

# **JUNIOR A SUPPLEMENT PLAYER HANDBOOK**



**2016-2017**

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### **JUNIOR A SUPPLEMENT**

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# INTRODUCTION TO THE JUNIOR A SUPPLEMENT

## PLAYER RESPONSIBILITY

The Junior A Supplement has been created to protect junior-aged hockey players and provide the best opportunity for their continued development. It is critical that you, the Junior A player, read and understand this document and what it means to you. Specific negative and high-risk behavior has been targeted to ensure that your hockey experience takes place in the safest and most competitive environment possible.

As a player you must take control of your actions and respect both the rules of the game and your opponent. The Junior A Supplement has been created for your safety. **Controlling your actions and behavior** on the ice is what defines you as a player during your development.

The Junior A Supplement brings accountability to coaches and players for any negative actions that may thwart the development of our players and the Junior A game itself. Your responsibility is to understand the consequences of these negative actions and the subsequent discipline that shall be enforced.

You can develop as an athlete in this environment and benefit from the safe and fair environment that the Junior A Supplement provides for all involved. We ask that you take the time to evaluate your priorities as a responsible player and read this document in its entirety. Your understanding of the Junior A Supplement shall lead you to an improved hockey development experience.

## THE JUNIOR A COACH AND PLAYER

The game today has evolved due to the effort and expertise of our coaches and team staff. Junior A hockey has had unprecedented growth in the areas of player development and advancement, educational opportunities, professional opportunities and an increased profile in elite hockey circles. Make no mistake – OUR COACHES ARE RESPECTED TRUSTEES OF THE GAME.

At the Junior A level, coaches need to win and players need to develop and advance. The resulting relationship between coach and player creates unique challenges that we must address if we are to have success in creating change.

While players and the coaches may begin with the best intentions, the pressure on each to achieve their individual objectives can create an environment where poor decisions are made.

While emotion is what helps make hockey such a great game, we need to ensure that those responsible for guiding and developing players – our coaches – are held responsible for the actions of those under their charge. WE BELIEVE IN OUR PLAYERS.

The Junior A Supplement includes responsibility and emphasis on the role of the coaches and the teams. WE SHALL NOT ALLOW OUR PLAYERS TO BE SACRIFICED IN THE NAME OF WINNING.

## **THE GAME MUST SELL**

Junior A hockey is funded through the support of communities in which our franchises operate; therefore, the product on the ice needs to sell to the fans that purchase tickets as well as the businesses and organizations who sponsor the teams. The game must be entertaining, emotional and played with skill.

The Junior A Supplement protects the integrity of the game by allowing for the emotion and intensity that fans and sponsors want while eliminating the parts of the game that do not align with our goals or that only appeal to the few.

## **DEFINING BULLYING AND VIOLENCE**

### **BULLYING**

Bullying in hockey is an act of repeated aggressive behavior in order to harm another person physically or mentally. Bullying consists of three basic types of abuse – emotional, verbal, and physical. Bullying is characterized by an individual behaving in a certain way to gain power over another person. Examples of bullying can be a high hit to the head; a cheap hit from behind when the victim cannot see it coming; repeated instructions from a figure of authority (coach); a fight either planned or reactionary; verbal taunts or gestures; or any number of other rule infractions that are defined as penalties in hockey.

### **VIOLENCE**

Violence is an act of aggression outside the playing rules that involves the intention to hurt or emerge superior to others. Violence may or may not involve physical injury and is the result of many different motives. Violence may occur because of aggressive intent. Elite sports are based on the compulsion to win, which if not adequately fulfilled can elicit extreme behavioral patterns. Such patterns outside the playing rules are penalized and if required additional discipline measures are imposed on the individual.

### **ADDRESSING BULLYING AND VIOLENCE IN JUNIOR A HOCKEY – SOLUTIONS FOR TODAY’S GAME**

In addressing bullying and violence in Junior A hockey we developed the following criteria.

- A proactive bullying/violence prevention program for Junior A hockey that aims to reduce the victim/bully issues by increasing awareness of the problem and knowledge about it.
- To achieve active involvement on the part of managers and coaches to reduce these tactics.
- To develop rules and sanctions against bullying/violent behaviour.
- To provide participants with education, support and protection. Education and intervention occurs at practice, the game and on an individual basis.

The blueprint of the program is the Junior A Supplement that isolates and strengthens many Hockey Canada playing rules in an effort to reduce bullying and violence.

