

HOCKEY

Additional information can be found on the Hockey page of the SSNS website:

Hockey	Start-up Date	September 13
	1st Game	October 15
	Declaration Date	November 8
	Regionals completed by	March 1
	Qualification Games completed by	March 7
	Provincials	March 21-23
	Host Region Division 1	(Boys- Northumberland) (Girls- Western)
	Host Region Division 2	(Boys- Capital) (Girls- Highland)

Hockey Game Cap	42 Games
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Coaching Requirement	NCCP Hockey Development 1 – Trained Making Headway Safe Sport
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SSNS sanctioned competition in the sport of Hockey shall follow the rules and regulations as defined by Hockey Nova Scotia (www.hockeynovascotia.ca) with SSNS specific regulations as follows:

21.1 **Division Allocation**

As determined annually by Rule 3

21.2 **Student Eligibility**

21.2.1 All eligible student athletes as per rule 2 (Student Eligibility)

21.2.2 If a player takes part in any Hockey Canada registered male: Senior A, Major junior, Junior A, Junior B, Junior C or Major U18/ U16AAA Game on or after January 1, the student shall be ineligible for SSNS hockey for the remainder of the school year.

** Game being defined as Exhibition, All-Star, League and Play-off; and/or any time a player's name appears on a game report.

21.2.3 Any player signed to a Hockey Nova Scotia (HNS) registered male major or minor U18 team is ineligible for SSNS play until such time the student is released by HNS.

21.2.4 Any player participating in boys hockey must complete a Hockey NS safe checking course.

21.3 **Regional Representation**

21.3.1 Regional Representation based on regional declaration numbers.

21.3.2 Play In Games may be used to determine final allocations to the Provincial Championship

21.4 **Provincial Format (unless altered as per rule 5.5.2)**

21.4.1 Two pools of four teams with a semi finals and championship game.

21.4.2 All games shall have 15 minute periods

21.4.3 The three-point system will be used for the SSNS championships: three points for a regulation win, two points for an overtime/shootout win, one point for an overtime/shootout loss, 0 points for a regulation loss.

21.5 **Awards**

Championship Banner to winning school.

SSNS Gold Medallions (21) to members of championship team and coach.

SSNS Silver Medallions (21) to members of runners-up team and coach.

21.6 **General Rules of Play** - Canadian Hockey Association rules

21.7 **SSNS Specific Rules**

21.7.1 Team Rosters

SSNS school hockey teams may dress a maximum of 20 players providing two are goalkeepers; if only one goalkeeper is dressed, the maximum number dressed is 19. Male teams must begin the SSNS tournament with a minimum of 13 skaters and two goalkeepers. Female hockey teams must begin the SSNS tournament with a minimum of ten skaters and one goalkeeper.

21.7.1a All players participating in boys hockey must complete a Hockey Nova Scotia safe checking course

21.7.2 Helmets

While on the ice, including pre-game warmups and ceremonies, all student-athletes, including goaltenders, shall wear a CSA approved hockey helmet, to which a CSA approved facial protector must be securely attached and not altered in any way. Any alteration to a CSA approved helmet or facial protector automatically destroys the certification.

Student-athletes shall remove their helmet during the playing of the national anthem. Student-athletes may remove their helmet when receiving awards.

21.7.2a All on-ice coaches and volunteers are to wear helmets during practices.

21.7.3 Hockey Game Tie Break – SSNS Championships:

If a game is tied at the end of regulation play, a sudden victory five-minute overtime period will be played with four (4) skaters aside. In the event of a penalty, the non-penalized team will add a player. In the case of a second penalty the penalized team will remove a player (5-3).

If a game is tied at the end of the first overtime, we will play one five-minute overtime period. Each team will skate with “three (3)” skaters. In the event of a penalty the non-penalized team will add a player. In the case of a second penalty the non-penalized team will add a 2nd player (5-3).

In both overtime periods – offsetting penalties – the on ice strength remains even. (4-4, 3-3)

If still tied, it goes to a “shoot out” – three shooters alternating, one shot per shooter. If a tie still exists, sudden victory takes place in the second round of shooters. Only when all the skaters from the team with the fewest skaters on the game sheet have participated, will a team be allowed to repeat a shooter.

21.7.3 a.) There will be no stoppage for cleaning ice. Teams will not change ends for overtime.

