



COACH GUIDE

to Hockey in the MHL



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KEEP YOUR PERSPECTIVE

Over 30,000 kids born in 1975 played organized hockey in Ontario. The number playing in the NHL in 1999 (at the age of 24) was 11, or 0.003%. And that was one of the strongest hockey birth years Ontario has ever had! The kids should have the dreams; you should have the perspective.

Remember it's just a game!

A COACH'S GUIDE TO HOCKEY IN THE MHL

INTRODUCTION

This guide has been produced by the Mississauga Hockey League (MHL) to assist coaches in understanding how the League, its Area Associations and the governing bodies of minor hockey (Greater Toronto Hockey League (GTHL), Ontario Hockey Federation (OHF) and Hockey Canada (HC)) operate.

The Guide is a resource for new and veteran coaches to assist with frequently asked questions, issues of concern and problem areas. The tools within the Guide are educational and it is the hope of the League that they will assist you in your volunteering role as a Coach.

This Guide is designed to give general information only and cannot deal with every relevant detail. In all cases, it is subject to the actual wording of the Rules, Regulations or By-laws of the MHL, GTHL, the OHF and Hockey Canada.

For complete information, please review the following resources:

- MHL Yearbook
- GTHL Yearbook
- MHL By-Laws
- OHF Yearbook
- Hockey Canada Articles, By-Laws, Regulations and History Book
- Hockey Canada – Safety Requires Teamwork Booklet
- www.hockey.on.ca

Thank you for the time, energy, patience and understanding you provide as a volunteer coach to the youth of the Mississauga Hockey League and its Associations.

FAQ - RULES and REGULATIONS

MHL YEARBOOK

Every season, the MHL produces a Yearbook containing the complete Rules and Regulations for the League. One book will be provided to every team. The MHL Yearbook can also be downloaded from the MHL web-site at www.hockey.on.ca. It is the responsibility of Team Officials to become familiar with the rules and regulations within the Yearbook.

Check the Yearbook first before contacting an Association or the League with questions. The answers are usually there!

MHL CODE OF CONDUCT

The MHL Code of Conduct identifies the standard of behaviour that is expected of all MHL members and participants, which includes all players, parents, coaches, officials, volunteers, directors, officers, committee members, conveners, team managers, trainers, administrators and employees involved in MHL activities and events.

The MHL is committed to providing an environment in which all individuals are treated with respect. Members and participants of the MHL shall conduct themselves at all times in a manner consistent with the values of the MHL, which include fairness, integrity and mutual respect.

During the course of all MHL activities and events, members shall avoid behaviour which brings the MHL or the sport of hockey into disrepute, including but not limited to abusive use of alcohol, use of non-medically prescribed drugs and use of alcohol by minors.

MHL members and participants shall at all times adhere to the MHL's operational policies and procedures, rules and regulations governing MHL events and activities, and rules and regulations governing any competitions in which the member participates on behalf of the MHL.

Members and participants of the MHL shall not engage in any activity or behaviour that interferes with a competition or with any player or team's preparation for a competition, or which endangers the safety of others.

Members of the MHL shall refrain from comments or behaviour that is disrespectful, offensive, abusive, racist or sexist. In particular, behaviour which constitutes harassment or abuse will not be tolerated, and will be dealt with under the MHL's Harassment Policy.

Failure to comply with the MHL Code of Conduct may result in disciplinary action in accordance with the Discipline Policy of the MHL. Such action may result in the member losing the privileges that come with membership in the MHL, including the opportunity to participate in MHL activities and events, both present and future.



CITY OF MISSISSAUGA

coaches' CODE OF CONDUCT



- 1) I will be reasonable when scheduling games and practices, remembering that players have other interests and obligations.
- 2) I will teach my players to play fairly and to respect the rules, officials and opponents.
- 3) I will ensure that all players get equal instruction, support and equitable playing time.
- 4) I will not ridicule or yell at my players for making mistakes or for performing poorly. I will remember that players play to have fun and must be encouraged to have confidence in themselves.
- 5) I will make sure that equipment and facilities are safe and match the players' ages and abilities.
- 6) I will remember that participants need a coach they can respect. I will be generous with praise and set a good example.
- 7) I will obtain proper training and continue to upgrade my coaching skills.
- 8) I will work in cooperation with officials for the benefit of the game.

CITY OF MISSISSAUGA NOTICES

ICE AVAILABLE:

Available ice and times at specific City of Mississauga facilities (including other non-hockey activities) can be found through the following link: www.mississauga.ca/arenas

WHITE PUCKS

White pucks are not easily visible by facility and zamboni operators. They can cause extensive and expensive damage which will ultimately be the responsibility of the team using the pucks. Please do not use White pucks.

WARM-UP AREAS

Team and player warm-ups are only permitted in identified areas within City of Mississauga facilities. Warm-up activities including activities taking place in seating areas, hallways, lobbies, etc... are not safe for players or spectators. If coaches have any questions regarding appropriate locations for warm-up, please speak with facility staff.

VIOLENCE & VANDALISM

The Mississauga Hockey League works very closely with the City of Mississauga and it's Violence and Vandalism Committee to educate facility users on proper behaviour while in our Mississauga Arenas. At times, the City has been required to fine (and even expel patrons) for their actions. The following are reminders of activities not permitted which could result in fines assessed to teams or specific individuals:

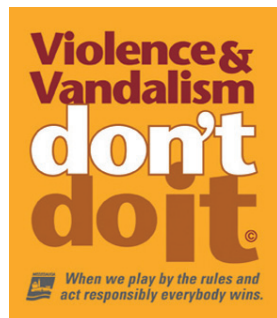
PUCKS: Pucks are only to be used on the ice surface.

This includes weighted balls, tennis balls, golf balls, etc...

There is a danger to spectators and other players when this rule is not followed. Any damage done to arena property (such as puck marks on walls) will be charged back to the team responsible for the damage.

MARKERS and CHALK: The use of markers and chalk is increasing in popularity to display practice plans by coaches to teams. Markers (both permanent and dry-erase) are not permitted to be used on any surface other than a white-board. (This includes not using arena glass, mirrors, walls or the ice surface). Chalk is to only be used on chalk boards. Do not use chalk on dressing room floors or walls. (If such displays are required, please bring paper or a personal white board if nothing is available in the facility). Any damage caused by these actions will be billed back to the offending team.

GRAFFITI: Any damage caused by graffiti will be automatically billed back to the team deemed responsible for the damage. Additional sanctions may be imposed by the MHL for such inappropriate conduct.



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DRY-LAND TRAINING

Any teams interested in dry-land training must complete the Insurance Certificate Request (found on the MHL web-site) for approval and coverage. Dry-land training through the City of Mississauga "MHL and Hockey Canada sanctioned" programs meet the requirements as set in the ICR and require no application by MHL teams. Teams simply need to sign up for these programs and will automatically be covered by Hockey Canada insurance.

For a complete listing of Hockey Canada sanctioned dry-land training activities with the City of Mississauga, please visit the MHL web-site at www.hockey.on.ca



INSURANCE

All registered team officials are insured for all sanctioned team activities

All players and carded team officials registered in the MHL are insured through Hockey Canada for all sanctioned team activities from the time that they leave their home until the time they return home (assuming no stops are made along the way). Please review the Hockey Canada publication: Safety Requires Teamwork on the MHL web-site for Maximum coverage for Accidental Death & Dismemberment per occurrence.

What is a sanctioned activity and what is not?

Sanctioned games and practices are covered under Hockey Canada Insurance. There are certain activities which require special permission. Insurance Certificate Requests (ICR) must be completed and processed through the MHL office. (ICRs can be found on the MHL web-site).

Sanctioned Activities	<ul style="list-style-type: none"> • Games • Practices • Identified dryland training with the City of Mississauga (please check the MHL site for these programs)
Activities Requiring ICR (ICR forms can be found on the MHL web-site)	<ul style="list-style-type: none"> • Dryland Training (not including identified City of Mississauga sanctioned activities) • Special Events & Fundraising • Special Events with Alcohol
Definite "No" List (For complete information, review the OHF Insurance Guide at www.ohf.on.ca)	<ul style="list-style-type: none"> • Texas Hold'Em Fundraiser • Road Blocks • Non-Hockey Related Activities • Car Rallies • Community Festivals * • Other Sport Activities (including in-line & ball hockey) • Community Parades ** • Road Side Clean up • Concerts • Wood-splitting • National Hockey League (NHL) players participating in event • Blueline Club, Canteen, Beer Tent • Non-Sanctioned Summer Hockey, camps, practices, leagues • Dances (as fundraisers for players or parents). • Exhibition games involving non-registered participants (including parents, siblings and celebrities).