### **OBJECTIVES OF THE PLAYERS HANDBOOK**

The objective of the Players Handbook is to provide a resource that players can use to learn about and understand the new regulations contained within the Junior A Supplement. The sections that follow explain to players these regulations and the consequences for playing outside this new set of rules.

## KEYS TO SUCCESS

**Knowledge:** It is important to understand the contents of the Junior A Supplement and how it affects you as a player. You must understand all of the unique applications – especially those that differ from traditional Hockey Canada Rules. It is crucial that you seek clarification from your coaches and ensure you are clear on the intent and consequences of the regulations.

**Communication:** All Coaches and Players in the CJHL must learn to play under these regulations. As a player, you need to be prepared to communicate effectively and understand that there may be frustration with the new rule emphasis. You must be prepared to adapt to the new expectations that shall be required of you.

**Responsibility:** It is your responsibility to know and understand all of the rules and the consequences contained within the Junior A Supplement. Further, you are responsible for your actions on the ice and for contributing towards a safe development opportunity for all participants within the league.

## JUNIOR A SUPPLEMENT

### SECTION 1 – BLOWS TO THE HEAD, DANGEROUS HITS AND CHECKING FROM BEHIND

#### REGULATION 1 – BLOWS TO THE HEAD

The following situations shall be subject to suspension:

**1.1 Illegal Act:** If a player is fouled or hit illegally, for which a penalty is being assessed, and as a result of the illegal hit the player hits his head on the glass, ice or the boards in a manner that results in a head injury, this shall be construed as a Blow to the Head and a major and game misconduct or match penalty shall be assessed.

- Major Penalty – minimum 2 game suspension.
- Match Penalty – minimum 3 game suspension.

**1.2 Direct Blow to the Head:** If a player intentionally raises his stick, hands, forearm, gloved hand or elbow to hit an opponent in the head area, or deliberately drives his stick, forearm, elbow or gloved hand into the player's head in any manner, it shall be called a Blow to the Head and shall receive a minor and 10 minute misconduct, or a major and game misconduct, or match penalty. See after 2.4 for suspensions

#### REGULATION 2 – DANGEROUS HITS, CLIPPING AND LOW HITS, GOALTENDER INTERFERENCE

Should a player deliver a hit to the head area of an opponent who is in a vulnerable position, he shall be assessed a minor and 10 minute misconduct, a major and game misconduct or match penalty for Blow to the Head. A player is considered to be vulnerable under the following circumstances:

**2.1 Blind Side Hit** - If he is hit in the head with a blind-side check from the side. A body check from the front is not considered to be a blind-side check, even if the player has his head down.

**2.2 Late Hit** – If he does not have control of the puck, or has passed the puck or lost control of the puck for a sufficient amount of time that the opponent could play the puck or follow the movement of the puck as opposed to hitting the unsuspecting player in the head area.

**2.3 Cheap Hit** – If he is defenseless while down on the ice and the opponent deliberately makes contact in any manner with his head area.

**2.4 Leaving the Feet** - Should both of a player's feet clearly have left the ice prior to him making a shoulder check that contacts the opponent in the head area, the player shall receive a minor and a 10 minute misconduct, or major and game misconduct or match penalty for Blow to the Head.

Suspension guidelines for 1.2 and 2.1 to 2.4 are as follows:

- Minor Penalties – A player shall receive a 2 game suspension upon receiving his 3<sup>rd</sup> minor penalty for a Blow to the Head in the same season. An additional 2 game suspension shall result for each subsequent minor in the same season.
- Major Penalty – automatic minimum 2 game suspension.
- Match Penalty – automatic minimum 3 game suspension.

**2.5 Clipping and Low Hits** – Clipping (hits below the waist) shall be penalized under the following definition: Clipping is the act of throwing the body, from any direction, across or below the knees of an opponent. A player or goaltender may not deliver a check in a “clipping” manner, nor lower his own body position to deliver a check on or below an opponent’s knees.

An illegal “low hit” is a check that is delivered by a player or goalkeeper who may or may not have both skates on the ice, whose sole intent to check the opponent in the area of his knees. A player or goalkeeper may not lower his body position to check an opponent’s knees.

- Minor Penalties – A player shall receive a 2 game suspension upon receiving his 3<sup>rd</sup> minor penalty for clipping or a low hit in the same season. An additional 2 game suspension shall result for each subsequent minor in the same season.
- Major Penalty – automatic minimum 2 game suspension.
- Match Penalty – automatic minimum 3 game suspension.

**2.6 Goaltender Interference** – 2 or more goaltender interference penalties in the same game shall be subject to disciplinary action.

