

NORTH CENTRAL DISTRICT MINOR HOCKEY ASSOCIATION



Regulations

May 25, 2025

"Every day is a great day for hockey."
Mario Lemieux

Definitions

"BCH" – BC Hockey will be referred to as "BCH" for the purposes of this document.

"HC" – Hockey Canada will be referred to as "HC" for the purposes of this document.

"MHA" – Minor Hockey Associations will be referred to as "MHA('s)" for the purposes of this document.

"NC" "NCD" or "NCDMHA" - North Central District Minor Hockey Association will be referred to as "NC" "NCD" or "NCDMHA" for the purposes of this document.

"OMAHA" – Okanagan Mainline Amateur Hockey Association will be referred to as "OMAHA" for the purposes of this document.

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NORTH CENTRAL DISTRICT MINOR HOCKEY ASSOCIATION

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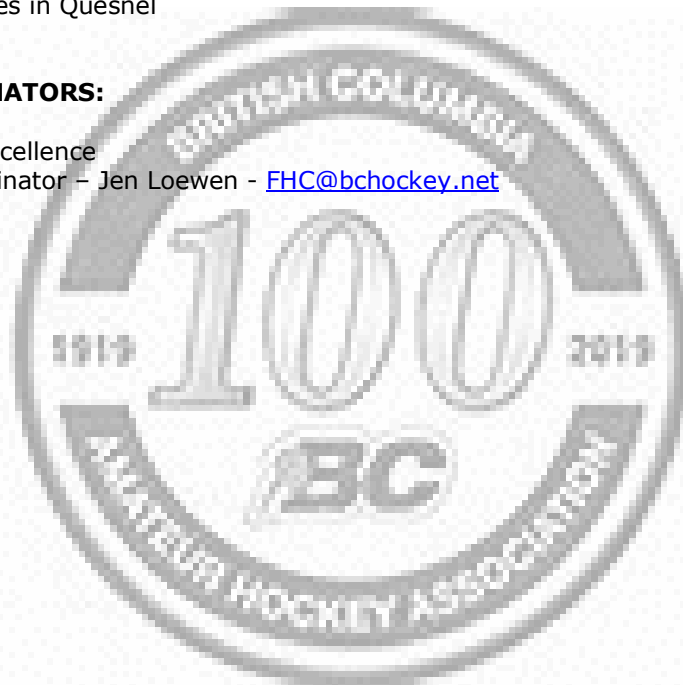
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DISTRICT COORDINATORS:

Female Program of Excellence
Female Hockey Coordinator – Jen Loewen - FHC@bchockey.net



NCD MHA TEAM COLOURS

ASSOCIATION	HOME	AWAY
100 Mile House	White/Navy/Gold	Navy/White/Gold
Mackenzie	White/Gold/Green	Green/Gold/White
McBride		
Prince George	White/Red/Black	Black/Red/White
Quesnel	White/Maroon/Gold	Maroon/White/Gold
Valemount	White/Yellow/Black	Yellow/Black/White
Williams Lake	White/Grey/Black	Black/Grey/White

A request for uniform colour change shall be on Member Association letterhead, signed by the President and sent to NCD Executive. Consideration and final approval shall be given at an NCD Meeting. Applications shall include date of change, current colour and proposed changes for both home and away jerseys.





Mackenzie
Minor
Hockey



McBride Minor Hockey



Home of the Grizzlies

Important Dates to Remember

September 15

- Minor hockey championship host sites to be named.

December 1

- Final date for minor hockey Tier 2, 3 and 4 teams to declare their intent to compete in a higher tier in BC Hockey Championships.
- Final date for teams to register for BC Hockey Championships.
- All teams intending to participate in BC Hockey Championships must include a team official accredited in the Hockey Canada Safety Program.

December 15

- Final date for filing team affiliations.

December 31

- Final date for any teams in any division registered on the Hockey Canada Registry (HCR) as a carded team to declare their intention to withdraw from BC Hockey Championships.

January 10

- Final date for special assistance.
- A U13, U15 or U18 hockey team that has 20 players registered on January 10, shall not be permitted to register any further players during the current season. A team which has less than 20 players registered may, if it has unused Hockey Canada player certificates, register qualified players until the final registration date; but, once such a vacancy on the player roster has been filled, it shall not be used again.
- Final date for a residential waiver be issued to a carded team.
- Final date for a player to be reinstated to amateur standing from professional hockey.

January 15

- Final date for filing list of specially affiliated players

February 10

- Final player registration date in all divisions of hockey.
- Final date for player transfers.
- Final date to replace a player turned professional.
- Final date for players to be registered under special assistance.

March 1

- Final date for submission of resolutions for the BC Hockey Annual General Meeting.