*Community Festivals will likely have their own insurance. Hockey Canada will not cover the event; rather provide coverage for registered hockey participants only.

**Community Parade participation may be permitted for teams entering to walk; but not on floats or other motorized vehicles. Coverage for parades will not be extended to the organizing group, only the registered hockey participants.

INSURANCE CASE SCENARIO

from the Safety Requires Teamwork booklet:

****Is a parent (who is a non-registered team official) permitted to help out at practices or on the bench during games?***

No – There has been no premium paid on behalf of the parent.

Hockey Canada, at its discretion, may cover an “emergency volunteer” provided it was well documented, however, Hockey Canada does not extend coverage to anyone who volunteers in a non-emergency situation. In addition, Hockey Canada does not cover parent-child games, student-teacher games or other exhibition games against non-members of Hockey Canada.

Please review the Safety for All booklet for further insurance FAQs and case studies. (The booklet can be downloaded from the MHL site at www.hockey.on.ca).

*Parents who want to help during practices must be registered as “on-ice volunteers” through their respective Association. They are not covered by insurance without this registration.

INSURANCE for TOURNAMENTS and OUT OF COUNTRY TRIPS

The following chart explains what events are covered and which are not during tournaments, games, practices, etc... It is important that teams ensure they have sufficient coverage for any events they partake in, especially when traveling.

Activities	Hockey Canada Coverage Status
Hockey Canada sanctioned games, practices, training camps and identified dryland training.	Coverage is provided through the Hockey Canada Insurance Policy
Transportation directly to and from the arena or venue in which a Hockey Canada sanctioned activity is taking place	Coverage is provided through the Hockey Canada Insurance Policy
Accommodations while at a hotel during a Hockey Canada sanctioned activity	Coverage is provided through the Hockey Canada Insurance Policy
Transportation to and from non-sanctioned related activities	Coverage is NOT provided. It is recommended additional coverage be secured through another insurance provider.
Activities outside scope of sanctioned Hockey Canada events (for example: dining, tourism, etc...)	Coverage is not automatic. Please review events with the MHL regarding coverage requirements. It may be recommended that additional coverage be secured through another insurance provider.
Dryland Training, Special Events & Fundraising, Special Events with Alcohol	As noted on page 9 of the Coach Guide, these activities require approval of the MHL and Hockey Canada for coverage. These application forms and details can be found on the MHL web-site.
Tournaments outside of Canada	It is strongly recommended all teams secure additional insurance through another insurance provider when traveling outside Canada.

RENTING ICE OUTSIDE of the CITY of MISSISSAUGA

The term "Hold Harmless" is used to describe a clause in an agreement that will transfer certain financial responsibilities from one entity to another. For instance, a recreational facility may transfer the financial responsibility to the team for any injury or damage resulting from the team's activities. This is permitted under Hockey Canada Insurance. However, some facilities will try to transfer the financial responsibility to the team for any injury or damage that is the result of their own negligence or actions. This is NOT permitted under Hockey Canada Insurance.

No volunteer should bear the burden of this responsibility. That is why every organization that signs an ice rental agreement is required to read carefully the contents of that agreement. If they are unsure of the language or any clause it is best to send the agreement to the MHL for review before signing anything.

An example of the proper wording to look for is as follows: "To hold "management", staff and/or agents harmless and indemnify "management" from all claims, costs and liabilities arising from the use of "management" premises, **except whereby the negligence is the result of the facility or "management"**". If this wording or similar wording does not exist in the contract, please forward to the MHL for review prior to signing.

VOLUNTEER CERTIFICATION REQUIREMENTS

CERTIFICATION REQUIREMENTS (MINIMUM)	H&A (Speak Out) and Police Check	LEAGUE REGISTERED OFFICIAL	HCIP	NCCP CBET Coach	NCCP CBET Development 1	HTCP OR HOCKEY CANADA SAFETY PROGRAM
'A' TEAM COACH	X	X			MINIMUM 1	
HOUSE LEAGUE COACH at MINOR PEEWEE & OLDER	X	X		MINIMUM 1		
HOUSE LEAGUE COACH at IP/TYKE TO ATOM	X	X	MINIMUM 1			
ASSISTANT COACHES	X	X				
TRAINERS	X	X				X (MINIMUM 1 PER 'A', GOLD & RED TEAM)
MANAGER	X	X				
OTHER ON ICE VOLUNTEERS	X	X				
CONTRACT INSTRUCTOR	REQUIRED TO CARRY THEIR OWN INSURANCE and ABIDE BY MHL REGULATIONS FOR ON ICE STAFF.					

*Associations may have further requirements and in greater numbers than the MHL. This is only a guide and can be further developed by the Associations.

For complete information on certification course details and dates, please visit the MHL web-site at www.hockey.on.ca

ALL TEAM OFFICIALS

Harassment & Abuse (Speak Out) Details

Speak Out courses are offered through all Hockey Canada sanctioned organizations. The MHL will generally offer a number of evening certification courses throughout August, September and October. The course is approximately 3 hours in length.

The GTHL also offers an on-line version of the Speak-Out clinic called "Respect in Sport" which will take approximately the same amount of time as the in-class session. Please visit the MHL web-site (Team Officials – Certification) for complete details and to register.

Team Officials are not permitted behind the bench or in the dressing room without this certification. Arena passes will not be distributed until confirmation of certification is provided.

Criminal Reference Checks

All Team Officials are required to complete a Criminal Reference Check (in compliance with Hockey Canada regulations). There is no cost to volunteers who are Peel Region residents for having this check completed (as long as it is completed on the required form and by Peel Regional Police). MHL Criminal Reference Check forms for Team Officials residing in the Peel Region can be picked up at the MHL office or from your Association.

Criminal Reference Check – The Details

The following guidelines are to be followed for MHL Police Records Checks:

- 1) No check submitted may be older than four (4) months.
- 2) Checks of a person's service are required for the first year in a position that mandates one and every four years thereafter.
- 3) If a person participates in the MHL and completes a Records Check and does not participate for a period of time, that individual must complete another Records Check upon return (even if he/she returns within the four year time period of the initial check).
- 4) Previous offences that may exclude a person's application for a position within the MHL and its Area Associations include, but are not limited to, offences against persons, offences involving property or offences related to substance abuse.
- 5) Checks must be completed on the official form only. (Forms can be found at the MHL office or with your Area Association). Improper forms and incomplete forms may not be accepted.
- 6) Checks will only be accepted at the following six locations:

MISSISSAUGA LOCATIONS

Erin Mills Community Station 3476 Glen Erin Drive (Northwest corner of Glen Erin Drive & The Collegeway) 905-456-5818 7 days a week 10:00 a.m. to 8:00 p.m.	Square One Community Station 100 City Centre Drive (East Side, Outside Zellers Near Transit Loop) 905-456-5839 7 days a week 10:00 a.m. to 8:00 p.m.	Malton Community Station Westwood Mall (7205 Goreway Drive) 905-677-3534 7 days a week: 9:00 a.m. to 7:00 p.m.
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BRAMPTON LOCATIONS

Springdale Community Station 51 Mountainash Road, Unit 6 Located 1 block west of Airport Road on the North side of Bovaird (Fortino's Plaza) 7 days a week 9:00 a.m. to 7:00 p.m.	Cassie Campbell Community Station 1050 Sandalwood Parkway West (Northwest Corner of Sandalwood Parkway and Chinguacousy Road) 905-456-6143 7 days a week 10:00 a.m. to 8:00 p.m.	Peel Police Headquarters 7750 Hurontario Street (2 blocks south of Steeles) 905-453-2121 ext. 4338 Mon-Fri - 8:00 a.m. to 6:00 p.m. Saturday - 10:00 a.m. to 2:00 p.m. Sunday - closed
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For complete information on the police check process and details, please review the MHL Yearbook or visit the “CERTIFICATION” section under “TEAM OFFICIALS” on the MHL web-site.

I HAVE MY CERTIFICATION – WHERE CAN I COACH?

MHL TEAMS

There are no boundaries in the Mississauga Hockey League for players or coaches. Volunteers can coach with any Association they choose. There are some regulations to adhere however;

Coaching on Multiple Teams

If a coach is interested in coaching on multiple teams within the same Association, within the MHL or as a combination of teams between the MHL and GTHL, he/she will be required to request approvals (as per the chart below).