21.7.3 b.) A coin toss will determine which team shoots first in shoot-out.

21.7.4 Ties After Pool Play

After pool play, if two or more teams are tied in points, the following tie-breaker will be used step by step until there is a determined order. After any step when two teams remained tied, the head to head competition will be used:

- a. Total points earned in games amongst the tied teams.
 - b. Most regulation wins in games amongst the tied teams.
 - c. Most OT/shootout wins in games amongst the tied teams.
 - d. Goal differential in games between the tied teams (goals for, less goals against).
 - e. If still tied repeat steps a-d but use the record of all the teams in the pool, not just tied teams.
 - f. If still tied, the higher standings will be determined on the ratio of goals for, to goals against to three (3) decimal places (goals for divided by goals against). In calculating this ratio, only the records of the teams tied against each other shall be considered.
- Fewest goals-against in games between the tied teams.
 - Fewest goals-against in all games.
 - Most goals-for in games between the tied teams.
 - Most goals-for in all games.
 - Fewest penalty minutes.

NOTES:

The tie breakers establish the standings in the round robin.

A coin toss will be used to determine home team in the final between teams with identical records.

21.7.5 Five Penalty Limit

Any player receiving five (5) penalties in one game shall be ejected from the game. The time of the fifth penalty shall be served by the penalized team.

21.7.6a Gross Misconduct - suspended immediately from further participation. This suspension shall be an indefinite suspension pending review by the Executive Director.

21.7.6b Match Penalty = Attempt to injure. See regulation 10.2.3 *Exceptions* - if incident occurs in the last ten minutes of the game, add one more game to the above offenses.

- the instigator of the fight will receive an additional three game suspension;
- the aggressor in the fight will receive an additional three game suspension

- A player that is assessed a penalty for fighting in a situation where their opponent in the fight received an instigator penalty (in addition to a fighting major) may appeal the length of their suspension to SSNS Director.

21.7.6c Multiple Major Penalties -- For the following rules:

- 7.2B (Boarding)
- 7.4B (Charging)
- 7.5A/B (Checking from Behind)
- 7.6B (Head Contact)
- 7.8B (Kneeing)
- 9.2B (Cross-Checking)
- 9.3B (Slashing)
- 4.7C (Multiple Misconduct Penalties in the same game)
- 4.9A/B (Gross Misconduct, for offenses not covered under SSNS regulation 10.2.3)
- 11.1E (Unsportsmanlike Conduct)
- 11.2E (Disrespectful and Abusive Behaviour)

Any student incurring a game or gross misconduct penalty under a grouping of any of the above rules would be penalized as follows:

- 1st offense in a season - 2 games
- 2nd offense - 4 games
- 3rd offense - minimum 8 games
- 4th offense - indefinite suspension, pending investigation by the executive director

NOTE: In the case of suspensions incurred during Regional and Provincial Playoffs, the suspension must be served during succeeding Federation Playoffs.

21.7.7 No change icing - In boys hockey, "no change icing" will be implemented

Provincial Championship Facility Requirements

Minimum one regulation hockey ice surface.

SAFETY PROTOCOLS

Equipment

A fully stocked first aid kit must be readily accessible.

A working communication device (e.g., cell phone) must be accessible.

Determine that all equipment is safe for use.

Sticks:

- regulation hockey sticks
- butt end must be covered with tape or a commercially made butt end
- checked for cracks and splinters

Goalies must wear:

- properly fitting CSA approved helmet with full face mask
- throat protector
- catcher, blocker, leg pads
- chest and arm protector
- cup or pelvic protector

Players must wear:

- properly fitting CSA-approved helmet with full face mask
- shin pads (cracked shin pads must be replaced immediately)
- pants
- shoulder and elbow pads
- gloves
- cup or pelvic protector

Clothing/Footwear

Appropriate clothing and footwear must be worn.

Properly fitting ice hockey skates.

The wearing of jewellery during practices and competitions must meet the rules of Hockey Nova Scotia.

Facilities

Determine that all facilities are safe for use.

Ice surface must be free from debris and deep ruts.

Break away net mandatory.

For outside facilities (e.g., ponds, lakes), prior to activity, check with local authorities to determine whether ice is safe for skating.

Supervision

Constant visual supervision required.