, against the same from the other team.

Goalies: Please ensure they rotate around and face teams on both sides of the ice during the session so they face various skill levels and each group gets to face a goalie.

Boards at Centre Ice





U11 (U10 and U11 Age Groups)

- Games will consist of **2 x 10 min periods and a 1 x 12 min period**, stop time.
- Line changes are on the fly and during a stoppage.
- Each player will be allowed to score up to a maximum of 3 goals per game. A player will be allowed to continue to score if at any point in the game their team is trailing, until a tie is achieved. That player cannot score to put the team ahead if they already have 3 goals.
- From the start of the third period onward, if the spread in the score is five goals or more at any time, the game shall be running time. If the goal spread in the score reverts to a three-goal difference, the game clock will return to stop time unless the score becomes a five-goal spread, in which case the running time will resume.
- **Goalies will switch ends after each period.**
- Both teams are not permitted on the ice until the referees have given permission. Any coach/team entering the playing surface without permission will receive a 2 min penalty.
- Coaches and Team Officials are not permitted to walk across the ice surface before or after the hockey game. If any coach crosses the ice surface, they will automatically receive a 1 game suspension.
- A maximum of 4 Team Officials (Coaches) are allowed on the bench during games.
- 4 penalties or 3 stick infraction penalties and the player is ejected for the game and may face further disciplinary action.
- The referee decision is final. No protest will be heard on a referee decision. Constructive and legitimate complaints regarding the referee please email the Referee-in-Chief and the VP's of House League.
- There is no appeal process for suspensions. Any suspension that carries 4 or more games will carry an indefinite suspension until a hearing is conducted with the league.
- No more than a 5-goal spread will be posted. Tiebreakers will only use the 5 goal spread scores. Coaches should teach players sportsmanship and not to run up scores.
- Hockey Canada/GTHL Hockey playing rules apply.



U13 (U12 and U13 Age Groups)

- Games will consist of **2 x 10 min periods and a 1 x 12 min period**, stop time.
- Line changes are on the fly and during a stoppage.
- Each player will be allowed to score up to a maximum of 3 goals per game. A player will be allowed to continue to score if at any point in the game their team is trailing, until a tie is achieved. That player cannot score to put the team ahead if they already have 3 goals.
- From the start of the third period onward, if the spread in the score is five goals or more at any time, the game shall be running time. If the goal spread in the score reverts to a three-goal difference, the game clock will return to stop time unless the score becomes a five-goal spread, in which case the running time resume.
- **Goalies will switch ends after each period.**
- Both teams are not permitted on the ice until the referees have given permission. Any coach/team entering the playing surface without permission will receive a 2 min penalty.
- Coaches and Team Officials are not permitted to walk across the ice surface before or after the hockey game. If any coach crosses the ice surface, they will automatically receive a 1 game suspension.
- A maximum of 4 Team Officials (Coaches) are allowed on the bench during games.
- 4 penalties or 3 stick infraction penalties and the player is ejected for the game and may face further disciplinary action.
- The referee decision is final. No protest will be heard on a referee decision. Constructive and legitimate complaints regarding the referee please email the Referee-in-Chief and the VP's of House League.
- There is no appeal process for suspensions. Any suspension that carries 4 or more games will carry an indefinite suspension until a hearing is conducted with the league.
- No more than a 5-goal spread will be posted. Tiebreakers will only use the 5 goal spread scores. Coaches should teach players sportsmanship and not to run up scores.
- Hockey Canada/GTHL Hockey playing rules apply.



U15 (U14 and U15 Age Groups)