TYPE OF APPROVAL REQUIRED	ONE TEAM	TWO TEAMS (SAME ASSOCIATION)	TWO (OR MORE) TEAMS IN THE MHL (DIFFERENT ASSOCIATIONS)	TWO OR MORE TEAMS IN THE MHL AND GTHL
ASSOCIATION APPROVAL	X	X	X	X
MHL BOARD OF DIRECTORS			X	
GTHL BOARD OF DIRECTORS				X

COMMUNICATION

COACHES

As a general rule, Associations appoint the Head Coach of the team, and then (with approval from the Association) the Head Coach appoints the rest of the team staff. Therefore, as the Head Coach it is your team philosophy, experience and goals that are a major driving force of the team. Please remember to contact your Association with any questions or concerns. Associations will provide the support coaches need through information, direction and resources (when available and applicable).

Philosophy/experience/goals

It is extremely important to develop defined set of philosophies and goals and communicate clearly to parents and players. Coaches should also inform their team of their experience and training.

Communication with your team

A clear and regular means of communicating with all members of the team should be set and adhered to. Email is likely the most efficient way to send out updates, changes, schedules and other important information. In the event of last minute cancellations or emergencies, it is recommended that a telephone contact system be developed. Open and clear communication with your parents and players will make for a more satisfied season by all.

Explain the rules regarding inappropriate behaviour

Team rules regarding inappropriate behaviour should be clearly communicated to parents and players. Penalties and/or sanctions related to the breaking of these rules should be clearly understood, and evenly and fairly enforced. If required, coaches should meet with the parents and player to discuss any ongoing issues regarding inappropriate behaviour. The MHL and City of Mississauga employ a Code of Conduct in which all players, parents, coaches, volunteers, officials, directors, managers, trainers, administrators and employees involved in the MHL must follow.

Are one of your players your own child?

In many cases you as the coach and/or members of the team staff will have children on the team. In the majority of cases this will not be an issue. It is always good policy to review with the parents the understanding from the team staff of how they will handle this particular type of situation. It is expected that all players on each team be treated equally.

Ice time – is it equal?

As per the MHL Mission Statement, there is to be a maximum opportunity for all eligible individuals on a Team to participate as equitably as possible, both during the regular season and playoffs. The allocation of ice time to players should be a basic philosophical cornerstone of the team. There are instances on a team where coaches will develop alternate playing combinations such as during power plays and penalty killing. If you decide to employ a final 2-minute rule where you can play any player in any combination only during this time of the game this must be openly communicated to the parents and players at the beginning of the season. It is important that your parents and players understand and agree to or accept the philosophy whatever it is.

Education

You may have parents on your team who are not familiar with the rules and regulations of the game of hockey. As a coach in the MHL, you serve as the perfect ambassador to further promote the game and develop understanding. Please take the time to help your parents understand or provide them the direction to locate the resources available. The education they receive will benefit in their experience and probably overall for the team.

How important is winning?

Is winning everything? Let's hope not. Hockey is a game and is meant to be fun. Different philosophies prevail at different levels, but, at the core of it all, enjoyment, development and growth, both as a player and as a person, should all be high on the priority list.

How many tournaments will the team enter – how will they be funded?

Almost all 'A' and 'Gold' teams and many House League teams enter tournaments, some of which will be out of town. It is important to determine the what, where and when of the tournaments early in the season and communicate the details to the team parents. Specifically, how the cost of the tournaments will be funded; and what additional cost your parents will incur to attend these tournaments is vital information for them to have (i.e. hotel rooms, buses, etc.).

Players who miss games or practices

It is very important to develop and communicate (as part of the team philosophy) the policy regarding players who miss games and/or practices. Many families will take vacation at some point during the hockey season or players may miss team activities due to school commitments. It is suggested that parents develop daily or weekly schedules for their children (so that they can accomplish the goals of homework and assignments and still be able to meet their hockey commitments), however, it is inevitable that hockey activities will be missed for these reasons or others. The philosophy developed by the coaching staff should acknowledge these challenges yet still communicate the commitment made to the team and any repercussions for unacceptable absences.

DRESSING ROOM POLICY

It is the policy of the Ontario Hockey Federation that from atom and down, mixed genders may change in the same room, at the same time in the presence of two properly registered and screened adults as set forth by the policies of the MHL and OHF.

Players minor peewee and higher may not change in the same room at the same time and it is the responsibility of the coach to ensure all are involved in both pre-game and post game activities.

When separate facilities exist for both male and female participants, males and females shall make use of these separate facilities.

If the facility does not have separate changing areas available, players shall address the issue by dressing, undressing and showering in shifts. It is the responsibility of the team to provide a plan and actively manage the risk and ensure the safety of individual players when they are dressing, undressing and showering.

The purpose of this policy is to provide clear guidelines while still maintaining a degree of leniency for local associations and teams to work in conjunction to provide players with a safe and inclusive environment. Should circumstances arise that require an alternate solution, it is the responsibility of the team and local association to actively manage the risk and ensure the safety of individual players when they are dressing, undressing and showering.

MHL CYBER-BULLYING POLICY

The issue of Cyber-Bullying has been diagnosed as an issue within the MHL, specifically when members utilizing the on-line social networks, such as "Facebook" for malicious or inappropriate conduct. These types of forums have produced a positive environment for discussion and are deemed to be in good taste; however there are many identified sites that are not being utilized with this same decorum.

The Mississauga Hockey League will be following the lead of the GTHL in regards to these indiscretions. If the MHL becomes aware of any threatening or discriminatory posting on Facebook or any similar site, the player, team official or other person posting them will be subject to immediate suspension or other appropriate discipline, regardless of when the posting was made.



TEAM FINANCIALS

Association Costs

All Associations are required to disclose, prior to players signing a registration card, their Association registration fee, all additional cost, and their expenses associated with these costs and fees. The disclosure should also describe the equipment and services (e.g. number of practices per week) that will be provided by the Association in return for such fee. The financial requirements to the Associations are very transparent and clearly communicated prior to registration. Teams are required to take the same approach when developing budgets.



Team Financial

As a coach, if you offer a player the opportunity to sign a registration card for an 'A' or 'Gold' team, it is required that before the signing of the registration card the team must supply, in writing, an estimated team budget for the season showing all proposed expenditures, additional, and costs to the parents and fundraising proposals. It is intended that parents should have full disclosure of the costs of participating on a team before they commit to that team. Following registration, any significant changes to the estimated team budget must be approved by the parents of the team.

If you are a House League Coach, an estimated team budget must be provided to each player prior to or at the second team practice of the season, if applicable. (For example – a budget will be required if the house league team is participating in additional activities such as tournaments, extra practices, special events, etc...)

Have you provided the following to your team?

Budget	X
Team Goals	X
Communication Process	X
Tournaments Schedule	X
Team Philosophy	X
Philosophies on missing games or practices	X
Rules regarding inappropriate behaviour	X

TRYOUTS – ‘A’ TEAMS TO ‘AAA’

Timing – 5 days for A (following AA and AAA in the GTHL)

Tryouts for all Competitive Division teams (AAA, AA, A) begin on the first Monday following the Ontario Hockey Federation Championships in April. These Championships usually run the 2nd weekend of every April. The “AAA” level begins first, for a period of 5 days, followed by “AA” for 5 days, and finally the MHL “A” teams for 5 days. No level may hold further tryouts before or following their 5-day period until the other levels have completed their 5-day tryout period.

Rules

Rules regarding tryouts, releases, permission to skate and residential transfers may be viewed on the MHL website at www.hockey.on.ca.

Registration Status for the Previous Season	Documents Required to Tryout with a new team the next season	Documents Required to Sign with a new team the next season
House League (MHL) Players registered in HL the previous season are automatically released at the end of each season in the MHL	N/A	N/A
MHL Peewee ‘A’ or Below in the MHL or GTHL Players registered with a Peewee ‘A’ team or below in previous season, do not require a ‘Release’ to sign with another Association in the MHL or GTHL for the next season.	N/A	N/A
MHL Minor Bantam ‘A’ and Above Players registered in Minor Bantam ‘A’ or above with a MHL club in the previous season, who wish to tryout for a GTHL club must bring to the tryout their ‘Permission to Skate Form’ or a ‘Release’ from their previous club.	Permission to Skate Form	Release
MHL & GTHL Minor Bantam ‘A’ and Above Players registered in Minor Bantam ‘A’ or above with a MHL or GTHL club in the previous season, who reside in Mississauga and wish to tryout for a another MHL ‘A’ team must bring to the tryout their ‘Permission to Skate Form’ or a ‘Release’ from their previous club.	Permission to skate forms are required for MHL players trying out in the GTHL and GTHL players trying out in the MHL. MHL players trying out for another MHL team do not require a Permission to Skate form	Release
‘A’ Players outside of the MHL and GTHL Players registered in Minor Atom ‘A’ or above outside of the GTHL in the previous season (ie: OMHA), who move to Mississauga and wish to tryout for a MHL ‘A’ team	Permission to Skate Form	Release and OHF Residential Transfer Form

WHAT IS THE HOUSE LEAGUE EVALUATION PROCESS?