April 15

- Deadline for nominations for Chair of the Board Award.
- Deadline for nominations for BC Hockey Annual Congress Awards.

May 31

- Deadline for Minor Hockey Associations to apply for BC Hockey membership.

June 6-7, 2025

- BC Hockey Annual Congress - Penticton, BC

Boundaries of the North Central District

The boundaries of the North Central District MHA shall be those of the Fraser - Fort George, Cariboo and central Coast Regional Districts and that portion of the Thompson-Nicola Regional District south of 100 Mile House, encompassed by an area bounded by the southeast corner of the Cariboo Regional District (near Lac des Roches) south to 51 degrees, 15' N. latitude, west to 122 degrees W. Long and north to the Cariboo Regional District boundary.



Declarations

All teams (NCD Carded Rep and U11 Development teams and designated Recreational Teams participating in NCD Leagues) must declare their participation in writing to the NCD President, 7 days prior to the NCD scheduling meetings each September for NCD League play in the current season.

Regulation 1

HiSports/Game Sheets

- 1.1 Electronic game sheets must be used for all teams in HiSports whenever possible. Distribution of copies of ALL game sheets involving NCD teams shall be as follows:
 - 1.1.1 Rosters on game sheets for all games must be by electronically updated by team staff prior to the start of the game with the corresponding NCD or OMAHA Game Number and corresponding HOME and AWAY teams must also be listed correctly.

- 1.1.2 Player numbers must be accounted for in HiSports.
- 1.2 If necessary, due to technological issues, paper game sheets must be scanned & emailed by the host MHA's Team Manager to the appropriate visiting MHA as well as the NCD President or designate and NCD Discipline coordinator by midnight on the Tuesday following the game(s). These game sheets must be manually entered into HiSports for penalty tracking purposes.
- 1.3 If game sheets are still outstanding after 10 days, the President or designate will be notified by email. The MHA or designate will be given seven (7) days to have the game sheet entered. Failure of the MHA to do so, will result in a further \$100.00 fine being assessed to the offending MHA by the NCD President or designate.

Regulation 2

Uniforms and Security

- 2.1 Each team should be supplied with two sets of uniforms, if at all possible;
 - 2.1.1 the darker set being designated as away; and
 - 2.1.2 the lighter set designated as home.
- 2.2 The host team in Association scheduled games must designate two security persons on the game sheet for all Rep level games. The security person for each team will be designated above the respective team rosters on the game sheet. No person listed on the game sheet, as a team official shall be designated as a security person.

Regulation 3

Ice Time ~ League Play ~ Game Changes

- 3.1 Ice time supplied for League games must be a minimum of one (1) hour thirty (30) minutes for U11 Development; two (2) hours for U13, with a flood at the half-way point. U15 & U18 must be a minimum of two and one half (2.5) hours, with a flood at the end of each 20-minute period played.
- 3.2 No over-time shall be played in a league game.
- 3.3 Any change in the league schedule must be no less than one (1) weeks' notice and to be in effect only following mutual agreement of the Ice Schedulers of the participating associations AND by using the provided Game Change Request form signed by the Ice Schedulers. If this cannot be agreed upon locally, it will be arbitrated by the Association presidents. Notice must be in writing or email from the presidents of each competing association. Failure to notify the President of this Association will result in a \$100.00 fine.

- 3.4 Failure to honour your commitment to the Association will result in the no-show team being assessed a penalty of one thousand dollars (\$1000.00) payable to the Association, one-half of which will be awarded to the team not playing as a result of the no-show. A no-show does not constitute forfeiture and the league game must be rescheduled in accordance with Regulation 3.3. The president shall make the final determination of when the game will be made up if conflict with end of season play arises.
- 3.5 All teams must complete all games of the league schedule against teams in the same division and tier to be eligible to play in BC Championships.
- 3.6 All penalties, fines and/or moneys owing the association upon assessment in accordance with these By-laws must be paid in full by the respective association within twenty-one (21) days of said fines being levied. Any association failing to comply will result in suspension of that association's offending team from participating in the league until the debts, are paid in full.

Regulation 4

Player Affiliation

- 4.1 For the purposes of Hockey Canada affiliation rules (E35a), all games, including exhibition BUT EXCLUDING tournament games played by a player for a North Central District carded team after NCD or OMAHA Icebreakers, or applicable Icebreaker for a team opted out of NCD, will count as a game played.

For REFERENCE ONLY - HC Regulation E35a (2015-2016)

A Player of a Team of a lower Division or Category of the same Club, or of an Affiliated Team, or a specially Affiliated Player, may Affiliate to a Team or Teams of higher Divisions and categories at any time, to a maximum of ten (10) games. However, if the Player's registered Team completes its regular Season and playoffs before the Player's Affiliated Team or Teams, the Player may thereafter Affiliate an unlimited number of times. For Goaltender exceptions see Regulations B.42, E.36 (b).