- Games will consist of **1 x 10 min period and 2 x 12 min periods**, stop time.
- Line changes are on the fly and during a stoppage.
- Each player will be allowed to score up to a maximum of 3 goals per game. A player will be allowed to continue to score if at any point in the game their team is trailing, until a tie is achieved. That player cannot score to put the team ahead if they already have 3 goals.
- From the start of the third period onward, if the spread in the score is five goals or more at any time, the game shall be running time. If the goal spread in the score reverts to a three-goal difference, the game clock will return to stop time unless the score becomes a five goal spread, in which case the running time resume.
- **Goalies will switch ends after each period.**
- Both teams are not permitted on the ice until the referees have indicated them to. Any coach/team entering the playing surface without permission will receive a 2 min penalty.
- Coaches and Team Officials are not permitted to walk across the ice surface before or after the hockey game. If any coach crosses the ice surface, they will automatically receive a 1 game suspension.
- A maximum of 4 Team Officials (Coaches) are allowed on the bench during games.
- 4 penalties or 3 stick infraction penalties and the player is ejected for the game and may face further disciplinary action.
- The referee decision is final. No protest will be heard on a referee decision. Constructive and legitimate complaints regarding the referee please email the Referee-in-Chief and the VP's of House League.
- Any Player receiving 3 different suspensions throughout the regular and playoff season will be suspended indefinitely and may include expulsion from the CVHA pending a hearing with City of Vaughan Hockey Association President and VP of House League.
- There is no appeal process for suspensions. Any suspension of 4 or more games will carry an indefinite suspension until a hearing is conducted with the league.
- No more than a 5-goal spread will be posted. Tiebreakers will only use the 5 goal spread scores. Coaches should teach players sportsmanship and not to run up scores.
- Hockey Canada/GTHL Hockey playing rules apply.



U18 (U16, U17 and U18 Age Groups)

- Games will consist of **2 x 12 min periods and a 1 x 15 min period**. Games will be stop time.
- Line changes are on the fly and during a stoppage.
- Each player will be allowed to score up to a maximum of 3 goals per game. A player will be allowed to continue to score if at any point in the game their team is trailing, until a tie is achieved.
- From the start of the third period onward, if the spread in the score is five goals or more at any time, the game shall be running time. If the goal spread in the score reverts to a three-goal difference, the game clock will return to stop time unless the score becomes a five-goal spread, in which case the running time resume.
- **Goalies will switch ends after each period.**
- Both teams are not permitted on the ice until the referees have indicated them to. Any coach/team entering the playing surface without permission will receive a 2 min penalty.
- Coaches and Team Officials are not permitted to walk across the ice surface before or after the hockey game. If any coach crosses the ice surface, he will automatically receive a 1 game suspension.
- A maximum of 3 Team Officials (Coaches) are allowed on the bench during games.
- The referee decision is final. No protest will be heard on a referee decision. Complaints regarding the referee should be emailed to the Referee in Chief and the VP of House League.
- 3 penalties of any kind and the player is ejected for the game and may face further disciplinary action.
- Any Player receiving 3 different suspensions throughout the regular and playoff season will be suspended indefinitely and may include expulsion from the CVHA pending a hearing with CVHA President and VP's of House League.
- There is no appeal process for suspensions. Any suspension of 4 or more games will carry an indefinite suspension until a hearing is conducted with the league.
- No more than a 5-goal spread will be posted. Tiebreakers will only use the 5 goal spread scores. Coaches should teach players sportsmanship and not to run up scores.
- Hockey Canada/GTHL Hockey playing rules apply.



Balancing, Team Formation and Game Administration

The CVHA House League program will do their very best to balance all teams in all divisions. It is the discretion of the Team Formation Committee on how each Division's teams will be formed noting coaching application requests and parent requests. Teams will be formed by the Convenor, Head Convenor, VP's of House League and Directors, who will select players based on the rankings from the skill/assessment skates for the U6 to U9 divisions. This will also be the case for the U11/U13/U15 and U18 divisions. Coaches can assist to help the balancing process be easier by attending all the assessment skates and properly rank each player. Please note some rules and procedures for Team Formation and Balancing.

- A total of up to 3 players can be protected on each team. The 2 protected players will be restricted to the son/daughter of a Team Official (2) plus a single (1) Team Sponsor if applicable (this is determined on the division general sponsor rules).
 - Protected Bench staff size will be reduced to 2 Team Officials should no sponsor be applicable.
 - Where the Team Official(s) does not have a child on the selected team, the Convenor and/or Head Convenor will determine if there are any protected players.
- Should the Sponsor be a Corporate Sponsor then protected players will be restricted to the son/daughter of Team Officials.
- **It is the discretion of the VP of House League and/or the Convenor to disallow the protection of any players due to improper balancing based on skill level of protected players as determined by the VP of House league and/or Convenor.**
- **The CVHA under no circumstances guarantees any requests from any coach, parent, or sponsor during the formation of teams.**
- The CVHA will only take into consideration parent requests if there are extenuating circumstances of a player's team placement.
- Coaches who are found to be circumventing the team formation and balancing process will face disciplinary action up to and including removal from their CVHA Coaching responsibilities.