Evaluations – HOUSE LEAGUE

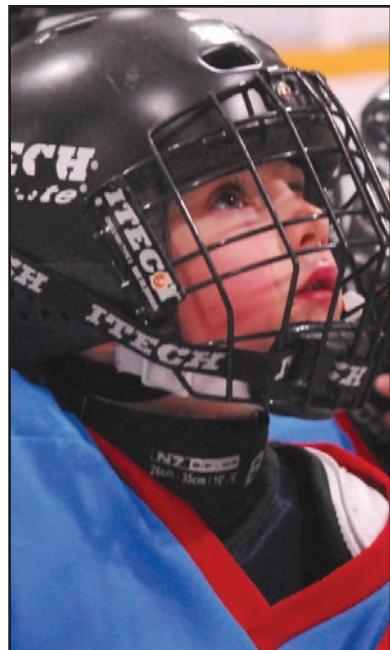
Evaluations for all House League teams (Green, Blue, White and Red) will take place during the Evaluation Period in early to mid-September. These evaluations are run by each respective Association. Players are placed on teams and in levels in conjunction with skill and ability displayed during this period. Coaches are to consult with respective Association for complete information on Evaluation times, locations and protocol for coaches.

House League tryouts will take place during this official Evaluation Period every September, for registered players only. Competitive tryouts with non-registered players for House League teams, outside of the sanctioned and official evaluation period is not permitted and will result in sanctions being imposed.

House League players who participated with an organization outside of the GTHL in the previous season (including the OMHA, NOHA, OWHA, ALLIANCE, etc...) will be required to have their new MHL Association complete a member transfer in the Hockey Canada registration system. Players who move into Mississauga from outside of the GTHL will be required to complete an OHF Residential Transfer Form.

Convening Period

During the first six weeks of the MHL season (House League only), representatives from each Association and the MHL Board of Directors will review the balance of divisions and teams and attempt to organize the best possible scenarios for fair playing levels between teams in the House League levels. Divisional Committees may move teams and/or players up or down within the various Categories as deemed necessary and appropriate during the Convening period. This process provides balance within the divisions. Some parents and players may not understand the importance of this process. It is essential that all Coaches educate parents and players of the process and possibility of team and/or player movement from one division to another (and in some cases from one age category to



COACH - YOU NEED TO READ THIS!

The MHL and the 8 Area Associations are moving to reduce the on ice penalties involving fighting, hitting from behind, checking to the head, checking from behind and other major infractions. As well, there has been a growing concern regarding abuse of officials both from the stands as well as the benches. The goal of the MHL is to make sure the players have a fun and safe experience! Through cooperation and communication, we can achieve this goal.

Again, this year the emphasis will be to provide better communication to reduce the issues that create these problems. The process will be based on the following: "EDUCATE, COMMUNICATE, MODIFY, DECREASE. Finally, if all else fails REMOVE.

Please also remember, Referees are part of the game. They provide flow, control and safety. Working with them is the only acceptable approach. Yelling and abuse is unacceptable and will benefit no one.

The key to the success will be you and your bench staff. The decision is up to you whether you have a successful season or suffer from either players or your coaching staff spending time not participating by being suspended. Control of your spectators will also fall to you and have similar results if you fail to act. We thank you for your cooperation and appreciate any constructive suggestions you may have to these ends.

Let's make this the best season for the kids ever!

DISCIPLINE UPDATE & STRATEGY

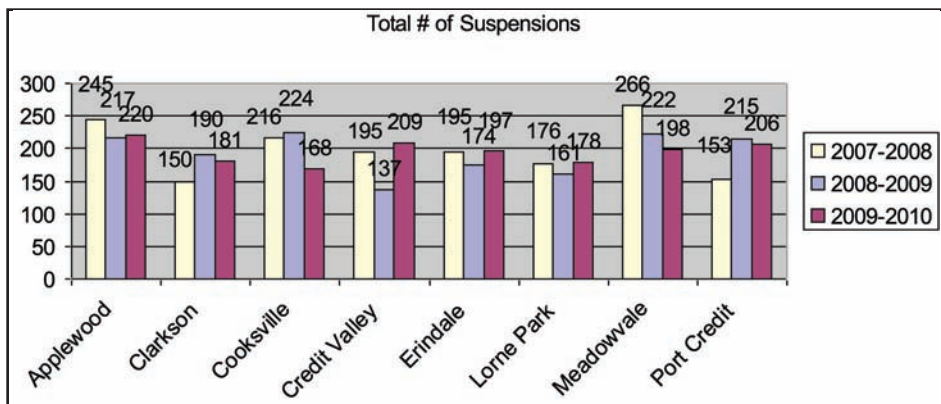
At the beginning of the 2008-09 season, the MHL Discipline Emphasis program was introduced into the MHL with an objective of reducing the top 3 suspensions including; Checking from Behind, Fighting and Dipping Calls. At the completion of the 2009-10 season, the two year use of the MHL Discipline Emphasis has seen dramatic decreases in the number of suspensions. Not including suspensions attributed to Discipline Emphasis, overall suspensions have been reduced by 25% since the 2007-08 season.

The Discipline Emphasis Program involves the following key components required to make the system function properly and meet the desired objectives:

- Identify areas where Associations would work directly with players and coaches with regards to discipline or behaviour issues in an attempt to eliminate or decrease.
- Provide education and incentives to reach set target suspension reduction totals.
- Provide Associations with updates and data on a regular basis throughout the season.
- Design and institute a data collection and analysis system in real time.

2009-10 RESULTS

	Since 2008-09 season	Since 2007-08 season
OVERALL SUSPENSIONS	19% Reduction	25% Reduction
CHECKING FROM BEHIND	20% Reduction	22% Reduction
FIGHTING	26% Reduction	29% Reduction
DISPUTING	50% Reduction	84% Reduction



Please review the Minimum Suspension list for complete MHL Discipline Emphasis sanctions.

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2010-2011 OHF MINIMUM SUSPENSION LIST – MINOR HOCKEY

The following are minimum suspensions that shall be imposed for infractions, which occur in all OHF exhibition, league, and play-off games, during the current playing season for Minor Hockey. Note that these suspensions are over and above any imposed by Hockey Canada rules.

Notice re: Clarifications

These are minimum suspensions. Additional suspensions will be imposed wherever conditions and circumstance warrant.

It is the responsibility of each team manager and / or coach to ensure their players sit out their appropriate suspensions. When in doubt as to the relevant suspension, contact the association office. If unable to contact the league office, sit player(s) in question out until clarification can be obtained. These suspensions are in addition to game incurred.

Match Penalty reports will be forwarded to the appropriate Member Partner for further review.

M = Misconduct GM = Game Misconduct MP = Match Penalty GRM = Gross Misconduct

Misconducts & Game Misconducts

		H.C. Rule	Suspension
M10	Throwing Stick Over Boards	9.8 (d)	0 Games
M11	Refusing to Surrender Stick for Measurement	3.3 (f)	0 Games
M12	Player Interference/Distracton During Penalty Shot	4.9 (f)	0 Games
M13	Goalkeeper Violation/Infraction During Penalty Shot	4.9 (f)	0 Games
M14	Equipment/Facemask Worn Incorrectly	3.6 (d, f)	0 Games
M20	Disputing Call of Official	9.2 (a)	0 Games
M21	Harassment of Official/Unsportsmanlike Conduct	9.2 (b)	0 Games
M22	Inciting	9.2 (e)	0 Games
M23	Entering Officials Crease	9.2 (g)	0 Games
M34	Failure to go to the Player's Bench or Neutral Area	6.7 (g)	0 Games
M35	Failure to go directly to Penalty Bench	9.2 (d)	0 Games
M71	Checking to the Head (Minor + 10 Minutes)	6.5 (a)	0 Games
GM20	Disputing Call of Official (1st Offense – 1st or 2nd Period)	9.2 (a)	1 Game
	1st Offense – 3rd Period	MHL	2 Games
	2nd Offense – 1st or 2nd Period	MHL	2 Games
	2nd Offense – 3rd Period	MHL	3 Games
	3rd Offense	MHL	Indefinite
GM21	Disputing Call with Official: Verbal Abuse of a Game Official (1st Offense – 2nd or 3rd Period)	9.2 (b)	3 Games
	1st Offense – 3rd Period	MHL	4 Games
	2nd Offense – 1st or 2nd Period	MHL	6 Games
	2nd Offense – 3rd Period	MHL	7 Games
	3rd Offense	MHL	Indefinite
GM26	Second Misconduct – Same Game	4.5 (c)	1 Game
GM28	Interference from the Bench	7.3 (c, d)	2 Games
GM30	Fighting		
	1st Offense	6.7	2 Games
	2nd Offense (1st or 2nd Period)	6.7	4 Games
	2nd Offense (3rd Period)	MHL	5 Games
	3rd Offense	6.7	Indefinite
GM31	2nd Fight, Same stoppage of play (3rd, 4th, etc...)	6.7 (h)	3 Games
	2nd Offense – 1st or 2nd Period	MHL	4 Games
	2nd Offense – 3rd Period	MHL	5 Games
	3rd Offense	MHL	Indefinite