Player Movement

- 4.2 Player Movement is the decision of the district (NCD) and applies to U11 Development to U18.

Player movement is typically implemented for Rep players who excel within their current age group. It also is limited to 2nd year players to move up, allowing them to develop, assuming that after evaluation, it is deemed the player will not develop, and will, in fact, be negatively impacted with staying in their Birth Year group of peers.

BC Hockey policies approve player movement to a higher level of play, only in the form of "Exemplary Players" (BC Hockey 9.14). This is in the instance that a player has been evaluated by an outside, unbiased, BC Hockey appointed representative.

For NCD purposes, an evaluation fee, a non-refundable, \$500 for the evaluation paid directly to the home association is required to start the process. The fee is not inclusive of travel time, meals, and accommodation and is paid prior to the evaluation taking place. Evaluations must take place during tryouts and the application must be received by the players home MHA, 14 days prior to the commencement of tryouts.

Evaluator(s) are chosen by the home association.

Player evaluations must result in the player ranking as follows:

- a) in the top 2 Forwards/Goaltenders of the division the player is being evaluated for
- b) in the top 3 Defence of the division the player is being evaluated for
- c) Goaltenders must not displace a player of age.

At no time, will the district (NCD) approve any moves outside of this policy, unless there is no offered birth year team within the Association.

There will be no considerations for any player movement to the level above, for House Division players. Unless there is no offered birth year team within the Association.

Players above a team level, can be rostered after NCD approval, to a team in the one year below age level if they meet the requirements as per BC Hockey Policy for overage players. U18 overage players can play for one year to house teams. The same rules apply to Tournament Teams, as to Rep teams, in which, Overage Players will not be accepted at the U18 division.

Regulation 5

Playing Rules

- 5.1 The NCD playing rules shall be those adopted by Hockey Canada, BC Hockey and North Central District Minor Hockey Association.
- 5.2 The home team shall be responsible for supplying pucks, a qualified timekeeper, qualified scorekeeper, and security for each game. The referee will indicate any omission in the Hi-Sports notes and report the details to the NCD President.
- 5.3 Consumption of illegal drugs or alcohol before, during, or after a game will not be tolerated, and may draw a heavy suspension. The referee is to report the incident in full detail to the President.
- 5.4 As provided in HC Rule 3.6, players (including goaltenders) shall wear required protective equipment, including CSA-certified helmets and facial protectors and BNQ-certified throat protectors, in all games, practices, warm-ups, and while sitting on the players' bench or penalty bench. The Alternate Goaltenders must be wearing either a blocker or glove (or player gloves) when on the bench.
- 5.5 To focus attention on the dangers of checking an opponent from behind, it shall be mandatory for all NCD registered players to wear the "Stop Sign" patch above the number on the backs of their sweaters. Any NCD registered player not wearing the regulation size "Stop Sign" patch will be noted on the game sheet and the MHA is responsible for correcting the situation. Referees are instructed to check each player at the start of each game for compliance.
- 5.6 Teams are not permitted on the ice before on-ice official(s) are also on the ice. Failure to adhere to this rule shall result in disciplinary action.
- 5.7 Supplemental oxygen, which is not medically prescribed, shall be prohibited at all NCD sanctioned games. The penalty shall be a three-game (3) suspension for the coaching

staff in attendance and forfeiture of the game at which the supplemental oxygen product is found to be in possession.

- 5.8 The use of strobe light equipment by spectators and others shall be prohibited as such use may have an undesirable medical side effect. Team officials shall ensure such equipment is not used before, during, and after any game. Failure by team officials to comply shall be brought before the President for possible disciplinary action.
- 5.9 All tournaments scheduled within NCD must have a Time Out rule documented in their tournament rules.

Regulation 6

Playoffs

- 6.1 The host association president or his delegate must verify the player cards of each team competing in the North Central District Minor Hockey Association play-off competition prior to the start of any competition.
- 6.2 When an unbalanced league is in effect, the league winner will be declared by percentage points.
- 6.3 If a balanced schedule is in effect:
 - 6.3.1 The team with the most points will be declared the winner;
 - 6.3.2 Win = 2 points; Tie = 1 point; Loss = 0 points.
- 6.4 For the purposes of declaring an NCD representative for BC Hockey Championships each season, the league will play-off as follows:

Semi-finals:

- 6.5 The winner of the league will get a bye to the finals where the league only consists of three teams in a given tier:
 - 6.5.1 the remaining teams will play a best two (2) out of three (3) series, with the team which placed higher in the league standings hosting the first two games of the series.
 - 6.5.2 the winner of the semi-final series advances the following weekend to play the league winner in a two (2) out of three (3) series, with the first two games hosted by the league winner;
 - 6.5.3 Where there are four teams in any one given tier:
 - 6.5.4 the team which placed first in the league standings will play the fourth-place team in a best two (2) out of three (3) series, with the team which placed higher in the league standings hosting the first two games;

- 6.5.5 the team which placed second in the league standings will play the third-place team in a best two (2) out of three (3) series with the team which placed higher in the league standings hosting the first two games.
- 6.5.6 Should there only be two teams in the league in a given category, they immediately participate in a final series.
- 6.5.7 In the semi-final series the team that placed highest in the final league standings will be designated the "Home Team".

Finals:

- 6.6 The winner of a semi-final play-off series will play-off with the league winner in the best two (2) out of three (3) series. The first two games to be hosted by the team which placed higher in the league standings.
- 6.7 The winners of the finals will represent the North Central District in BC Hockey Championships.
- 6.8 Any team pulling out of the Play-offs after January 10th of the playing season will be fined \$500.00, which the member association will ensure, is paid.
- 6.9 Any team failing to appear for a scheduled play-off game without just cause, shall automatically forfeit that game and be assessed a penalty of five hundred (\$500.00) dollars payable to the Association.
- 6.10 Play-offs will be played in the centers as designated in these Regulations unless it is mutually agreed by the presidents of the competing associations to play elsewhere.
- 6.11 The Association executive officers shall review the refereeing situation in the league during their January meeting and advise the league if neutral referees will be utilized during the semi-final and/or final play-off competitions.

Playoff Officiating

- 6.12 Neutral Referees should be scheduled where possible to avoid conflict.
- 6.13 Neutral referee expenses will be shared equally by the competing associations. The following expenses will be paid:
 - 6.13.1 Motel room which will be booked by the host association.
 - 6.13.2 Mileage as per BC Hockey policy with the kilometres being based on the road map of British Columbia.
 - 6.13.3 Meal allowance as per BC Hockey policy.
 - 6.13.4 Incidental expenses as per BC Hockey policy.
- 6.14 The Association executive have the authority to modify the play-off structure for the following reasons:
 - 6.14.1 if there is insufficient time between league play ending and the Provincial Play-offs.

- 6.14.2 if any team which could qualify for the Play-offs won less than one third (1/3) of their scheduled games the Association executive officers will review the team's performance and decide whether it is in the best interest to have the team participate in play-off competition.
- 6.14.3 If any team lost all the league competitions against the team they would meet in semi-final competition by eight (8) goals per game or more or by a goal for, goals against difference of forty (40) goals the Association executive will review the team's performance and decide whether it is in the best interest to have that team participate in semi-final play-off competition.
- 6.14.4 Overtime in a play-off series will follow BC Hockey rules and policies.

Playoff Ice

- 6.15 Ice time booked for play-offs will be a minimum of one (1) hour thirty (30) minutes for U11 Development; two and one half (2.5) hours for U13, with a flood at the halfway point. U15 and U18 will be a minimum of three (3) hours, with a flood at the end of each 20-minute regulation period. If home teams cannot guarantee the minimum time, the visitors will be offered the home ice advantage.

Tie Breaking Procedures

- 6.16 The tie breaking procedures for ALL playoff games in a series will be as follows: If the playoff game remains tied after regulation time, there will be an optional flood, at the discretion of the Official, followed by a 10 minute, sudden death over-time period 2) if the playoff game is still tied after the 10 minute sudden death over-time period, a best of 3 shootout will take place 3) if the playoff game is still tied after the best of 3 shootout, 4) a further sudden-death shoot out using a complete roster rotation is used, where no player may shoot twice until all players have shot.

Regulation 7

Mercy Rule

- 7.1 During League or Play-Offs, if a team has a seven (7) goal lead in the third period, the referee will be permitted to run the clock straight time.

Regulation 8

Maltreatment/Harassment and Social Media Policy

8.1 NCD policy, terms, and definitions:

This policy is to be used when the local minor hockey association needs assistance to evaluate and determine an appropriate sanction for a hockey related infraction or when the infraction is between two or more parties from different associations.

NCD is committed to respectful behavior and conduct both on and off the ice and works to eliminate disrespectful conduct and discriminatory practices including abuse, neglect, and harassment.

Unacceptable Conduct is not condoned by North Central District or BC Hockey. This includes conduct by staff, volunteers, players, officials, Member organizations, parents, or any member of the hockey community.

