



# NATIVE HOCKEY COUNCIL ALBERTA

## RULES AND REGULATIONS 2025

### 1) SANCTION & INSURANCE:

- a. NATIVE HOCKEY ALBERTA PROVINCIAL CHAMPIONSHIPS (NHAPC) shall be played under the official HOCKEY CANADA rules, with the exception of the HOCKEY ALBERTA (HA) and NHAPC regulation and/or rules adopted by Native Hockey Alberta Council (NHAC) and endorsed by HA.
- b. The Championships are sanctioned by Hockey Alberta.
- c. Hockey Alberta certified Referees are used throughout the NHAPC. All participants (players, coaches & supporters) must respect their decision. There will be ZERO TOLERANCE on the abuse of referees.

### 2) TEAM OFFICIALS' REQUIREMENTS:

- a. It is MANDATORY that the head coach has the following certifications. NHAC Aboriginal Module, RIS Activity Leader and Safety
- b. Failure to adhere will result in a team being asked to stop participation in the NHAPC.
- c. Female teams must have 1 female staff member on the bench and the dressing room

### 3) COMMUNITY:

- a. NHAC recognizes a community to be a First Nation, Metis Settlement, Town, or City.
- b. See the Player Release Section regarding access to protected players.
- c. ALL communities must be in good standing with NHAC to enter a team.

### 4) REGISTRATIONS

- a. All players and coaches must register through the RAMP website.
- b. All players must be of aboriginal decent and must have a Certificate of Indian Status, Metis card, or Inuit enrollment.
  - i. If this year is the first year playing in the NHAPC players can submit a letter from INAC, MNA, Metis Settlement showing that they have Indian, Metis, Inuit Status
  - ii. If a player does not have any documentation proving Indian, Metis, or Inuit Status the player can appeal to the NHAC Board using the NHAC Aboriginal Decent Form.
- c. All players must upload a head shot of themselves, birth certificate, Certificate of Indian Status or Metis Card or Inuit status to the ramp registration website.
- d. Players must meet one of the following criteria:
  - i. be a member of a First Nation or Metis Settlement located in Alberta
  - ii. born in Alberta
  - iii. registered with Hockey Alberta
  - iv. registered on a team in Alberta.
- e. All players must pay a registration fee within RAMP. Players not playing in a Hockey Alberta league this season must register as a non-Hockey Alberta player and pay the applicable fee.
- f. Players not registered this season, there last year played will determine the categorization level "AAA" or "AA" status

## 5) ROSTERS

- a. All teams are allowed to register a maximum of 20 PLAYERS. (18 skaters and 2 goalies) See Half Ice rules for U7 and U9 half ice
- b. NHAC team roster registration deadline must include 1 goalie, 11 skaters and 2 Coaching staff date is January 15th.
  - i. Rosters will be frozen after roster deadline and roster movement will not be allowed. Only blank roster spots can be filled.
  - ii. Goalies may be added on after January 31<sup>st</sup> deadline providing the following guidelines have been met. Medical note for injury of a goalie from the family doctor.
  - iii. Blank roster spots can be filled until March 1<sup>st</sup> with players on the players looking for a team list or players that are currently registered.
- c. The NHAPC roster sheet will act as the master sheet for player registration and be used to generate the score sheets.
- d. After games the score sheet will be verified against the master sheet to ensure nothing has been altered.
- e. Any discrepancies found will result in forfeiture of that game and any previous game. In addition, further disciplinary action will result as according to the NHAC discipline committee.
- f. Arena Directors will have the right to do random ID checks to ensure proper player is playing under the name of the game sheet.
- g. Teams will be notified if a player is on two rosters.
  - i. If the player belongs to a community he or she will have to play for that community or require a release from that community in order to play for the other team.
  - ii. If the player does not belong to the community than the player can play on either team that he or she was double rostered on.
  - iii. The team that lost the player due to rule 5gii, that team can replace that player with a player that is currently registering and not on a team or on the looking for team list.

## 6) PLAYER RELEASE:

Player release will be required when a player wants to participate for another community

- a. When the player lives in a community that is in good standing with NHAC.
- b. When the player is registered during regular season play, with a community that is in good standing with NHAC.
- c. When a player has played with a community for two consecutive NHAPC tournaments that player is deemed from that community
- d. All release forms must be signed by the community representative, parent or guardian.
- e. The manager of the team is responsible for obtaining player release form when a player is in question by NHAC or knowingly adding players to roster from another community.
- f. The community that should have granted the player release form must make a formal written notice prior to NHAPC, at which time the player in question will be suspended until a ruling is made by the NHAC board.