GM32	Player(s) 3rd, 4th, 5th Man into Fight 2nd Offense – 1st, 2nd or 3rd Period 3rd Offense	6.7 (h) MHL MHL	3 Games 5 Games Indefinite
GM33*	Leaving the Players bench or Penalty Box	9.5	3 Games
GM33*	Coach identified as having the 1st Player leave the players bench or penalty bench and GM34 2nd Offense – 1st, 2nd or 3rd Period 3rd Offense	9.5 MHL MHL	3 Games 5 Games Indefinite
GM34	Leaving the Penalty Box to start a fight	9.5 (a)	4 Games
GM36	Instigator (minor + Game)	6.7 (b)	3 Games
GM37	Aggressor (minor + Game)	6.7 (b)	3 Games
GM39	Hairpulling, Grab Face Mask/Helmet/Chin Strap (Major + Game)	6.1 (d)	2 Games
GM50	Checking from Behind (Minor + Game)	6.4 (a)	1 Game
GM51	Checking from Behind (Major + Game)	6.4 (a)	3 Games
GM53	High Sticking (Major + Game)	8.3 (b)	2 Games
GM54	Cross Checking (Major + Game)	8.2 (a, b, c, d)	2 Games
GM55	Slashing (Major + Game)	8.4 (a, b)	2 Games
GE56	Game Ejections	4.6	0 Games
GM57	Boarding/Body Checking (Major + Game)	6.2	2 Games
GM58	Elbowing/Kneeing (Major + Game)	6.6	2 Games
GM59	Charging (Major + Game)	6.3	2 Games
GM63	Discriminatory Slur 2nd Offense	9.2 (f) MHL	3 Games Indefinite
GM64	Trash Talking 3rd Offense	9.2 (a) MHL	2 Games Indefinite
GM68	Kick Shot (with injury Major + Game)	9.4	2 Games
GM71	Checking to the Head (Major + Game)	6.5 (b)	3 Games
GM73	Tripping (Major + Game)	7.4 (a, b)	2 Games
GM74	Interference (Major + Game)	7.3 (a, b, e)	2 Games
GM75	Holding (Major + Game)	7.1 (a, b)	2 Games
GM76	Hooking (Major + Game)	7.2 (a, b)	2 Games
GM77	Roughing (Major + Game)	6.7 (k,i)	2 Games
GM78	Goaltender Drop Kick Puck (with injury – Major + Game)	4.11 (f)	2 Games
GM79	Refusing to Start Play (Coach – Major + Game)	10.14 (a)	Indefinite
GM80	Team Official Interference/Distraction during Penalty Shot	4.9 (f)	1 Game
GM81	Leaving the Bench without Clearance from the Referee (Assessed to coach if altercation results in penalties at end of game)	9.5 (i)	2 Games
GM99	Miscellaneous	MHL	1 Game

3 Fighting occurrence sanctions will result in an automatic and indefinite suspension to the Player (GM30, 31, 32, 33, 34, 36, 37)

7 total team fighting occurrences will result in a 1 game suspension to the Head Coach (GM30, 31, 32, 33, 34, 36, 37)

6 total team aggressive play suspensions will result in a 2 game suspension to the Head Coach (GM50, 51, 53, 54, 55, 57, 58, 59, 71, 73, 74, 75, 76, 77)

5 total GM20/GM21 suspensions will result in a 2 game suspension to the Head Coach (GM20, 21)

* GM33 – Coaches' penalty will be noted on the front and back of the game sheet of the Officials' copy only. Penalty to coach is automatic as a result of player receiving GM33, coach not to be ejected as a result of this penalty being assessed.

Gross Misconducts

GRM60	Travesty of the Game	4.7	3 Games
GRM61	Obscene Gesture	4.7	3 Games
GRM62	Removing Helmet and/or chinstrap	3.6 (c)	3 Games
GRM63	Discriminatory Slur	9.2 (f)	3 Games
	2nd Offense	MHL	Indefinite
GRM66	Head Butt – Team Official (Double Minor + Gross)	6.1 (b)	3 Games
GRM67	Butt End – Team Official (Double Minor + Gross)	8.1	3 Games
GRM68	Spearing – Team Official (Double Minor + Gross)	8.5	3 Games
GRM69	Goaltender Refusing to remove mask for Identification	3.5 (d)	3 Games

All Gross Misconducts automatically result in a report to the Association. Second offences will result in an automatic MHL Discipline Hearing.

Match Penalties

MP24	Threatening an Official	9.6 (a)	6 Games
MP25	Physical Abuse of an Official	9.6 (b, c)	7 Games
MP29	Spitting	9.7	4 Games
MP38	Fighting – Ring or Tape on Hand(s)	6.7 (e)	3 Games
MP40	Attempt to Injure	6.1	4 Games
MP41	Deliberate Injury	6.1	4 Games
MP42	Butt Ending	8.1	4 Games
MP43	Grabbing Face Mask / Helmet / Chin Strap	6.1 (d)	4 Games
MP44	Hair Pulling	6.1 (d)	4 Games
MP45	Kicking	6.1 (c)	4 Games
MP46	Spearing	8.5	4 Games
MP47	Head Butting	6.1 (b)	4 Games
MP52	Checking from Behind	6.4	4 Games
MP72	Checking to the Head	6.5 (b, c)	4 Games

All Match Penalties automatically result in an MHL Discipline Hearing

4 Total Team Match Penalties or Gross Misconducts (or combination thereof) will result in a 2 game suspension to the Head Coach

3 TOTAL SUSPENSIONS FOR ANY PARTICIPANT WILL RESULT IN AN INDEFINITE SUSPENSION, PENDING A HEARING



WORKING TOGETHER IN 2010-11

REFEREES & TIMEKEEPERS

- Ensure that you are on time and ready to begin your assignment
- Ensure the games being on schedule
- Report any arena issues to the MHL Manager, Game Officials
- Report any major on-ice injuries (for players who require further medical assistance).
- Coordinate with Team Officials to ensure one is present to escort any ejected players to the dressing room upon exit from the ice. It is essential that communication be open in addressing ejected players and that both parties (coaches and refs) coordinate their efforts to ensure safe and monitored passage from the ice to the dressing room.
- Continue the cooperative approach in working with Team Officials by ensuring a Team Official or representative is present to meet players exiting the ice surface at the end of each game.
- Coordinate with Team Officials when addressing concerns with spectators. It is essential coaches and referees work together to eliminate negative spectator behaviour in a timely and safe manner.

TEAM OFFICIALS

- Have your team ready to begin the game on schedule
- Keep all players in designated areas for warm-up. (Please remember to adhere to all City and League policies regarding warm-ups).
- Coordinate efforts with Referees during player ejections. It is the responsibility of the coaching staff to ensure someone escorts any ejected players from the ice exit to the dressing room in a timely, safe and cordial manner.
- Ensure that ejected players are in designated areas and not disrupting the game, opponents or spectators. (Any ejected players or team officials caught engaging in such activity and as a contradiction to MHL rule 26.02, will be sanctioned accordingly).
- Always have a Team Official available to meet the players as they exit the ice surface and available to open the dressing room door immediately following each game to ensure seamless transition from ice surface to dressing room (and avoiding potential problems between teams waiting to enter dressing areas).
- Report any arena issues through your Association.
- Review discipline issues with your Association Discipline Chair.

Have fun and thank you for your time as a volunteer in the MHL.

SPECTATORS

- Spectators are reminded to adhere to the City of Mississauga and MHL Codes of Conduct while attending MHL activities.
- Please respect the game including; Team Officials, Game Officials, players, opponents, City staff, volunteers and fellow spectators.
- Please be reminded; derogatory comments and inappropriate conduct is not acceptable and will not be tolerated.
- Report any issues of fellow spectators through your Head Coach to your Association.
- Enjoy the game!

PLAYERS

- Be on time and ready to play as per the schedule
- Respect the facility and the privilege we have to use it.
- Adhere to the rules and regulations of the City of Mississauga and the MHL
- Have fun!



HOCKEY CANADA RULES EMPHASIS

SHARED RESPECT

The "SHARED RESPECT INITIATIVE" calls for the participants in 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.

