



Cape Breton

**Minor Hockey
Association**

2025

Coach's Document

A review by the Hockey Nova Scotia Regional Director in Cape Breton

Coach's Document:

It is the responsibility of all MHA to provide this document to each and every coach in their system.

Once this has been distributed and read if coaches or team managers have questions they can call or email me directly.

Guy Reid-Hockey Nova Scotia (HNS) Regional Director Cape Breton

greid@hockeynovascotia.ca

Phone: 902-577-0874

It is the responsibility of each team within all Minor Hockey Association (MHA) teams to have a working knowledge of the Hockey Nova Scotia (HNS) Rules and Regulations and the Code of Discipline and Minimum Suspension Document found on the HNS Website.

As approved by HNS Minor Council, the North Conference Minor Hockey Associations will be moving from Scotia Minor Hockey league and the Cape Breton Hockey Federation to a new league scheduling body the North Conference Hockey League for all Provincial (rep) Hockey Level Play effective 2025-2026 Season.

This does not include the U13 AAA league, that league will remain intact as a provincial league.

This will include CAPE BRETON, STRAIT, HIGHLAND, & FUNDY Zone MHA's that offer rep teams.

The U11 B program will operate the same as it has for the previous 2 seasons with hopes to grow it to U13 B as well this upcoming season.

C Division teams will play only in local leagues established by and controlled by the local MHA.

The intention, depending on number of teams will be to have a minimum 24 game schedule. Teams will be permitted to schedule exhibition games with teams from the South Conference, and the new format will allow for flexibility in this scheduling. The schedule will be an unbalanced where you will play the majority of the games locally with some inter-division play and tournaments.

For this season the North Conference Hockey League will be governed by the North Conference HNSMC Regional Directors and will have a dedicated scheduler – Matt Oxford

Travel Permits

Team managers or coaches should have a working knowledge of what these are for and how to apply for one. Consult with your MHA on the process.

Typically done through Hockey Canada Registry-(HCR) once teams are rostered

Travel permits are required for all exhibition games and tournaments

Prior to the HCR being set to run (December 1) email your Regional Director to apply for a travel permit

There is a year-long permit for league play in the North Conference League so no team has to have a permit for travel during league play.

Suspensions

When a player receives a suspension during game play an email goes to the Association and Regional Director (RD). The Association must inform coach/player of the suspension. Most suspension related to game play cannot be appealed.

Coaches must always assume suspension is immediate. You cannot play the player regardless if you are not informed, that is not an excuse

HNS will only review video in certain circumstances-There is a video review policy on the HNS website and within in each MHA for review. Goals are not reviewed.

Meaningful Game (Definition)

Meaningful and approved games- Meaningful Games are regularly scheduled games, sanctioned tournament games and pre-approved exhibition games verified on the Hockey Canada Registry (HCR) by the Regional Director or their designate. Any games that are added to the schedule after a suspension has occurred, will not count as meaningful games. A game must take place in order to count towards a suspension.

All minor hockey players and teams are required to play 10 meaningful league or scheduled Exhibition/Tournament games to be considered eligible for post season league play. Failure to play these 10 games makes the player and teams ineligible to play League Playoffs, Regional Playoffs, Conference Championships, Provincial Championships, Day of Champions or any other post season playoff events. The games that will be considered eligible for any playoff event will be at the discretion of Minor Council.

Players on the Bench

A minimum of twelve (11players + 1 goalie) players in uniform on the ice and/or players bench, on each team shall be necessary for the start of any regular season league game. Teams with less than 11 + 1 can play but have permission to reschedule league games if they need to (not including tournaments). In Provincial playoff games; any team dressing less than 12 players will forfeit the game.

Game Rescheduling:

There is no such word as forfeit in Hockey during regular league play. Teams can reschedule games due to weather or due to a lack of players. It is your obligation to play all league games, all tournament game and all playoff games

Regulation: 2.16. Any team which fails to compete in any scheduled league or playoff games may be suspended by Hockey Nova Scotia.

Length of Game Play

Regulation: 2.13. In all divisions of minor hockey the playing time of games shall not exceed 45 minutes normally divided into three 15-minute straight time or stop-time periods

Complaints

24 hour rule- When an issue occurs and a party has a resulting complaint to make or issue to be resolved, they are asked to wait 24 hours, then put the issue in writing and submit it to the appropriate party. Whether this issue is labelled as coaching error, team mate interference, parent conflict or any other of a number of possible situations, it is very important that all parties involved take the full 24 hours to remove or decrease the emotional element so that the actual issue can be resolved quickly, in a civilized manner, and to everyone's satisfaction.

Parent / Player with issue go to coach/manager if not resolved then MHA/president

If not resolved then Regional Director (RD)

If not resolved by RD then Conference Coordinator (CC), if not resolved by CC then Minor Council Chair

If not resolved; then it goes to HNS executive Director and if not resolved then the HNS Board of Directors

Do not make complaints directly to Hockey Nova Scotia

Snow storm-communicate with other team, notify the league scheduler

Suspension- contact MHA President

Team Complaint- contact Team manager

Verbal abuse on ice or off- contact Team manager

Conflict with schedule-Contact League president

Social Media Guidelines (Please review the HNS Social Media Policy)

Hockey Nova Scotia holds the entire Hockey Nova Scotia membership who participates in social media and networking to the same standards as it does for all other forms of media including radio, television and print.