Goalie Substitutions

If a team is missing a goalie for a game, or was not assigned one, the following steps will be undertaken. It is the Head Coaches responsibility to inform the Convenor as far in advance as possible so there is enough time to recruit a substitute. The Head Coach must go through the Convenor to spare a goalie that is not on their team, as the Convenor must approve all spares.

1. A player from the team will dress as a goalie.
2. Goalie from within the current House League, same Division.
3. Goalie from within the current House League, age Division immediately below.
4. The Convenor, Head Convenor and VP's of House League may seek alternate arrangements with the intent to provide goalies for each team in a game.

GOALIE ASSIGNMENTS

In divisions where there are more teams than goalies, the CVHA reserves the right to **not** assign goalies to a permanent team, but rather rotate them between teams in the division. The Convenor in the division will work to put together a schedule so that goalies will know when and with who they are playing with. This is being done to ensure that all teams benefit from having goalies and rotate in a fair manner through each team. We have implemented this strategy based on feedback from our Convenors, coaches and parents.

GAME SHEETS

Under the GTHL/Hockey Canada Rules and Regulations there must be an official game sheet for every game played. The CVHA will provide all Head Coaches with limited number of game sheets for the entire season. It is the responsibility of the 'HOME TEAM' to provide the game sheet for each game. Under no circumstances can a game begin unless the timekeeper has been given the game sheet and it has been properly filled out.

You may use pre-printed labels (2"x4" found at office supply stores) to fill in the game sheet (all 4 copies of the game sheet must have the labels). Please ensure you cross off any players that are not playing in the game, and mark a (G) next to the goalie. A sample pre-filled game sheet will be provided as an example.

Reporting Game Results

Team Officials from the HOME and AWAY Team are to send by email the Convenor a picture/scan of the game sheet after the game before leaving the rink. Please ensure the photo is legible and contains the entire game sheet. Your Convenor will provide contact information at the Coaches meetings.

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Regular Season Tiebreaker Rules

In a division where teams have played the equal number of Regular Season games, the order of seeding, regardless of how many teams are tied, will follow the format below. If any step in the tiebreaker only seeds one team, that team assumes that position and the remaining teams go on to the next tiebreaker.

1. Most wins
2. If 2 teams are still tied: Head to Head Wins
3. If 3 or more teams are tied, or if point 2 above did not break tie: GF% as per website.
4. Coin Toss

The Role of the Convenor

The Convenor serves an important role in helping each division run throughout the season. They are tasked by the CVHA with, but not limited to:

- Arranging for Head Coaches in the division
- Organize and run assessment skates
- Help in team formation and balancing
- Distribute materials throughout the season to coaches including schedules (on website), equipment (socks, jerseys, pucks, pylons, goalie equipment if required), photo schedules, game sheets, and other communication about league events.
- Scores are entered online
- First point of contact related to discipline issues
- Observe games throughout the season
- Help organize and oversee playoffs and Championship Day

Convenors DO NOT get involved with on-ice play, as that is what referees are there for. As game officials, the referees oversee the play. Convenors are not allowed to influence game play except where line control issues come in to play (see the section **LINE CONTROL AND FAIR PLAY**) and where player safety is an issue. That means they are not able to call for penalties or change calls during a game. The Convenor is there to ensure that coaches, players, and parents are adhering to the rules of the game and fair play. The Convenor has the right to enforce line control at any time in the season and require line control sheets to be used.

Working with your Convenor as part of your team throughout the season and engaging them can help ensure a successful and enjoyable season for everyone. Please feel free to reach out to them at any time.