Positive changes in our great game can only happen through this improved standard of play.

CHECKING FROM BEHIND, OR CHECKING TO THE HEAD

Penalty plus suspension

"Checking from Behind" and "Checking to the Head" are mandatory penalties and must be called. Depending on the severity of the "check" this could result in a number of penalties with escalating sanctions. The basic "Checking from Behind" penalty is two minutes and a game misconduct (expulsion), plus a further one game suspension. The basic "Checking to the Head" penalty is 2 minutes plus 10 minutes where the guilty player sits out 12 minutes and the team plays shorthanded for two minutes. In more severe cases for both infractions the penalty is a 5 minute major plus game expulsion plus a 3 or more game suspension.

Penalty even if other player turns at the last moment

Unlike the NHL's rule, Hockey Canada's rule is that, regardless of how either of these infractions occurs (even if the other player turns his back at the last moment), the offending player is penalized. It is the player's responsibility not to check from behind or to the head.

Clarifications on Checking to the Head – Hockey Canada Rule 86

MINIMAL IMPACT

Minimal Impact would be called under other appropriate rules. For example; elbowing, highsticking, roughing, roughing after the whistle, etc... A glancing blow or minimal impact to the head where a penalty is warranted.

MODERATE IMPACT

Moderate impact would be a more significant degree of violence without injury that warrants a Minor and Misconduct penalty under the Checking to the Head rule.

SEVERE IMPACT

Severe Impact would be a high degree of violence, with or without injury, that warrants a Major and Game Misconduct or a Match Penalty, at the discretion of the Referee under the Checking to the Head rule.

SUSPENSIONS

Player, Coach, and Spectator Suspensions

Players and coaches may be suspended for a number of rule infractions as contained in the MHL Rules and Regulations.

Spectators, including parents, may be ejected and/or banned from MHL arenas for breach of conduct rules and/or inappropriate behaviour (as per the listed Codes of Conduct).

The Coaching staff of every team has an opportunity to communicate behavioural expectations of players, parents and spectators (to be in line with the City's and MHL's codes of conduct). Coaching staffs represent the best display of how to behave in an arena through example and consistent review (and reprimand if required) of those expectations.

Referees have the authority to expel any spectators from any arena for abusive or inappropriate behaviour (towards refs, players, coaches, staff, volunteers or other spectators). Removing spectators from minor hockey games is embarrassing to those who have to leave and is even more so to their child (should they have one playing at that time). The MHL is where hockey fun starts and also where respect is expected.

If one of your players or a member of the coaching staff are suspended during a game, find out the ramifications of the suspension. **(All suspensions are listed in the MHL Yearbook under the OHF Minimum Suspension section).** Playing as an ineligible player or coach, for instance, will result in increased suspensions, games won will be turned to losses and further suspensions to coaches could be assessed.

A player or Team Official ejected from a game for a Balance of Game, Game Misconduct, Gross Misconduct or Match Penalty must immediately leave the playing area and proceed quickly and quietly to the dressing room, then out of the arena.

Please review the MHL Yearbook on the Suspension Appeals process. No total OHF minimum suspensions may be appealed (even if the total is 7 games or more).

It is the responsibility of the team to acquire the game sheet at the end of the game and review it thoroughly.

HOCKEY CANADA Rule 47:

Team officials shall be responsible for their conduct and that of their players at all times. They must endeavor to prevent disorderly conduct before, during or after the game, on or off the ice and any place in the rink.

If you have any questions regarding suspensions, interpretation of suspensions or are unsure of the total games to be served, please contact your Association Discipline Chair for further review and clarification. Please do not contact the MHL office prior to contacting your Association Discipline Chair.

DISPUTES

Speak with your Association President or Discipline Chair if a dispute develops within your team (players and/or parents) which cannot be resolved in a civilized manner.

- Do not contact the MHL prior to speaking with your own Association.

Lines of Communication regarding Complaints/Disputes

- Generally speaking, the line of communication is from parents to coach, from the coach to the Association President or Discipline Chair and from the President or Discipline Chair to the MHL. The League is simply not equipped to receive individual communications from 2,000 coaches or 14,000 parents.
- You are therefore likely to approach the MHL only when you have an unresolved issue with the Association, unless you are seeking an appeal hearing as set out below.

How to approach an appeal

If you are appealing a suspension, that must be done through the Association's Discipline Chair. (Please make note that appeals of OHF Minimum Suspensions will not be heard by the MHL, GTHL, OHF or Hockey Canada).

If you are appealing a grievance you have, you must make an appeal directly to the MHL.

Complaint Policy Recommendations

Many teams have a "cooling down" rule of 24 or 48 hours. It is a recommended period of time to provide adequate reflection for those making complaints to ensure that the complaint is valid and to be in a calm frame of mind when communicating those issues.

Should discussions with the parent not reach a satisfactory conclusion, you should then contact the Association President or Discipline Chair and attempt to reach a conclusion through the Association's Dispute Resolution process.

COMPLAINT PROCESS



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Referees

- Yelling at the referee serves no positive purpose and, without referees, there would be no games.

MHL referees are instructed not to communicate with coaches who are yelling and acting in a belligerent manner. Referees will discuss situations if the coach is calm and steps off the bench to the board level for the conversation.

In the age groups of Pee wee and up, the proper process of communication between coaches and referees would be between the Captain of the respective team. In these age groups, referees are instructed to communicate through the captains first. If absolutely required, the referees will discuss an issue in a calm manner with the head coach.

Refusal by the referee to come to the bench or communicate with the team captain, under the described conditions, should be reported to your Association Discipline Chair, as per the complaint process listed below.

- Referees are highly trained. All Referees (whether acting as Referees or Linesmen) officiating games in the MHL are certified pursuant to the Hockey Canada Officiating Program (HCOP). They also attend clinics, seminars, and camps to upgrade their qualifications. All officials must be re-certified annually and must attend a "refresher clinic" to be eligible to participate in playoffs.

What are the Certification Details for GAME OFFICIALS?

- Each official must re-certify annually
- They must attend an 8 hour in-class clinic and pass a Hockey Canada examination (for Levels II – VI)
- All New Officials must attend an on-ice session to become HC certified
- There are 6 levels of officiating in Canada
- Each League can promote officials to achieve greater levels
- Officials who wish to become certified as Level III and above must be approved by their League to attend a weekend seminar
- Every year the MHL hires 20-25 New Officials who are selected at the Tryout Skate administered by the MHL Referee Supervisors
- Some of our officials also referee in the GTHL, OMHA, OWHA and OHA
- Each official is evaluated 2-3 times per season

Referee Complaint Process

The MHL developed the Referee Liaison Committee during the 2006-07 season. Working in conjunction with the Association Discipline Chairs, the MHL will review legitimate complaints regarding referees and take appropriate action when required.

If you have a complaint regarding a referee, you (as the Team Head Coach) must document and communicate the issue to your Association Discipline Chair. The following are the only complaints that will be entertained:

- 1) **Lack of knowledge of the Rules and Regulations**
- 2) **Misinterpretation of the Rules and Regulations**
- 3) **Poor Conduct**

Complaints of a Harassment or Abuse nature must be communicated through the H&A policy "Complaint In-Take Form" which can be found on the MHL web-site (www.hockey.on.ca) and in the MHL Yearbook.

SCHEDULING EXEMPTIONS/TOURNAMENTS

Each team is allowed to enter only 2 “regular season” tournaments requiring scheduling exemptions

Each team must apply to the MHL for permission to participate in sanctioned tournaments. Pre-season (Early Bird) and post-season tournaments are unrestricted. During the season, a team is permitted a maximum of 2 tournaments that involve scheduling exemptions.

No tournament exemptions are allowed during playoffs. A team may choose to use one or more of its 2 scheduling exemptions to allow for tournaments or team functions, or to avoid conflicts with school trips or religious holidays.

Any Team wishing to enter a Tournament must first submit to the MHL Office a Tournament Permission Form accompanied by a ten dollar (\$10.00) permission fee. Teams have the option of applying for tournament permission on-line at the MHL web-site or in person at the MHL office. (“in-person” applications will require Team Officials to obtain a signature of approval from the respective Association President on the required form).

Where an MHL Schedule exemption is required, the Tournament Permission Form must be submitted.

- House league teams must submit a Tournament Permission Form at least 3 weeks prior to the tournament which starts up to the third Sunday following the convening period end date. Tournament permission forms for all other tournaments must be submitted 6 weeks prior to the tournament start date.
- “A” teams must submit a Tournament Permission Form at least 6 weeks prior to the tournament start date.

Any team who enters a tournament without a Tournament Permission Form will be subject to sanctions by the MHL Board of Directors or Special Committee including denied future Tournament permissions and may result in the suspension of Team staff.