The following examples of unacceptable conduct are considered contrary to Hockey Canada's social media guidelines and subject to disciplinary action:

- Bullying, harassment, intimidation, or threats of any type.
- Making negative or derogatory comments about, or statements deemed detrimental to the welfare of, any individual or group.
- Divulging confidential information or any other matter of a sensitive nature.
- Posting photographs, video or comments promoting negative influences or criminal behavior, including but not limited to drug use, alcohol abuse, public intoxication, hazing, and sexual harassment.
- Undertaking activity that contradicts the current policies of BC Hockey or any of its member organizations.
- Undertaking activity that is meant to alarm other individuals or to misrepresent fact or truth.
- Cyberbullying, including harassing or threatening someone via social media through text messages, snapchat, phone calls or emails.

When unacceptable conduct is formally reported regarding maltreatment/harassment/ social media infractions by staff, volunteers or members of program areas directly controlled by NCD, details of the unacceptable conduct will be provided for review to the NCD Discipline committee. The NCD preference is to educate, inform and help develop positive habits when unacceptable or inappropriate comments or posts occur on its social media channels. When required, disciplinary action or sanction will be assessed toward the individual making the unacceptable posts. Depending on the nature of the infraction, discipline or sanction can include the individual being banned or blocked from NCD and Member association activities and may result in a player release from the team or the dismissal of a team official.

Violations may also include suspension from or being relieved of employment or volunteer status, involvement of the RCMP or other authorities being called.

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PROCESS AND PROCEDURE

When a situation of unacceptable conduct on social media is identified involving staff, volunteers or program areas directly controlled by NCD, the following process will occur:

1. **Acknowledgement:** The allegation will be acknowledged by NCD as well as the member association.
2. **Hearing:** If the investigation determines sufficient evidence to proceed, the individual will be notified and given the opportunity to present evidence in his/her defense to the NCD discipline committee.

3. **Sanctions:** Based on the evidence presented at the hearing, a determination will be made on whether suspension or release is required.
4. **Suspensions** will be determined by the NCD Discipline committee after careful consideration and may result in multiple games missed. Suspensions will follow the BC Hockey 11.1-11.5 Maltreatment penalty guidelines.
5. **Multiple or continued infractions** may result in a player being released from the team indefinitely. These determinations will be retained throughout the timeframe for which the individual is involved with activities controlled by the NCD and its members and will result in accumulated sanctions.
6. **Document retention:** All final decisions and other applicable information will be stored according to BC Hockey's document retention policy.

BC Hockey Maltreatment Guidelines

IV. MALTREATMENT, INAPPROPRIATE BEHAVIOR and OTHER GROSS MISCONDUCT:

b) All accumulation sanctions are in addition to the minimum suspension for the original infraction [e.g., Should a player or

Team Official receive a second Game Misconduct under rule 11.1 in the same season, they will receive the minimum suspension of one (1) game plus the additional two (2) games associated to the accumulation sanction, for a total of three (3) games]. Rule # Penalty Description Minimum Suspension

11.1 Game Misconduct - Unsportsmanlike Conduct 1 Game

11.2 Game Misconduct Disrespectful, Abusive, Harassing Behaviors 2 Games

11.3 Match Penalty - Spitting 3 Games

11.4 Gross Misconduct - Discrimination Indefinite Suspension* 11.5 Match Penalty Physical Harassment of Officials See Section V

3.6 Gross Misconduct - Removing Helmet 3 Games

Code Accumulation Sanctions - Player or Team Official Additional Sanction AS110 Receiving two (2) Game Misconducts under Rule 11.1 in a season 2 Games AS111 Receiving 3 or more Game Misconducts under Rule 11.1 in a season Indefinite Suspension *** AS115 Receiving two (2) Game Misconducts under Rule 11.2 in a season 4 Games AS115 Receiving 3 or more Game Misconducts under Rule 11.2 in a season Indefinite Suspension *** AS116 Receiving two (2) Gross Misconducts under Rule 11.4 in a season Indefinite Suspension *** *Indefinite suspensions under Rule 11.4 must be at least five (5) games ***Indefinite suspensions under the accumulation sanctions must be at least six (6) additional games

NOTE: Where the unacceptable conduct involves abuse, or harassment of any type, or the NCD has a reasonable belief that such unacceptable conduct has occurred, the matter may **be turned over to the RCMP or other appropriate external authorities.**

Best Practices in Social Media - General Advice and Tips

Social **Media** has placed increased pressure on everyone. **News**, comments, and **opinions** are shared **immediately**. **Your personal** reputation, **as well as** your **organization** and BC Hockey **is at stake, with every** post. **Therefore**, before **you** post, **T-H-I-N-K!**

T- Is it True?

H - Is it Hurtful?