CVHA GENERAL PLAYOFF RULES

(The CVHA reserves the right to change and alter the playoff rules up to the start of the playoffs)

PLAYOFF FORMAT - Round Robin Games

Playoff format will be decided by the VP and Convenor prior to the playoffs beginning. Format will be based on the number of teams in each division and on how balanced the division played throughout the season.

All CVHA House League Teams Qualify for the playoffs and will play an even number of Round Robin Games.

The following Rules concerning Line Control, Minimum Players, Penalties and Goalies, are applicable for ALL Playoff Games. This includes all Round Robin, Quarter Final, Semi Finals and Championship Games

1. Line Control and Fair Play

Line Control Sheets are **MANDATORY** for all Playoff Games and will be **STRICTLY** enforced. No Playoff Game shall begin unless the Convenor or Designate has received a copy of each teams Line Control. Line control sheets must be filled out and handed to the Convenor, the Head Convenor, the VP or their designate prior to the start of the game.

Lines set at the beginning of the game must be maintained throughout the game. Players from Minor Atom and up must be rotated numerically within the Forwards and the Defence.

Where a buzzer system is not in place, shifts should range from 1 minute to 1 minute and 15 seconds. Players assigned as Forwards cannot be changed to Defence during the game and vice versa. It is the Head Coach's responsibility to get the players off the ice on time and to let the correct player on the ice. If a goal is scored by a player that has been on the ice far too long, it may be disallowed. That decision will be at the discretion of the Convenor and the VP or their designate. Coaches will use the Line Control Sheets that have been pre-approved from the CVHA

The overriding objective is, as always, that all players achieve equal ice time, within reasonable limits.

If pulling the Goalie, coaches can put out any player they choose, providing that player was not on the previous shift.

If any deviation from the standard line control format is proposed, there **MUST** be 100% acceptance by the coaches of the division and final approval **MUST** be obtained from the **Head Convenor or VP**.

Convenors or Designates **MAY** issue initial warnings for line control violations however it is assumed that all coaches are aware by now of the rules and requirements. Any equal ice time rule violation may result in the deduction of 2 points from the offending team *and/or* the declaration of forfeit of the game.



A second infraction **MAY RESULT** in both penalties being enforced **AND** suspension of the coach.

Referees do not get involved in the fair play/line control policies of the CVHA. It is strictly up to the Convenors to enforce. Coaches are not to call referees over to discuss line control issues and referees are not to allow any time delays for line control issues.

Sample Line Control Sheets will be made available to ALL Coaches at beginning of the season.

Any coach who falsely claims a player injury to double shift a player will be suspended automatically.

2. Penalties

Any 5-minute major will result in a suspension as set out in the OHF minimum suspension list. From U9 to U15, any 3 stick infraction minors or any 4 minors *of any kind* in one game will result in an automatic game ejection. For U18 (U16/U17/U18), 3 minors *of any kind* in one game will result in an automatic game ejection. Players who verbally incite others repeatedly will be subject to suspension regardless of whether a penalty is assessed against them. Additional suspensions, discipline hearings, etc. will apply for repeat offenders and all Match and Gross Misconducts.

3. Goalies

Goalies switch ends after each period from U10 and above.

TIME OUTS

- 1. Round Robin Games - NO time outs** are allowed in any Round Robin qualifying game.
- 2. Quarter Finals, Semi-Finals, Consolation, and Championship Games** – One (1) 30-second Time-Out per game is allowed for each team during all Quarter Finals, Semi-Finals, Consolation, and Championship Games.

PLEASE NOTE:

The CVHA reserves the right to change and alter the playoff rules and format up to the start of the playoffs.



CVHA PLAYOFF OVERTIME RULES

Round Robin Play

If at the end of the Round Robin, **two teams** are tied in points the teams will be ranked based on the following:

- Head to Head (Winner of Game played between two tied teams)
- Most Wins
- GF% as shown on the website
- Team that scored the first goal in the first game against one another
- Coin Toss

If at the end of the Round Robin, **three or more teams** are tied in points the teams will be ranked based on the following. At each tie-breaker, any team that is not tied will be eliminated and this will continue until two teams remain. Once two teams remain, the tie-breakers for the two remaining teams will be used starting with the first tie-breaker and working your way down.