- Minor Penalties – should a team be charged with a second goaltender interference penalty in the same game, the player committing the second infraction shall receive a game misconduct and a 1 game suspension.
  - Any subsequent goaltender interference penalties by the same team in same game shall result in a game misconduct, a 2 game suspension to the player, a 1 game suspension to the coach and a \$500 fine to the team for each occurrence.
- Major Penalty – automatic minimum 2 game suspension.
- Match Penalty – automatic minimum 3 game suspension.

### **REGULATION 3 – CHECKING FROM BEHIND**

**3.1 Checking From Behind:** There are three possible penalties for checking from behind: a minor penalty, a major penalty and game misconduct or a match penalty. The suspension guidelines are as follows:

- Minor Penalties – A player shall receive a 2 game suspension upon receiving his 3<sup>rd</sup> minor penalty for Checking from Behind in the same season. An additional 2 game suspension shall result for each subsequent minor in the same season.
- Major Penalty – automatic minimum 2 game suspension.
- Match Penalty – automatic minimum 3 game suspension

## **SECTION 2 – ACCUMULATED MAJORS AND NON-FIGHTING GAME MISCONDUCTS**

### **REGULATION 4 – ACCUMULATED MAJOR PENALTIES – NON-FIGHTING**

**4.1 Major Penalties** - All leagues have seen consistent decreases in the number of major penalties. The objective is to further strengthen the deterrent by targeting those players that who may be habitual in their actions. A player accumulating three or more major penalties shall be subject to the following suspensions:

- Upon receipt of a 3<sup>rd</sup> non-fighting major penalty – 3 game suspension.
- Each major penalty thereafter shall result in a 3 game suspension.



## **REGULATION 5 – ACCUMULATED NON-FIGHTING GAME MISCONDUCTS**

**5.1 Game Misconducts** - A player accumulating six or more non-fighting game misconduct penalties shall be subject to the following suspensions:

- Upon receipt of 6<sup>th</sup> Game Misconduct Penalty – 1 Game Suspension and \$500.00 team fine.
- Upon receipt of 7<sup>th</sup> Game Misconduct Penalty – 2 Game Suspension and \$750.00 team fine.
- Upon receipt of 8<sup>th</sup> Game Misconduct Penalty – 3 Game Suspension and \$1,000.00 team fine.
- Upon receipt of 9<sup>th</sup> Game Misconduct Penalty – 4 Game Suspension and \$1,250.00 team fine.
- Any additional non-fighting Game Misconduct Penalties shall result in an indefinite suspension and full review by the league of the player and the team to determine an appropriate suspension and team fine.

## **SECTION 3 – INSTIGATING AND FIGHTING**

### **REGULATION 6 – INSTIGATING**

**6.1 Instigator Definition** – A player who, by his physical or verbal actions or demeanor, is responsible for starting or causing, or attempting to start or cause, a fight based on any one or more of the following criteria:

- throwing or attempting to throw the first punch
- verbal invitation, instigation or threat
- distance traveled to the altercation
- removing gloves first
- attempting to throw, throwing or continuing to throw punch(es) at an opponent who has physically or verbally expressed unwillingness to fight
- attempting to throw, throwing or continuing to throw punch(es) at an opponent who is in a defenseless position
- menacing attitude or posture towards an opponent
- retaliation for a legal or illegal action (e.g., body check)

**6.1 Accumulated Instigator Penalties** - A player accumulating two or more instigator penalties in the same season shall be subject to the following suspensions:

- Upon receipt of 2<sup>nd</sup> instigator penalty – 1 game suspension and \$500 team fine.
- Upon receipt of 3<sup>rd</sup> instigator penalty – 2 game suspension and \$750 team fine.
- Upon receipt of 4<sup>th</sup> instigator penalty – 3 game suspension and \$1,000 team fine.
- Upon receipt of 5<sup>th</sup> instigator penalty – 4 game suspension and \$1,250 team fine.
- Any additional instigator penalties shall result in an indefinite suspension and full review by the league of the player and the team to determine an appropriate suspension and team fine.

### **REGULATION 7 – FIGHTING**

Two or more fights on the same stoppage of play shall be deemed to be a multiple fight situation and shall be subject to disciplinary action.

**7.1 Two Fights on the Same Stoppage** - When two fights occur during the same stoppage of play, players involved in the second fight shall be subjected to an automatic suspension.

- If there is no instigator in the second fight – each player is suspended 1 game.
- If there is an instigator in the second fight – the instigating player is suspended a minimum of 2 games and the team is fined \$500.00. The non-instigating player shall not be suspended.