I - Is it illegal?

N - Is it Necessary?

K - Is it Kind?

Based on your answers **to** these **five** questions, **THINK** about whether the post should be made. Would **you say it to** someone in person? **If not, it is** probably not a **suitable post for any medium**. **If** the post **is suitable** to **share**, here are **some ways** to help **get maximum** readership for **your post**, while **also** representing **yourself, your organization**, and Hockey Canada positively:

Be creative and engaging, **positive** and **professional**

Celebrate achievements

Choose the **social media platform(s)** that best **suit your targeted audience**

Find the **balance** between **originality and** following trends

Engage follows and **make** them feel part of the team

- Observe and **take part in global social media** trends

Dealing with Negative Posts

Screenshot the post, **so you** have evidence **if it is subsequently** deleted. Don't feel obligated **to** answer **EVERY negative** tweet, message, etc.

When responding, **always** be **professional**

- Encourage **them** to email, or even **call** if they **have** an issue

Don't engage in **an** argument - **social media arguments are a spectator sport**

Social Media Guidelines - NCD Officials

These **guidelines** are applicable to **all members of** the NCD Hockey Officials community, **including** committee members **and staff**, on-ice and off-ice **officials**. The guidelines **include** communications through **all social media** channels, electronic messaging (**such as** texting), Internet media and **websites**.

When **using** social media and networking mediums, **NCD officials** should **assume** that they **are** representing **Hockey Canada** and **should** conduct **themselves** in an appropriate **and** professional **manner**. **Once comments** are posted or sent **they** cannot be retracted. Ultimately, each individual **official is** solely responsible **for his/her comments**.

Use your best judgment - **THINK** before posting **or** sending.

Comments **of an** inappropriate **nature** which **are detrimental** to NCD hockey, **a team, fellow officials or any** individual **are not** tolerated and **are subject to** disciplinary **action**.

Do not **divulge** confidential **information** about **an** individual **or team**, including **business or game** strategy **that** could give **someone else a competitive advantage**.

Do not **discuss** injury **information** about any **player**.

Hockey brings Canadians together like nothing else, **and Hockey Canada** wants to **ensure our online community is inclusive and safe for everyone**.

Our **social media platforms** - Instagram, Twitter and Facebook - **allow** fans to **interact with** each other and **share** their **experiences, stories** and love **of the game**.

We **stand** strongly **against any offensive** or discriminatory content and **want** to ensure everyone **feels like** they have a **place** on Canada's largest team.

Hockey Canada does not **allow any of the** following:

- **Personal attacks: Name-calling, insults, threats, hurtful comments** about **appearance, voice or style**, and **all** other forms **of attacks**.
- **Discriminatory or derogatory language: Racism, sexism, homophobia, transphobia, ableism or other forms of** discrimination.
- **Harassment: Intimidation, or use of sexual or discriminatory imagery, comments or jokes**.
- **NSFW images and comments: Language and images** that **are generally** offensive in **nature**.
- **Commercial: Selling a product or service, or recruiting** fans.
- **Spam: Repetitive and/or disruptive** content not applicable to **Hockey Canada**.

In **order** to **create a** positive and engaging environment, we ask **fans to** treat their online teammates with respect. Fans may **disagree** with an idea; **however**, they must **always** be

respectful of others. Our social media **platforms** require the **same respectful** behavior as any arena in any **province or territory from coast to coast to coast**. **If someone violates** our guidelines, **those** comments **will** be deleted, and their account could be banned **from participating** on **our** platforms.

These decisions **will be made at** the discretion of Hockey Canada **personnel**.

If you see any inappropriate **content** that violates our Community Guidelines, please report it to **socialmedia@hockeycanada.ca** and we will review it as quickly as possible.

Regulation 9

Respect in Sport/Speak Out Requirements

Under BC Hockey regulations, all Minor Hockey team officials regardless of position must have completed either the on-line Respect in Sport for Activity Leaders course or have previously completed the Speak Out program course (offered from 2000-2008). The Respect in Sport/Speak Out requirement must be met by not later than December 1st.

- The minimum age for participants is sixteen (16) years old as of December 31.
- RIS certification expires after four (4) years.

Regulation 10

Applying to Schedule Games in OMAHA

There may be occasion where teams choose to schedule exhibition play in the OMAHA league. This application may be considered based on level of competition available in the NCD. All teams must fulfil any required league play as directed by the NCDMHA rules and regulations. Application must be on MHA letterhead, signed by the MHA President and received by the NCD President/Secretary 7 days prior to the NCDMHA AGM in May.

Regulation 11

Ineligible Players and Team Officials

Any team permitting a player who is ineligible by reason of being under suspension or of not being properly registered with that team to play in a game shall automatically forfeit that game and may be subject to further disciplinary action.