- Most Wins
- GF% as shown on the website
- Least Goals Against as shown on the website
- Least Penalty Minutes in the Round Robin
- If more than 2 teams are still tied, then each team will be assigned a number that is randomly drawn to see who wins.

By way of example, if Teams A, B, and C are tied for 1st place in all 4 of the above tiebreakers, then a random draw to see who is first among them is done. If, for example, Team B wins the draw, they would be ranked 1st. Then Team A and C would be subject to the Tiebreakers for two teams to determine who finishes 2nd and 3rd.

Quarters and Semis, Consolation Games & Championship

1. **GAMES ENDING IN A TIE**

Penalties from regulation time will carry over into overtime.

U11 to U18: At the end of regulation time a **10-minute Running Time Sudden Death Overtime period will be played.** Teams will play 3 on 3 for the entire 10 minutes. If the game is still tied at the end of 10 minutes, a 3-player sudden death shoot-out will be played. If still tied, then a sudden death shoot out occurs.

2. **SHOOT-OUTS**

Prior to the Shoot Out each team will choose 3 players to shoot and advise the Referee. The Home team starts. As each shooter shoots, they should then go directly to the penalty box. If the score is still tied after all 3 players from each team have shot, the process becomes **sudden death** with single players alternating from each team. NO PLAYER repeats until all players from their team have had a shot. Any player that is serving a penalty at the end of the 10 minute overtime, is ineligible for the shootout.



CVHA Coaching Qualification/Requirements

House League Coaches and Assistant Coaches shall be appointed by the House League VP's and become registered with Hockey Canada by the CVHA Office. This will ensure qualifications are met and all team officials are properly insured.

Coaching in more than one Association -No Coach may be registered as a Team Official with more than one Team or Club within the CVHA or the GTHL League without receiving permission by the CVHA President and Executive Director of the GTHL.

Changing Clubs/Associations -At the conclusion of the hockey season should a coach wish to change clubs he is required to obtain a release from his current Association as per GTHL Rule 7.15.

All candidates MUST fill out the CVHA **House League Coaching Application form**.

Head Coaches must obtain and supply to the CVHA office prior to the start of the season:

- Coaching Certification – Level 2 (U9 and below) or Level 1 (U10 and up) – online course
- Respect in Sports - Speak Out certificate (different from one done as a parent)- online course
- Vulnerable Sector Check (VSC)* - online application, emailed or pick up in person
- Gender Identity & Expression Course for Team Official (GIE) – online course
- Rowan's Law Acknowledgment Form – Done during HCR registration

Assistant Coaches and all other helping on the bench or on-ice privilege must obtain and supply to the CVHA office prior to the start of the season:

- Respect in Sports - Speak Out certificate (different from one done as a parent) – online course
- Vulnerable Sector Check (VSC)* - online application, emailed or pick up in person
- Gender Identity & Expression Course for Team Official (GIE) – online course
- Rowan's Law Acknowledgment Form – Done during HCR registration

All team officials and team volunteers (Coaches and Assistant Coaches) who are not compliant with the above requirements as of the communicated date of the hockey season will no longer be permitted access to the bench and ice.

*All coaches, Assistant Coaches, Trainers, and Managers will be subject to a **Vulnerable Sector Check (VSC)** during their first year with the CVHA-House League and every two years thereafter, for as long as they volunteer with the CVHA House League

Sponsoring a team WILL NOT automatically guarantee a coaching position or a choice of bench staff or players other than the Sponsors child.



Social Media

The CVHA uses social media, with accounts on Facebook, Twitter and Instagram. The goal is to promote the CVHA to those in the community and our stakeholders. We are asking all Coaches to promote the CVHA social media sites as a useful source for information and updates, and as a place where we will be putting up photos of our players and teams in action. Event information like assessments skates, end of balancing, bye weeks, Volunteer Appreciation Night, Apparel available for purchase, playoffs, cancellations due to weather/arena issues, etc... will all be posted on our social media accounts.

Every effort is made to promote fun, fair play and sportsmanship. Photos of game play on the ice are acceptable, or teams out and about in the community representing the CVHA. Under no circumstance should any photos be taken in the locker room. This is a GTHL, OHF, and Hockey Canada policy. Please note every registrant will receive a notice informing them about our social media policy.