Comments or remarks of an inappropriate nature which are detrimental to a Team, Associations, and Leagues, Hockey Nova Scotia or an individual will not be tolerated and will be subject to disciplinary action.

It should be recognized that social media comments are on the record and instantly published and available to the public and media. Everyone including Association and/or Team Personnel, players,

corporate partners and the media can review social media communications. You should conduct yourself in an appropriate and professional manner at all times.

Refrain from divulging confidential information of a personal or team-related nature. Avoid revealing business or game strategy that could provide another team or individual a competitive advantage. Furthermore, do not discuss injury information about any player. Only divulge information that is considered public.

Use your best judgement at all times – pause before posting. Once your comments are posted they cannot be retracted. Ultimately, you are solely responsible for your comments and they are published for the public record.

If requested to participate in an online network, as a direct result of your affiliation with or participation in Hockey Nova Scotia, Hockey Nova Scotia recommends that you request approval from your team or Minor Hockey Association.

Affiliation of Players

- **Replace sick, injured, or suspended**
- **Maximum of ten (10) games per season**
- **Exhibition and/or tournament games or play-off games, are excluded from rule above**
- **You cannot affiliate from another association**
- Declaring Affiliates by emailing the RD prior to the game. The other teams' coach, parents of the player and the player must agree to the affiliation. On the game sheet or Grayjay game sheet it must have "AP" written next to the player's name.

Affiliating Goalies

Appearance of an Affiliated Player's name on the official game report of a game shall be considered participation in the game except in the case of an alternate Goalkeeper, in which case only actual participation shall be considered as taking part in the game, and such participation shall be specially noted on the official game report.

Where to affiliate players from?

Division	Affiliates players from:
U18 AA	U18 A, B, C
U18 A	U18 B, C
U18 B	U18 C
U18 C	As approved by HNSMC (Regional Director)
U15 AA	U15 A, B, C
U15 A	U15 B, C
U15 B	U15 C, U13 A, B
U15 C	As approved by HNSMC (Regional Director)
U13 AAA	U13 AA,A, B, U11 AA
U13 AA	U13 A, B, U11 A, B
U13 A	U13 B, C, U11 A, B
U13 B	U13 C, U11 A, B
Division	Affiliates players from:
U13 C	As approved by HNSM (Regional Director)
U11 AA	U11 A, B, C
U11 A	U11 B, C
U11 B	U11 C
U11 C	As approved by HNSMC (Regional Director)

Game Caps-Maximum number of games

The maximum number of games to be played by division shall be as follows: •

U9 All Levels: Maximum 36 games and may include max twelve (12) full-ice scrimmages or games after February 1

- U11 Maximum 45 games
- U13 Maximum 60 games
- U15 Maximum 65 games
- U18 Maximum 65 games

Games noted above are defined as all exhibition, league and tournament games. A tournament would count as three games. The above cap would include all hockey games except for Conference, Day of Champions and Provincial and League Playoff games.

U 7

U7 teams may enter a maximum of four U7 jamborees per season only 1 of which may be outside your region. All U 7 jamborees must follow the Hockey Canada outlines for those events.

U9

December 1- Teams may participate in a maximum of 36 games per season, of which only 12 may be full ice including any exhibition and/or tournament play.

FULL ICE SEASON: Begins February 1 with a maximum of 12 controlled scrimmages between associations or within an association to be used for the purpose of full ice playing education/instruction in preparation for moving into the U11 division. All scrimmages shall be approved by the local Regional Director. You may use referees but no scores, no player of the game awards, no statistics, no league play.

- Tournaments
- U 9 Teams may attend four tournaments only one of which may be outside their conference and only one of which may be a full ice tournament
- U 9 Half Ice / Cross ice games Dec 1

Classification of team:

The final placement of all players and teams from any Minor Hockey Association into any league or Hockey Nova Scotia classification is the responsibility of the Hockey Nova Scotia Minor Council and should reflect the teams' demonstrated ability to compete at the assigned level of competition. Categorization will take place in December of each year.

Players registered as goaltenders on Minor Hockey representative teams (AAA, AA, A, or B) may play only goal. Goaltenders must be clearly identified on registration form/card. Exception U13 and under.

Coaching Certification:

Minor Hockey Associations must check certifications and verify that all bench staff are properly certified by November 15th of each hockey season. The deadline for certification each season will be December 1st and any submissions for bench staff without certification after December 1st will not be accepted for Provincial Play downs.

New Regulations:

Regulation 1:30-U 9,11,13,15 max 20 players on a roster, U 18 max 25 on roster but the max in a game is still 20 players

Regulation 1.30 # 7-Rep teams must have a minimum of 15 players and 2 goalies on their team roster

Regulation 6.5- Previously teams were only allowed to affiliate 3 player maximum per game. They are now allowed to affiliate players up to the max number allowable (20)

Regulation 13: 6.5 # 14-U 15 cannot affiliate to U 18 with the exception of goalies unless approved by RD