Any team permitting a suspended team official to participate in a game shall automatically forfeit that game and may be subject to further disciplinary action.

Any team permitting a team official who is ineligible by reason of not being properly registered with that team to participate in a game may be subject to disciplinary action at the discretion of the President.

In addition to the above, The President shall suspend and/or take other disciplinary action against any team official or other individual responsible for permitting an ineligible player or team official to participate in any game.

Regulation 12

No HC-Carded Female A Team

If a HC-carded team (Female A) does not exist in the player's residential Association in the division in which the player is registered, the player will be permitted to apply for a Residential Waiver - Other to play for an adjacent Association that is entering a HC-carded Female A team.

All players must first register with their home residential MHA. Should the MHA fail to have sufficient players to form a HC-carded Female A team, a player who wishes the opportunity to try out for a HC-carded Female A team in an adjacent Association that will accept her shall apply to her residential MHA for permission to move. If the MHA grants the request, then an application for an NCD Residential Waiver - Other will be made to NCD.

The player must be pre-registered with their home MHA prior to submitting the request.

Only 1 application for Residential Waiver – Other per season will be considered per player.

Final approval shall be made by the NCD President.

Approvals are valid for the current season only.

If no adjacent Association is able to accept the player's registration, she would apply for a player movement to play for the nearest Association that is entering a HC-carded Female A team that will accept her.

Should the player be unable to play for the HC-Carded Female A team(s) in the adjacent or nearest Association, the player shall return to her residential Association to play for a non-HC-carded team.

A player permitted to move to an out-of-zone Association under this section shall be permitted to play for that Association for the current season only. The player will be required to register with her residential MHA prior to the start of the next season.

This section only applies in divisions in which HC-carded Female A teams are available.

Regulation 13

No Tier 1, Tier 2, Tier 3 or Tier 4 in your home MHA

If a HC-carded team does not exist in the player's residential Association in the division in which the player is registered, the player will be permitted to apply for a Residential Waiver - Other to play for an adjacent Association that is entering a HC-carded team.

All players must first register with their home residential MHA. Should the MHA fail to have sufficient players to form a HC-carded team in the players age group, a player who wishes the opportunity to try out for a HC-carded team in an adjacent Association that will accept them shall apply to their home residential MHA for permission to move. If the MHA grants the request, then an NCD Application for Residential Waiver - Other will be made to NCD.

The player must be pre-registered with their home MHA prior to submitting the request.

Only 1 application for Residential Waiver – Other per season will be considered per player.

Final approval shall be made by the NCD President.

Approvals are valid for the current season only.

Should the player be unable to play for the HC-Carded team in the adjacent Association, the player shall return to their home residential MHA to play for a non-HC-carded team.

Regulation 14

Fair Play/Team First Violations Amendments

These rules and resulting penalties are applicable to all games played by North Central District Minor Hockey Association teams including all exhibition games (including pre-icebreaker), ice-breaker games, tournament games (within and outside NCD boundaries), and league play games. It is the responsibility of each team to ensure the penalties are imposed immediately on the offending player or team official.

Fair Play/Team First Contracts

No player or team official will be allowed to participate in any North Central District Minor Hockey Association league or playoff games unless all appropriate Fair Play/Team First Contracts have been signed (preseason exhibition games are exempt).

Regulation 15

Game Misconducts for Profanity/Disrespect (Coaches and Team Officials) Towards Game Officials

NCD will follow BC Hockey Minimum Suspension Guidelines.

Gross Misconducts by Coaches or Team Officials will result in Immediate suspension till such time as discipline committee rules.

Regulation 16

Officiating

SHARED RESPECT

The Shared Respect Initiative calls for all participants of the game to respect one another. The intent of Hockey Canada is to enforce a standard of play that promotes an exciting and fun game for all its partners.

All partners share an equal responsibility to ensure the integrity of the game is upheld. Through this process of change, the onus is not only on our game officials but all its participants.

Regulation 17

CHECKING TO THE HEAD (contact physically or with a stick to another players' head area) Deliberate checks to the head remain to be a major problem in today's game. Concussions not only deprive players of playing time, but they also end players' careers and can have long term effects.

Checks to the head demonstrate a lack of respect and fair play and must be penalized. Any moderate or severe blow to the head must be penalized with a minor penalty and misconduct or a major penalty and a game misconduct for checking to the head. A match penalty could also be assessed under this rule. These are aggressive fouls and must be called at ALL occurrences during the hockey game, including shorthanded situations.

Whether it is elbowing, high sticking, roughing or cross-checking, hits to the head are an intentional act of violence and must be treated with zero tolerance on the part of the official at all times.