## 7) CATEGORIZATION:

- a. Players registered as AAA, AA, or Junior are defined as "Elite" players for NHAPC.
- b. Players playing in a non-Hockey Alberta sanctioned league, are deemed as an "Elite" Player for U15 and U18 divisions.
- c. If a U18B/U15B team plays an elite player all games will be forfeited, and further discipline will result as according to the NHAC Board.
- d. U11B Players must be 7 or 8 years old on Dec 31<sup>st</sup> the year prior to the NHAPC.
- e. A player can move down from his league level of play, to play in NHAPC age permitting. However, the player will be classified as an Elite player.
- f. A player will be classified as Elite upon completion of 10 or more games at an elite level. Elite level is defined as AA, AAA and non-sanctioned leagues.

## 8) DIVISIONS

- a) U7 and U9 is played on half ice.
- b) U11B is played on full ice.
- c) U11 is played on full ice and has mixed male/female U11M and female only U11F categories.
- d) U13 has mixed male/female U13M and female only U13F categories.
- e) U15 has 4 categories - Elite U15E, mixed male/female U15B, female only U15F, and non-contact Buffalo if numbers permit.
- f) U18 has 4 categories Elite U18E, mixed male/female U18B, female only U18F, and non-contact Buffalo if numbers permit.

## 9) GAME REGULATION:

- a. All teams must be at the arena at least 45 minutes prior to game time to review and sign score sheets.
- b. All games will start on time with 6 players and proper certified team officials.
- c. U11B Division to U18 Division game play will consist of a 3-minute warm up and 3 – 18-minute straight time periods.
- d. Any team unable to commence play 10 minutes after game start will forfeit game and the score will be 10 – 0.
- e. A goal will be awarded to the team after 1 minute, 1 goal for every minute thereafter the team is late up to 10 minutes, for a 10-0 forfeit win.
- f. Teams will not be allowed in dressing room and warmups, unless accompanied by a team official.
- g. A 10-goal differential exists, the game shall be called. And the score will record as a plus 10
- h. Stop time will occur within a 2-goal differential for the last 5 minutes of regulation.
- i. **Timeouts will only be allowed during stop time**, 1 – 30 second timeout will be allowed for each team.
- j. No ties in round robin play.
- k. Round Robin Point System:
  - a. After round robin play is finished the following point system will be used to determine team placements:
    - i. 3 points for a Regulation Win
    - ii. 2 points for an Overtime Win
    - iii. 1 point for an Overtime Loss
    - iv. 0 points for a Regulation Loss
- l. Finalized ice schedule will be posted at each arena. Managers must check game schedules with arena postings.
- m. NHAC reserves the right to adjust the game times with ice availability.
- n. **It is the Coaches responsibility to verify and sign game sheets prior to game time and get a copy of the game sheet after the game.**

## 10) PENALTIES:

All penalties assessed during straight times shall be:

- a. Minor penalty will be 3 minutes.
- b. Major penalty will be 7 minutes.
- c. Penalties assessed during straight time will not commence until the puck is dropped.
  - a. When players penalty expires during a stoppage of play, player may not leave penalty box until the puck is dropped.
- d. Stop time penalties shall be:
  - a. Minor penalty will be 2 minutes.
  - b. Major penalty will be 5 minutes.

## 11) OVERTIME:

- a. Will be sudden victory, first goal wins.
- b. All play will be stop time.
- c. Clock will stop after each progression. So, players can be removed.
- d. If a penalty occurs during overtime the opposing team will add an extra attacker
- e. If player does not complete penalty after overtime is complete, player will not be eligible to shoot in the shootout.
- f. Overtime will run as follows:
  - i. Goaltender may be pulled at any time for an extra attacker at the discretion of the coach
  - ii. Three minutes 3 on 3 if no goal is scored
  - iii. Shootout will occur:
  - iv. Three players will shoot alternately - if no goal scored.
  - v. One player from each team will shoot alternately until winner is decided.

- vi. Players cannot shoot again until nine players from his/her team have shot.

## 12) TIE BREAKING SYSTEM

If a tie occurs in the standings after round robin play, the following steps will occur:

- a. If two team's tie; winner of head to head competition will determine placement.
- b. If two teams are still tied; plus/minus differential will determine placement of the two.
- c. If three teams are tied; plus/minus differential will determine placement of all three.
- d. If, still tied fewest penalty minutes will determine placement.