Facebook: www.facebook.com/VaughanHockey

Instagram: @VaughanHockey

Twitter: @VaughanHockey

Coaches may submit images to the CVHA for posting. The CVHA reserves the right to post or not images based on their social media policy and the rules and regulations that the CVHA falls under. If coaches wish to submit something to be posted, we ask that you follow the general guidelines:

1. Positive imagery showing players enjoying the game
2. Images from on-ice action or a team event in the community wearing league jerseys.
3. Include your name, position, team, division and a brief description and date of the event.

Please submit to socialmedia@vaughanhockey.com

Please ensure you always respect the privacy of individuals. Photos taken on the ice and at a CVHA event may be submitted but will be reviewed for appropriateness and may or may not be used. Social media is not the place to be critical and is meant to positively promote our youth playing hockey. **Please review the GTHL Social Media Policy and Online Abuse and Bullying documents to which the CVHA as a GTHL member association belongs.**

GTHL Social Media Policy: <http://www.gthlcanada.com/policies-and-forms/>



GREAT RESOURCE FOR PRACTICE DRILLS:

<https://www.hockeycanada.ca/en-ca/hockey-programs/drill-hub>



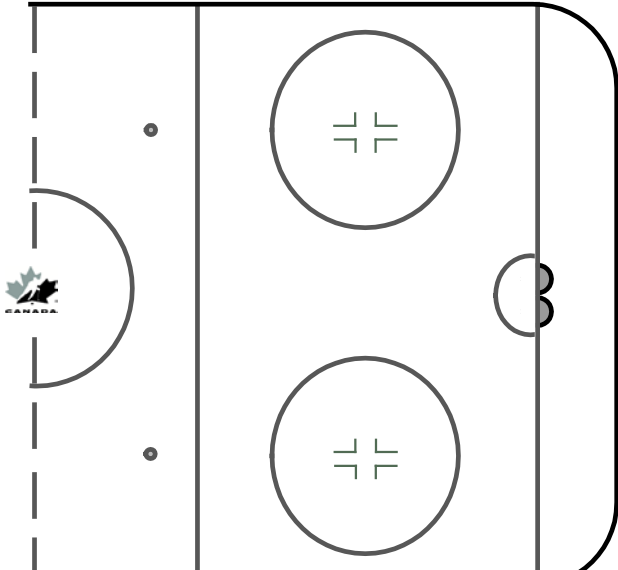
Also, please check out www.vaughanhockey.com for more drills and information that is updated all the time!

For any questions, please reach out to your division Convenors!



Half Ice Practice Plan

[illegible]

Time	Drill Name & Description
Key Teaching Points	



HOW TO FILL OUT A GAME SHEET

1. **Date:** Date of game
2. **Location of Game:** Arena name
3. **League/Group Division:** CVHA
4. **Division:** playing (i.e. U11)
5. **Category:** HL (always)
6. **Roster Verified:** Done by a coach
7. All coaches present need to PRINT and SIGN so it is legible
8. **List of Suspended Players/Officials:** #, name and game Y of X.

Home team is responsible for providing the game sheet filled out to the AWAY team. AWAY team brings it to the timekeeper!

YELLOW HIGHLIGHT IS WHAT YOU NEED TO FILL OUT ON THE GAME SHEETS!

PLEASE WRITE SO WE CAN READ THE NAMES!

Print and sign coaches on the bench for that game only! Don't worry about the position, just mark the HEAD COACH and all Assistants can be under any title.

Both HOME and AWAY must email/txt full image of game sheet to the Convenor IMMEDIATELY following game!

1 Game No: _____

2 Date: 24/10/21 Location of Game: Al Pal East

3 League/Group Division: CVHA Division: U11 Category: HL

4 HOME TEAM: BRUINS

5 VISITOR TEAM: _____

6 Roster Verified By: Scott Bowman

7 List of Suspended Players/Officials:

Game Star #	Name	Game Y of X
15	John Smith	1 of 2
7	Terry Manner	2 of 2

8 Head Coach: Scott Bowman

Trainer: Jordan Smith

Manager: Kyle Dubois

Asst. Coach: Janet Mello

Referee: _____

Referee/Linesman: _____

Linesman: _____

Linesman: _____

Game Report MUST BE SIGNED BY THE OFFICIAL SCORER AND REFEREE UPON COMPLETION OF THE GAME.