CHECKING FROM BEHIND

We want to continue to work to eliminate any contact from behind, as the resulting injuries, especially to the head and neck can be catastrophic. It is a dangerous and cowardly act. It is imperative that coaches instruct their players to STOP and eliminate all checking from behind. Strict application of this rule is needed to remove this foul from our game.

We ALL play a role in supporting the improvement of our game.

Regulation 18

Risk Management

- Coaches must wear helmets at all times while on the ice.
- Associations shall strive to have Hockey Canada Safety Person certified personnel on all teams.
- Dressing rooms shall be cleaned after each use, failure to comply with this request may result in disciplinary measures.
- Associations will conduct Equipment checks at the beginning of each half of the season.
- ALL Bench staff will have CATT certification.

Equipment Check List

Pants:

- No tears, loose threads &/or dangling belts/straps.
- Inside zippers done up and working.

Stick

- Plug is securely in place (composite stick) and Butt End is taped
- Blade has no sharp edges, breakages

Helmet:

- Must have visible CSA label, snug chin strap, ear guards,
- No cracks in shell or padding.

Facemask:

- No metal bars broken on cages
- Tight screws and if replacements, NOT too long.
- Straps snug with stretch in elastic
- Clips in place. Must fit into J Hooks
- NO cracks in plastic
- watch for rust at wire seams

Gloves:

- High enough so covers wrist. Firm fingers, thumb and back padding
- Palms soft and pliable. NO holes near fingers or in palm larger than a quarter. No loose threads

Neck guard

- Completely covers neck
- Fits snug enough to avoid exposing parts of neck and upper chest
- MUST have BNQ certification, be free of fabric cuts
- Velcro strap NOT worn and in good working order / No tape wrapped around neck guard
- Must not be altered in any way
- Rips or tears should be sewn.

Socks:

- *as new condition with no rips or tears larger than a loonie*

BC Championships

North Central Integrated Rotation

Associations are to apply to the NCD to host prior to the Annual General Meeting in May

If more than one application is received the NCD Executive will decide on which association will host.

BC Hockey Minor Operations Task Group Member will supply the host association with information and timelines.

Associations are reminded that the Championships are a BC Hockey event and guidelines must be adhered to. BC Hockey Regulation 7

2025-2026	Tier 1	Tier 2	Tier 3	Tier 4
U18	Northeast/Yukon	Est Kootenay	Lower Mainland	Northwest
U15	Vancouver Island	Northwest	West Kootenay	Vancouver Island
U13	North Central	Lower Mainland	Okanagan	North Central
2026-2027	Tier 1	Tier 2	Tier 3	Tier 4
U18	Okanagan	Okanagan	East Kootenay	Lower Mainland
U15	North Central	Northeast/Yukon	Vancouver Island	Northeast/Yukon
U13	Lower Mainland	East Kootenay	Vancouver Island	Northeast/Yukon
2027-2028	Tier 1	Tier 2	Tier 3	Tier 4
U18	Vancouver Island	Vancouver Island	Okanagan	East Kootenay
U15	Lower Mainland	West Kootenay	Lower Mainland	Northwest
U13	Okanagan	Okanagan	North Central	Northeast/Yukon
2028-2029	Tier 1	Tier 2	Tier 3	Tier 4
U18	North Central	North Central	Vancouver Island	East Kootenay
U15	Okanagan	Northwest	Vancouver Island	East Kootenay
U13	Vancouver Is	Vancouver Is	East Kootenay	West Kootenay

BC Hockey Female A Minor Championship

Host District will be as follows and host district will designate its intent to hold the below noted Championship no later than January 1 of the year prior.

	U18	U15	U13
2025-2026	North Central	Lower Mainland	Northeast/Yukon
2026-2027	Northeast/Yukon	East Kootenay	West Kootenay
2027-2028	West Kootenay	Okanagan	Northwest
2028-2029	Northwest	Vancouver Island	Lower Mainland
2029-2030	Lower Mainland	North Central	Okanagan
2030-2031	East Kootenay	Northeast/Yukon	East Kootenay

BC Hockey Regulations ~ Notice to Withdrawal from BC Championships

- 7.6 Notice to withdraw from BC Hockey Championships shall be declared via the Hockey Canada Registry by midnight on December 31 of the current season.
- 7.7 Any team in any division registered on the Hockey Canada Registry as a carded team that subsequently withdraws from BC Hockey Championships after the December 31 deadline may be subject to a fine and/ or suspension by the BC Hockey Chair of the Board. A portion of the fine may be used to compensate the offended team, league or Association for costs incurred.

**"You miss 100% of the shots you never take."
~ Wayne Gretzky ~**