**7.2 Three or More Fights On the Same Stoppage** – When three or more fights occur during the same stoppage of play, players involved in the second fight and all subsequent fights shall be subjected to an automatic suspension.

- If a team is identified as the instigator of the multiple fight situation, the following minimum penalties shall be applied:
  - Instigating player(s) - 5 game suspension.
  - All players from instigating team who participated in multiple fight situation – 2 game suspension.
  - Coach of instigating team – 1 game suspension.
  - \$1,000 team fine for instigating team.
  - If it is clear by the evidence that the multiple fights were instigated by one team, players from the non-instigating team shall not be suspended.
  
- If an instigator is not identified, the following minimum penalties shall be applied:
  - All participating players – 2 game suspension.
  - Coaches – 1 game suspension.
  - \$1,000 fine per team.
  - Players involved in the initial fight shall not be subject to the multiple fight penalties and suspensions.
  - Participation in subsequent multiple fight situations within the same season shall result in increased fines.

**7.3 Leaving the Bench** - Any player that leaves the bench, bench area, dressing room, or penalty box to become engaged in a fight or become a third-man in a fight shall result in the following minimum penalties:

- 6 game suspension.
- \$1,500 team fine.

**7.4 Staged Fights** – Should a player enter the ice surface after a whistle and get involved in an altercation before or immediately after the drop of the puck to start the new play and at the conclusion of any game when players have left the bench shall be deemed a staged fight.

**7.4.1 Staged Fights** - Players participating in a staged fight shall be subject to a suspension.

- If there is no instigator, each player shall be suspended 3 games and the teams shall be given a verbal warning by the game official.
- If a subsequent staged fight occurs in the same game, the participating players shall be suspended 3 games, the coaches shall be ejected from the game and the team shall be fined \$600.00
- If a player is identified as the instigator of a staged fight, the instigating player(s) shall receive a 5 game suspension and the coach shall receive a 2 game suspension and the team shall be fined \$600.00

**7.5 Fights in Pre-Game or Period End** - If a fight occurs during the pre-game warm-up, prior to the start of the game or the start of a period, or at the conclusion of a period, the following shall apply:

- Each team shall be fined \$1,500 plus any other additional fines or suspensions which may be applied.
- Any player involved in a fight during the pre-game warm-up, prior to the start of the game or the start of a period, or at the conclusion of a period. shall receive a minimum (2) two game suspension plus any other penalties which may be applied.
- If an instigator is identified in the above situations, the following minimum penalties shall be applied:

- Instigating player(s) - 5 game suspension.
- Coach – 3 game suspension.
- \$1,500 team fine.

**7.6 Fights in the Last 10 Minutes of a Game** - If a fight should occur in the last ten minutes of the game, the coaches of both teams shall be issued a warning that a subsequent fight will result in game misconducts to coaches. However, if an instigator is identified in such subsequent fight, only the coach of the instigating player shall receive the game misconduct.

**7.7 Goaltender Fighting** – Fighting by Goaltenders shall result in the following suspensions:

- Any fights between goaltenders is a minimum three games
- Should the goaltenders of the two clubs meet between the blue lines and fight, the goaltenders shall each be issued a game misconduct and be suspended for three games.
- Should one goaltender go inside the other club’s blue line to fight with the other goaltender, he shall be issued a game misconduct and suspended for five games.
- Should a goaltender be involved in fighting with an opposing goaltender a second time in the season, a six game suspension shall be issued.
- Should a goaltender leave the crease to engage in a fight with any player other than a goaltender, he shall be suspended a minimum of two games.
- Should a goaltender get involved in a multiple fight situation in his end of the arena, but not fight the other goaltender, it shall be classified as a multiple fight situation and be subject to a two game suspension and as well as any other penalties or suspensions that may apply.
- Any extraordinary circumstances surrounding a goaltender’s actions shall be reviewed by the league and disciplined accordingly.

**7.8 Removing Equipment to Fight** – Any player who purposely removes playing equipment prior to or in preparation for a fight shall be subject to a suspension.

**7.8.1 Removing the Helmet** - If a player deliberately removes his helmet to fight or challenge an opponent to fight, or deliberately removes the helmet of his opponent, he shall be assessed a gross misconduct penalty and a minimum 1 game suspension.

**7.8.2 Removing Other Equipment** - If any player leaves any equipment on the bench in preparation for a fight, he shall be issued a game misconduct in addition to any other penalties that may apply and suspended for a minimum of one game. The Head Coach of the team shall be issued a game misconduct and suspended for one game. Should a second situation occur with the same player and team, the suspension shall be two games to the player and the Head Coach in addition to a full review.