TOP : OFFICE 2ND : VISITORS 3RD : HOME 4TH : STATISTICIAN / LEAGUE

CVHA LINE CONTROL SHEET NON BUZZER GAMES

Line control sheets MUST be filled out and given to the Convenor, or Head Coach of the opposing team prior to the start of the game. Delays may result in a 2min delay of game penalty.

TEAM: _____ ARENA: _____ DATE: _____

FORWARDS:

F1	F2	F3	F4	F5	F6	F7	F8	F9	F10

Example: Required rotation with 8 forwards (same rule applies with any combination)

1st Shift	2nd Shift	3rd Shift	4th Shift	5th Shift	6th Shift	7th Shift	8 Shift
1,2,3	4,5,6	7,8,1	2,3,4	5,6,7	8,1,2	3,4,5	6,7,8

DEFENSE:

D1	D2	D3	D4	D5	D6	D7

GOALIE

--

Example: Required rotation with 5 defense (same rule applies with any combination)

1st Shift	2nd Shift	3rd Shift	4th Shift	5th Shift	6th Shift
1,2	3,4	5,1	2,3	4,5	1,2

APPROVED LINE UP COMBINATIONS	
Skaters	Forward+Defense
18	11F + 7D
17	10F + 7D
16	9F+7D or 10F+6D
15	9F + 6D
14	8F+6D or 9F+5D
13	8F + 5D
12	7F + 5D
11	7F+4D or 6F+5D
10	6F + 4D
9	6F+3D or 5F+4D
8	5F + 3D

These are the only approved line up combinations permitted.

EQUAL ICE TIME FOR ALL PLAYERS, REGARDLESS OF SKILL LEVEL!!!!

NOTES:

1. Players arriving late must be placed at the end of the rotation. If the game has started, the player misses a turn.
2. Teams caught using lines other than the above examples, or shifting unfairly, may forfeit the game and be brought before the CVHA for a meeting to discuss their actions.
3. Goalie may only be pulled in the final 3 minutes of the game. **You can put on any player from the next shift.**
4. Shifts should be 1m to 1m15s. It is the responsibility of the coach to ensure players adhere to this.
5. A player that starts on defense or forward, may not change positions during the game, unless a player doesn't play or is removed from the game, and then the correct combination of forwards and defence must be followed.

SHIFT	F	F	F	D	D
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
SHIFT	F	F	F	D	D
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					
32					
33					
34					
35					
36					



CVHA OVERTIME LINE CONTROL SHEET

2023-2024 edition

	1	2	3
Shift#1			
Shift#2			
Shift#3			
Shift#4			
Shift#5			
Shift#6			
Shift#7			
Shift#8			
Shift#9			
Shift#10			
Shift#11			
Shift#12			
Shift#13			
Shift#14			
Shift#15			
Shift#16			
Shift#17			

Note:

1. No goalies may be pulled in overtime except during a delayed penalty.
2. You may choose any 3 players that are from the next 5 to go out (3F, 2F1D, 1F2D) but then the players not selected must be next to go out. It is up to the coach to decide how and who they would like to play under these rules.
3. Use the template below to fill in your lines which you can then use to form your 3v3 line control above.
4. At the bottom fill in your lines from your original line control sheet to use as a guide to who is going to be available and when in OT.
5. If the full overtime is played, every player should have received a shift.

Duplicate Lines from Original Line Control Sheet (do not change)						
	F	F	F		D	D
Line 1						
Line 2						
Line 3						
Line 4						
Line 5						

CVHA LINE CONTROL SHEET BUZZER GAMES

Line control sheets MUST be filled out and given to the Convenor, or Head Coach of the opposing team prior to the start of the game.