EXHIBITION GAMES - GAME OFFICIALS COST & PROCESS

Each coach wishing to hold an exhibition game must apply for sanctioning from the MHL through the on-line application (www.hockey.on.ca). Teams are required to give 72 hours notice to request Game Officials. Please also contact the Manager, Game Officials at the MHL office 24 hours prior to your exhibition game to confirm the game officials' attendance. (The sanction fee for exhibition games inside Mississauga is \$0.00. The cost for sanctioning to participate in a game outside of Mississauga is \$5.00). All participating MHL teams must obtain sanctioning prior to participation in any exhibition game.

PRICES FOR GAME OFFICIALS for EXHIBITION GAMES: GTA ARENA (i.e. Mississauga, Toronto)

2-man	Minor Novice - Minor Pee wee	\$40 per hour
2-man	Pee wee and up	\$50 per hour
3-man	Pee wee A – Minor Bantam	\$80 per hour
3-man	Bantam and up	\$95 per hour
Timekeeper		\$15 per hour

OUTSIDE GTA ARENA (i.e. Oakville, Brampton, Milton etc...)

2-man	Minor Novice- Minor Pee wee	\$50 per hour
2-man	Pee wee and up	\$60 per hour
3-man	Pee wee A – Minor Bantam	\$95 per hour
3-man	Bantam and up	\$110 per hour
Timekeeper		\$20 per hour

SCHEDULES

How many games?

The regular season schedule for 'A' teams is 35 games and between 21 to 24 for House League. The season schedule, game results and standings can be found on the MHL web-site at www.hockey.on.ca in the Game Centre.

How far in advance are games scheduled?

During the convening period, games are scheduled 1 week at a time for all House League divisions. The games beginning on Saturday are typically posted on the Wednesday or Thursday prior.

Regular season House League games are scheduled 6 weeks in advance 3 weeks following convening except at the end of a season when short notice may be necessary. The 'A' regular season games are scheduled 30 days prior to the season start date.

Playoff games are scheduled as early as possible but the amount of notice depends upon the urgency of the moment. In some cases less than 24 hours' notice will be provided.



ARENA ADMISSION / GATE FEES

Team officials, Association Officials and League Officials will be admitted free of charge to all games upon presentation of their MHL Pass, which will be issued by the League upon registration. Any person not having an MHL Pass when seeking admission to a game **MUST** pay the regular admission fee. Players who are holders of a Team Official's Pass or a Game Official's Pass may not use their pass when entering the arena as a player.

FEES	WHAT DO THEY PAY FOR?
REGISTRATION FEES	<ul style="list-style-type: none"> • Practice Ice • Uniforms • Association Awards • Association Banquets
GATE FEES	<ul style="list-style-type: none"> • Game Ice • Referees • Time Keepers • Championship Awards • Administration of the League

***It is important that coaches understand and educate parents about the use of registration and gate fees in the Associations and the League.**

GATE FEE – 2010-11 SEASON

The MHL will be implementing an increase in the Gate Fee for the 2010-11 season. This will be the first increase since 2005. Each season, the average cost of ice has increased by 3-5%. Coupled with the inclusion of the HST (Harmonized Sales Tax), the MHL is required to implement an increase to a \$5.00 gate fee for all players and spectators for the first time in half a decade. (Spectators who are 15 years of age and under and those who are 60 years of age and older are granted free access to every MHL game).

2010-11 GATE FEE OPTIONS

Individual tickets \$5.00

Bundles of 10 tickets \$45.00 (10 tickets for the price of 9)

*Please stay tuned to the MHL web-site and publications for updates regarding the Gate Fee strategy for upcoming seasons.

MHL Passes will be issued on the following basis:

- The MHL Office will issue Passes to Associations for distribution to Team Officials following approval of their Registration Certificates.
- Each Team may register up to five Team Officials. Where five Team Officials are registered, one of them must have obtained a Trainer's certificate. A maximum

of five Team Officials may appear on the bench at any game. House League teams wishing to register 5 Team Officials will be required to purchase the fifth pass at a cost of \$100.00 payable to the Mississauga Hockey League.

An MHL Pass will be the only documentation that will be accepted by a Referee as being a valid entitlement (i.e. proof of registration and insurance) for any Team Official to be on the bench during a game. ***(Don't forget your pass. Without it, referees may have no choice but to remove you from the bench).***

Special passes are sometimes issued with expiration dates. Expired passes are not valid and will not be accepted by Ticket personnel. (As well, all passes will expire at the completion of each season and will not be accepted for arena admission the following season).

Any person who allows his MHL Pass to be used illegally by another person will have his pass privilege revoked for a period of one year and be subject to a fine of \$200.

INJURIES

CONCUSSIONS

Background (as defined by the Brain Association of America and the Canadian Academy of Sport Medicine)

- A concussion may be sustained through a variety of mechanisms. A direct blow to the head, blow to the jaw, sudden twisting or shearing force and a sudden deceleration of the head (similar to a "whiplash" – type injury) can all produce concussive signs and symptoms.
- Both closed and open head injuries can produce a concussion. A concussion is the most common type of traumatic brain injury.
- A concussion is caused when the brain receives trauma from an impact or a sudden momentum or movement change. The blood vessels in the brain may stretch and cranial nerves may be damaged.
- A person may or may not experience a brief loss of consciousness (not exceeding 20 minutes). A person may remain conscious, but feel "dazed" or "punch drunk".
- A concussion may or may not show up on a diagnostic imaging test, such as x-rays, CAT Scans and MRI's.
- Skull fracture, brain bleeding, or swelling may or may not be present. Therefore, concussion is sometimes defined by exclusion and is considered a complex neurobehavioral syndrome.
- A concussion can cause diffuse axonal type injury resulting in permanent or temporary damage.
- A blood clot in the brain can occur occasionally and be fatal.
- It may take a few months to a few years for a concussion to heal.

MHL PHILOSOPHY

The MHL believes that the participant's safety and health is paramount and should be first and foremost in determining the most appropriate time in which a player may return to play once that individual has suffered a suspected or identified head injury.

MHL Concussion Policy:

Any player who has been diagnosed by a physician to have any degree of concussion from any activity will NOT be permitted to return to playing status in the MHL, including practices or dry land training, without the written authorization from that physician on the MHL "RETURN TO PLAY" form, being supplied to the MHL

Office.

Injuries

Any injuries incurred during team activities must be reported to the MHL via the Hockey Canada injury report found on the MHL web-site at www.hockey.on.ca

It is recommended that all coaching staff members have a hard copy of the HC Injury report with them during all team activities.

INJURY	FORMS REQUIRED TO BE SUBMITTED TO THE MHL OFFICE
All Injuries during any MHL activity (including practices, games, exhibition games and tournaments)	<ul style="list-style-type: none"> Hockey Canada Injury Report
Concussion	<ul style="list-style-type: none"> Hockey Canada Injury Report Return to Play Form (players are not permitted to engage in any MHL activity until the Return to Play form is received by the MHL office)

- Any claims must be presented within 90 days of the injury

In an effort to provide greater support to injured players, the MHL has partnered with Dr. Chris Woollam of The Sports Clinic at University of Toronto ~ Mississauga campus. Dr. Woollam is a certified sport physician in the Canadian Academy of Sport Medicine. He is the team physician to the Mississauga St. Michael's Majors as well as medical director to the Mississauga and Toronto marathons. Most recently, he acted as a consulting physician to the 2010 Men's Olympic hockey teams. Dr. Woollam focuses on shoulder and head injuries in the sport of hockey and if unable to treat will be able to refer to another sports medicine doctor in Mississauga.

The Sports Clinic – University of Toronto – Mississauga Campus
 Recreation, Athletic & Wellness Centre
 3359 Mississauga Road North
www.sportsclinic.ca
 Tel: 905-820-9292

EQUIPMENT

Quality, proper fitting equipment lessens the risk of injury. As a coach, you may have parents who are inexperienced in purchasing and/or fitting of hockey equipment. To ensure the safety of your players (and to offer the most enjoyable experience possible), players should be fit with proper sized and quality equipment. It is recommended that parents be referred to or consult with a professional sports equipment retailer who is knowledgeable and experienced in this field. Pro Hockey Life is an official partner of the MHL, located at 5945 Latimer Drive in Mississauga (Heartland location) and will be able to answer all your equipment questions and meet your hockey needs.



MHL RESOURCE LIBRARY

Did you know that the MHL has a resource library for coaches at the MHL office? Coaches are welcome to borrow resource materials (including Hockey Canada drills manuals for different ages and positions, instructional DVDs, VHS tapes and additional literature). Contact the MHL office at (905) 607-1118 for complete information.