**7.9 Accumulated Fighting Majors** – Above and beyond the preceding fighting regulations, all fighting majors shall tracked and accumulated and shall result in the following suspensions based on accumulated totals:

- Upon receipt of 5<sup>th</sup> fighting major - 1 game suspension
- Upon receipt of 6<sup>th</sup> fighting major - 3 game suspension and \$750 team fine
- Upon receipt of 7<sup>th</sup> fighting major - 4 game suspension and \$1,000 team fine
- Upon receipt of 8<sup>th</sup> fighting major - 8 game suspension and \$1,250 team fine
- Any subsequent fighting major shall result in a complete review by the league to determine an appropriate suspension and team fine.

## SECTION 4 – ACCUMULATIONS IN MULTIPLE CATEGORIES

### REGULATION 8 – ACCUMULATIONS IN MULTIPLE CATEGORIES

**8.1 Accumulated Infractions** – For all the categories listed below players who are on the accumulated suspension border in more than one category may be reviewed.

- **Checking from Behind (Minor, Major or Match)**
- **Blows to the Head (Minor, Major or Match)**
- **Non-Fighting Majors**
- **Instigators**

Upon receipt of 5<sup>th</sup> infraction from any of the above categories (and any subsequent infraction thereafter) a player will receive an automatic 1 game suspension, which suspension is in addition to any suspension that may apply under the specific regulation relating to such category. Such player will also be required to participate in a hearing among the player, his coach and a league official to discuss, among other things, the objectives of the Junior A Supplement, specific regulations contained in the Junior A Supplement, the player's impugned behavior, the responsibility of the player to adjust his behavior and actions and the consequences if such player fails to correct his behavior and actions. Should a second hearing be required, the player will receive a minimum 1 game suspension plus additional discretionary discipline based on the nature of the subsequent infraction.

Note: All accumulations and consequences are in force for the entire regular season and playoffs.

#### **Appendix Junior A Supplement Player Handbook**

When two players are fully engaged in a fight or wrestling on the ice (each equally involved), the result will be that both players will be assessed a Major penalty plus a Game Misconduct for fighting and both are ejected from the game.

However, the rules specifically state that one player may be assessed a Major plus a Game Misconduct for fighting and the opposing player a Minor for roughing or perhaps not assessed any penalty. In this case, the player receiving the Major penalty would also receive an extra Minor penalty as instigator as well as being ejected from the game.

In the event that one player makes no attempt to retaliate other than to protect or defend himself, and in the opinion of the referee does not engage in the fight, one player may be assessed a Major penalty plus a Game Misconduct for fighting and the opposing player a Minor for roughing or perhaps not assessed any penalty. In this case the player receiving the Major penalty would also receive an extra Minor penalty as instigator.

## **SUMMARY**

The game of hockey, especially at the Junior A level, is the best game in the world. The experience of competing and achieving with a group of like-minded young men is difficult, if not impossible to match in any other sporting endeavour. All of the participants in the game have an important role to play. The role of the League Office and its administrators is to enforce the rules and regulations. More importantly, it is to create a game environment that is safe for the players, but also challenges them to enhance their hockey skill development.

The Junior A Supplement shall make the game safer and shall provide enhanced development opportunities for all players.

## **PLAYER RELEASE POLICY**

It is important for players to know that their team is forbidden from releasing them if the player is under suspension. This means that players cannot be demoted or released outright until the suspension has been served in full by the player. If a player is traded between Member Teams or Leagues, he will be required to complete his suspension prior to being eligible to compete for his new team. This applies at all times of the season including the January 10 roster deadline. In addition to the above, if players are traded to a team in another province the accumulation totals for all suspend-able offenses follow with the player to his new team.

## **SUSPENDED PLAYER RELEASE POLICY**

The purpose of this policy is to prevent Member Teams and Leagues from using the Junior A Supplement as a means to treat Suspended Players as “throw-away commodities”.

Member Teams governed by the Junior A Supplement are prohibited from releasing a rostered player who is serving a Member League suspension. A player who is under suspension while rostered on a Member Team may not be demoted or released outright until their suspension has been served in full.

A suspended player who is transferred to another Member Team or League must complete his suspension before being eligible to compete for their new team. Any penalties, misconducts or suspensions accumulated while competing for a Member Team shall follow the player whenever they are transferred during the playing season. This rule applies at all times of the season, including the January 10 roster deadline. Furthermore, each Member Team and League agrees that they will uphold and enforce any suspension issued by any other Member League.