TEAM: _____ ARENA: _____ DATE: _____

FORWARDS:

LINE 1			LINE 2			LINE 3		
F1	F2	F3	F4	F5	F6	F7	F8	F9

Example: Required rotation with 8 forwards (same rule applies with any combination)

1st Shift	2nd Shift	3rd Shift	4th Shift	5th Shift	6th Shift	7th Shift	8 Shift
1,2,3	4,5,6	7,8,1	2,3,4	5,6,7	8,1,2	3,4,5	6,7,8

DEFENSE:

LINE 1		LINE 2		LINE 3		GOALIE
D1	D2	D3	D4	D5	D6	

Example: Required rotation with 5 defense (same rule applies with any combination)

1st Shift	2nd Shift	3rd Shift	4th Shift	5th Shift	6th Shift
1,2	3,4	5,1	2,3	4,5	1,2

PERIOD 1						PERIOD 2				
	F	F	F	D	D	F	F	F	D	D
12:00										
10:00										
8:00										
6:00										
4:00										
2:00										

PERIOD 3					
	F	F	F	D	D
12:00					
10:00					
8:00					
6:00					
4:00					
2:00					

APPROVED LINE UP COMBINATIONS	
Skaters	Forward + Defense
16	9F+7D or 10F+6D
15	9F + 6D
14	8F+6D or 9F+5D
13	8F + 5D
12	7F + 5D
11	7F+4D or 6F+5D
10	6F + 4D
9	6F+3D or 5F+4D
8	5F + 3D

NOTES:

1. Players arriving late must be placed at the end of the rotation. If the game has started, the player misses a turn.
2. Teams caught using lines other than the above examples, or shifting unfairly, may forfeit the game and be brought before the CVHA Disciplinary Committee.
3. Goalies are not to be pulled in U9 hockey.

CVHA LINE CONTROL SHEET BUZZER GAMES

Line control sheets MUST be filled out and given to the Convenor, or Head Coach of the opposing team prior to the start of the game.

TEAM: CVHA CANADIENS ARENA: Al Pal West DATE: Feb.20, 2023

FORWARDS:

F1	F2	F3	F4	F5	F6	F7	F8	F9	F10
2	6	8	3	7	5	4	9		

Example: Required rotation with 8 forwards (same rule applies with any combination)

1st Shift	2nd Shift	3rd Shift	4th Shift	5th Shift	6th Shift	7th Shift	8 Shift
1,2,3	4,5,6	7,8,1	2,3,4	5,6,7	8,1,2	3,4,5	6,7,8

DEFENSE:

D1	D2	D3	D4	D5	D6	D7	GOALIE
13	11	15	16	14			1

Example: Required rotation with 5 defense (same rule applies with any combination)

1st Shift	2nd Shift	3rd Shift	4th Shift	5th Shift	6th Shift
1,2	3,4	5,1	2,3	4,5	1,2

PERIOD 1						PERIOD 2				
	F	F	F	D	D	F	F	F	D	D
12:00	2	6	8	13	11	8	3	7	15	16
10:00	3	7	5	15	16	5	4	9	14	13
8:00	4	9	2	14	13	2	6	8	11	15
6:00	6	8	3	11	15	3	7	5	16	14
4:00	7	5	4	16	14	4	9	2	13	11
2:00	9	2	6	13	11	6	8	3	15	16

PERIOD 3					
	F	F	F	D	D
				14	13
12:00	7	5	4	11	15
10:00	9	2	6	16	14
8:00	8	3	7	13	11
6:00	5	4	9	15	16
4:00	2	6	8	14	13
2:00	3	7	5	11	15

APPROVED LINE UP COMBINATIONS	
Skaters	Forward + Defense
16	10F + 6D or 9F + 7D
15	9F + 6D
14	8F+ 6D or 9F + 5D
13	8F + 5D
12	7F + 5D
11	7F + 4D or 6F + 5D
10	6F + 4D
9	6F + 3D or 5F + 4D
8	5F + 3D

NOTES:

1. Players arriving late must be placed at the end of the rotation. If the game has started, the player misses a turn.
2. Teams caught using lines other than the above examples, or shifting unfairly, may forfeit the game and be brought before the CVHA Disciplinary Committee.
3. Goalies are not to be pulled at any time in U9 hockey.