## 13) DISCIPLINE:

- a. Hockey Alberta certified referees will be used throughout the NHAPC. All participants (players, coaches & supporters) must respect their decision. There will be ZERO TOLERANCE on abuse of referees.
- b. All disciplinary rulings shall be final as handled by the Discipline Committee.
- c. Videos will not be reviewed by the Discipline Committee.
- d. All NHAC decisions are final and cannot be appealed.
- e. The only person eligible to approach the Discipline Committee is the Community Representative.
- f. Communication needs to happen in a non-threatening manner if the disciplinary committee feels threatened the team challenging will be removed from the Provincial Championships.
- g. Managers and coaches will be deemed responsible for the behavior of their teams and supporters.
- h. The HA minimum suspension guidelines will be used for suspensions, with the exception of the following:
  - i. Fighting instigator or aggressor will be suspended from remainder of NHAPC. These infractions will be reviewed by the NHACP discipline committee and further discipline can be issued.
  - ii. Retaliator will be suspended for the next game.
  - iii. Checking from behind with intent to injure will result in suspension for remainder of NHAPC.
- i. Any player, coach, manager who receives a 11.2 Gross, 11.3, 11.4, 11.5 penalty, will be suspended from remainder of NHAPC and will be reviewed by NHAC for further disciplinary action.
- j. Any 7.5 checking from behind match penalty infractions will be assessed by the NHAC discipline committee and can be given additional games suspensions and or be suspended from the remainder of the NHAPC.
- k. Any player coach or manager suspended from the NHAPC; games must be served-before they are eligible to participate in another NHAC event.
- l. Any NHAC suspensions not served prior to this year NHAPC, the player must be registered and, on a roster, and on a game sheet with record showing games served.
- m. NHAC discipline committee will review all major infractions and discipline accordingly.
- n. It is the responsibility of coaches and managers to report and record any suspensions to NHAC.
- o. It is the responsibility of the coaches to make sure a player assessed major penalties does not participate in the next game.
- p. Any player caught playing on two teams will jeopardize both teams from further play at the NHAPC.
- q. Failure to comply with official rules could disqualify a player, coach, manager, or team from participating in future NHAC events.

# RULES FOR HALF-ICE GAME PLAY

## 14) U7

- a. 4 vs. 4 format – plus a goaltender
- b. U7 roster - 14 players no designated goalies
- c. If a player aged 3 and older can skate without any device other than a hockey stick, he or she can play in the NHAPC.
- d. Three-minute warm-up
- e. 4 oz blue puck will be used
- f. Rink set-up:
  - i. A set of barriers along the red line.
- g. Game length – 52 minutes
- h. Two 24-minute halves
- i. Shift length – three minutes in duration with an automatic buzzer or whistle sounding to indicate players change. The clock continues to run throughout the 24-minute half.
- j. One coach from each team must be on the ice with skates and helmet to officiate and instruct players on the ice.
- k. On ice coaches must maintain control and have all players off the ice at end of games to maintain the schedule.
- l. Players change on three-minute buzzer.
- m. There will be two face-offs during the game:
- n. The first face-off will start the game.
- o. The second face-off will start the second half.
- p. Puck to be thrown into the corner after every goal and three-minute buzzers.

## 15) U9

The rules for half-ice game play have been created to maximize player engagement by increasing opportunities to interact with the puck and other players. A simplified version of the game allows younger players to focus on elements of the game they enjoy most.

### 15.1) PLAYING RULES

- a. 4 vs. 4 format – plus a goaltender
- b. U9 roster - 14 players no designated goalies
- c. Three-minute warm-up
- d. Rink set-up: A set of barriers along the red line.
- e. Two 24-minute halves
- f. 4 oz blue puck will be used
- g. Shift length – two minutes in duration with an automatic buzzer or whistle sounding to indicate players change. The clock continues to run throughout the 26-minute half.
- h. Games on both sides of the ice are synchronized
- i. One coach from each team must be on the ice with skates and helmet to officiate the game.
- j. Players change on the fly.
- k. If there are fewer than four players on the bench, the active player designated to stay out for the following shift must tag up at the bench prior to continuing play.
- l. There will be two face-offs during the game:
- m. The first face-off will start the game.
- n. The second face-off will start the second half.

### 15.2) SHIFTS

- a. Player shifts are recommended to be two minutes in length. A buzzer or whistle will sound to signal line changes.
- b. On the buzzer/whistle sounds, players must relinquish control of the puck immediately and vacate the ice. The new players enter the ice immediately.
- c. Failure to immediately relinquish control of the puck or new players entering the ice surface prematurely may result in a penalty (see below) for the offending team.

### 15.3) CHANGE OF POSSESSION

- a. Goaltender freezes the puck – the official blows the whistle to indicate the attacking team backs off and defending team gets possession.
- b. Puck shot out of play – the offending team backs off and the official gives the non-offending team a new puck.

### 15.4) PENALTIES

- a. Minor penalties are noted with the official briefly raising their arm to indicate a penalty will be assessed. At the conclusion of the shift, the official notifies the coach of the infraction and the number of the offending player.
- b. If the offending team controls the puck after the infraction, the official blows the whistle and calls for a change of possession; the non-offending team is given room to play the puck (three-metre cushion).
- c. The offending player will sit out the next shift, but the team will play even strength.
- d. Should an infraction occur, that would normally require a player to be ejected from the game (game misconduct, match penalty or gross misconduct), the player will be removed from the remainder of that game. Even under these circumstances, teams will not play shorthanded, and no game incident report will be required.

**Have fun and show Good Sportsmanship!**  
**Bad Sportsmanship by players, team officials can impact future**  
**Participation in NHAC events...**



OFFICIAL RULES revised: Feb 21, 2025; Feb 23, 2025