HOCKEY COACHING ABC's

During the 2007-08 season, the MHL Development Committee provided every team with one copy of "Hockey Coaching ABCs – A Program for Developing the Complete Player". (The book is a basic manual for all levels including practice cards for beginners and up). Any new Head Coaches for the 2010-11 season will have an opportunity to obtain a copy of this valuable resource as well.



2010 - 2011
OFFICIAL GAME SHEET

Check for suspensions after each game. Please reference the OHF Minimum Suspension List in the MHL Yearbook

DATE OF GAME: _____

ARENA: _____

SCHEDULED START TIME: _____

DIVISION:

CATEGORY:


[illegible]

Players should be listed as per MHL Regulation #30.02. For example, ABS, AP, "C", "A", etc.

It is your responsibility to pick up your copy of the game sheet after each game.

[illegible]

Please remember to accurately list any suspended players or Team Officials

AC		I CERTIFY THAT THE PLAYERS AND TEAM OFFICIALS LISTED HAVE VALID REGISTRATION CERTIFICATES FOR THE CURRENT SEASON.
AC		
M		
T		
HCP # _____		SIGNATURE OF HOME TEAM OFFICIAL _____

[illegible]

TIMEKEEPER'S REPORT	
START TIME	
START DATE	
NAME (PLEASE PRINT)	
SIGNATURE	

Coaches should be listed as per MHL Regulation #30.02

VISITORS:	
NO.	PRINT NAMES "A" - AFFILIATED PLAYER, "C" - CAPTAIN, "A" - ALTERNATE
G	
G	

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
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AC	AC	M	T

NO.	SUPP.	PLAYERS	TEAM	OFFICIALS	NO. OF GAMES
					Of
					Of
					Of
					Of
					Of

VISITOR'S PENALTIES				VISITOR'S SCORING				
1. NO.	PENALTY MIN. CODE	PLAYER NAME	TIME	PER.	TIME	G	A	A
			1					

[illegible][illegible]

I CERTIFY THAT THE PLAYERS AND TEAM OFFICIALS LISTED
HAVE VALID REGISTRATION CERTIFICATES FOR THE
CURRENT SEASON.

SIGNATURE OF VISITING TEAM OFFICIAL

REF/REE(S) REPORT			
<p>LIST THE REFERREES, CERTIFY THAT YOU HAVE TAKEN THE SAME GAME REPORT AND ENTER THAT INFORMATION CONCERNING GOALS SCORED AND MATERIAL ASSIGNED. E. CONNECT</p>			
REFERREE	NO.	SIGNATURE	
REFERREE/LINESMAN	NO.	SIGNATURE	
LINESMAN	NO.		

Please include Trainer

Please include Trainer certification number



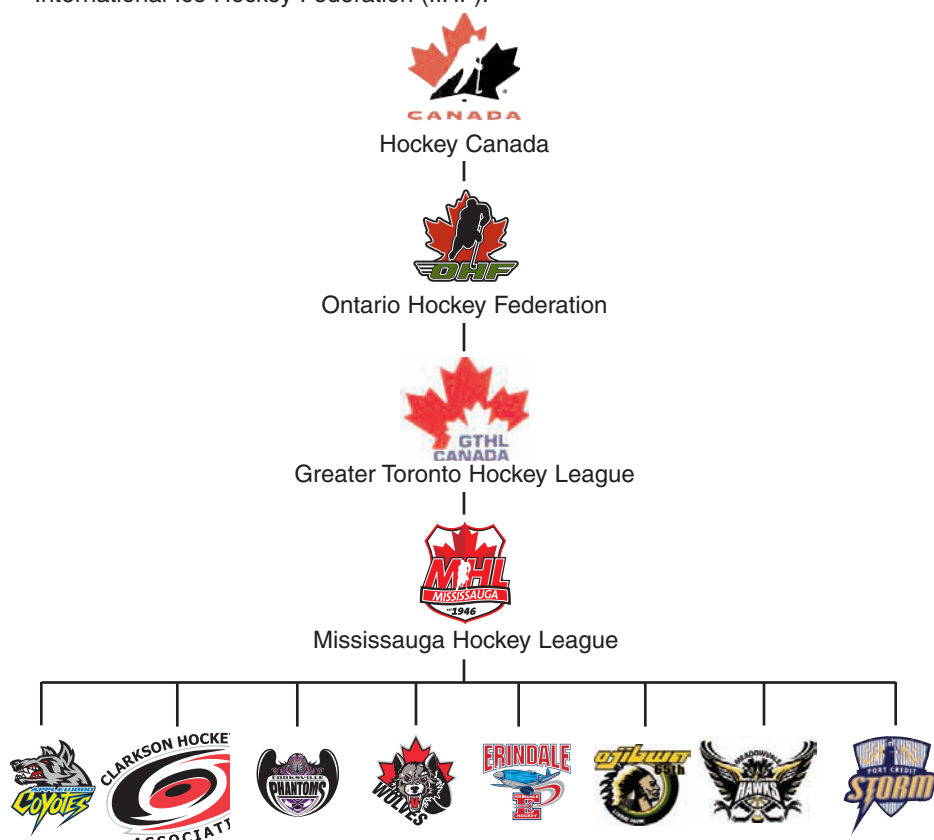
SEE REVERSE FOR DESCRIPTION OF PENALTY CODES AND ABBREVIATIONS

DISPOSITION OF GAME REPORT: ORIGINAL - MHL OFFICE FIRST COPY - HOME SECOND COPY - VISITORS

HOW IS THE MHL SET-UP?

The MHL functions as an independent organization under the authority of the City of Mississauga, Community Services Department, Recreation and Parks.

The MHL is comprised of eight Area Hockey Associations including; Applewood, Clarkson, Cooksville, Credit Valley, Erindale, Lorne Park, Meadowvale and Port Credit. The MHL's immediate governing body is the Greater Toronto Hockey League (GTHL) which in turn is governed by the Ontario Hockey Federation (OHF). The ultimate governing body is Hockey Canada. For administrative purposes, the MHL through its affiliation with the GTHL receives administrative guidance, insurance coverage, and a linkage with the OHF and Hockey Canada. Linkage with Hockey Canada provides access to rules and regulations and is also necessary for regulation of play with other associations in Canada or internationally through Hockey Canada's membership in the International Ice Hockey Federation (IIHF).



The MHL is one of the largest House Leagues in Canada with over 7,000 players registered on over 450 teams. The League offers programs for players aged 4 to 20 years and of varying hockey abilities. **There are no geographical boundaries in the Mississauga Hockey League restricting players certain Associations for registration. Players can register in the Association of their choice.**

COACHES – REMIND YOUR PARENTS ABOUT CHILDREN'S FITNESS TAX RECEIPTS

Beginning in 2007, the Government of Canada began allowing a non-refundable tax credit of up to \$500, to be paid to parents for registering a child in an eligible program of physical activity. Registration in the MHL qualifies within the parameters set out in this program. Tax credits will be provided for registrations beginning February 1 of each season. Members simply need to print their receipts through the registration system on their respective Association web-site.

WEB-SITES AND OTHER CONTACT INFORMATION



Mississauga Hockey League

3065 Ridgeway Drive – Unit 34
Mississauga, Ontario
L5L 5M6
Tel: (905) 607-1118
Fax: (905) 607-1124
Web-site: www.hockey.on.ca



Applewood Hockey Association

www.applewoodhockey.on.ca



Clarkson Hockey Association

www.clarksonhockey.ca



Cooksville Hockey Association

www.cooksvillehockey.ca



Credit Valley Hockey Association

www.creditvalleywolves.com



Erindale Hockey Association

www.erindalehockey.com



Lorne Park Hockey Association

www.lpha.ca



Meadowvale Hockey Association

www.meadowvalehockey.com



Port Credit Hockey Association

www.portcredithockey.com



Greater Toronto Hockey League

www.gthlcanada.com



The Ontario Hockey Federation

www.ohf.on.ca



Hockey Canada

www.hockeycanada.ca



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Team Headquarters

10% off* **all food items for** **MHL players, families** **and coaches**

* must show proof of MHL ticket to redeem

CONTACT US TODAY FOR FUNDRAISING OPPORTUNITIES

For Mississauga Team Reservations Please Call:

Erin Mills 2915 Eglinton Avenue, **905 . 569 . 0517**

Courtneypark 50 Courtneypark Drive, **905 . 565 . 6225**

Mississauga Road 6978 Financial Drive, **905 . 819 . 9299**

Square One 35 Square One Drive, **905 . 896 . 4646**

Dixie & Eglinton 1510 Aimco Boulevard, **905 . 625 . 1265**



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