

RULES and REGULATIONS 3.0

This document is designed to provide team Managers with the rules, regulations and procedures supporting the various Hockey Canada, Hockey Newfoundland and Labrador and NLU18MHL policies for the safe and respectful operation of U18 hockey under the NLU18MHL. Changes to these operating rules and regulations may take place at the AGM or at a Special Meeting of the Board of Directors.

Maintaining revision control of this document can be difficult as there may be numerous copies of this version and older versions in circulation. As a result, the Branch office will always maintain the official (most recent) version of the document on file. Also, the official (most recent) version of the document will be posted on the NLU18MHL website. The table below will track the various revisions.

Starting with the 2026/2027 season, the League will assume responsibility for the regional U16 AAA teams. Unless otherwise noted, the rules and regulations for the U16 and U18 Divisions will be the same.

V	Date	Description	Approved by:
1.0	Sept. 7, 2023	NLU18MHL AGM	BOD
	At the Sept. 7, 2023 AGM, the “old” constitution, V11, was separated into 2 governing documents; the By-Laws (V1) and the Rules and Regulations (V1)		
2.0	July 15, 2025	NLU18MHL Special Meeting	BOD
2.1	August 7, 2025	NLU18MHL Special Meeting	BOD
3.0	Rules and Regulations were adopted at a Special Meeting of the BOD on July 14, 2026 focusing on Player Eligibility for U16AAA.		

RULE 1: COACHING CERTIFICATION

To maintain a high level of competition conforming to elite athletes competing at a high standard of play at the national level, HNL requires specific qualifications. Teams wishing to add bench staff to their rosters should refer to the following link to ensure compliance with HC and HNL minimum requirements. Only eligible bench staff will be added to team rosters. If a team wishes to add a member to their staff who does not have the minimum requirements, approval must be obtained from the appropriate HNL member. The staff member can then be added on a temporary basis until the required certifications are achieved.

<https://hockeynl.ca/wp-content/uploads/2026/06/2026-2027-Hockey-NL-Coach-Volunteer-Requirement-Chart.pdf>

RULE 2: TEAM MANAGEMENT

Team management will consist of a Head Coach, 2 Assistant Coaches, Trainer, and a Team Manager. All teams must have a certified Hockey Canada Safety Person ("HCSP") on the bench for all games. The Administrator will register the team management using the Hockey Canada on-line database. A maximum of 5 bench staff can be on the gamesheet/bench for any game.

RULE 3: LEAGUE PLAY

Teams will play a minimum 32 game balanced schedule. The schedule will consist of 2 round robin tournaments where each team plays 4 games per tournament. In addition to these 8 games, each team will play the other 4 teams a total of 6 games each: 3 Home and 3 Away for another 24 games. Each year, 1 tournament will rotate between the Central Region and the Western Region, and the other tournament will rotate between the TriPen Region and the Metro Region.

RULE 4: SCHEDULE

The role of the League Scheduler will be the duty of the Administrator. Each participating member team shall adhere to all requirements of the League Scheduling Policy. The League Schedule shall, in all cases, be subject to ratification by the Board of Directors at a Special Meeting by a simple majority vote. Games will be scheduled to minimize absences from school and to minimize travel and accommodations costs.

All postponed games in the regular season league schedule must be rescheduled to take place during the Make-Up Weekend which will be the weekend after the last weekend of the regular season.

Games will ONLY be postponed due to weather conditions, that in the opinion of the travelling team, travel would jeopardize the safety of the players and staff. Games may also be postponed due to any other situation beyond the control of

the team. Games will not be postponed due to a team not being able to dress the minimum 12 players (11 skaters + 1 goalie) to start a game or if a team does not have a coach available for that weekend.

If a travelling team cannot travel due to weather, the home team will be responsible for the ice time if it cannot be returned to the ice provider. And the travelling team will be responsible for the on-ice officials if the game is not postponed within the time frame of the local referee association's policy.

1. Teams must declare an arena as their "Home Rink". Other rinks may be named as alternate rinks. However, playing at alternate rinks must not cause a financial burden to the visiting team. If there is an added cost for the visiting team to play at an alternate rink, the cost will be borne by the home team.
2. Teams must play the majority of their home games against each team in their home rink. Agreement from the visiting team is required before a game is moved from the home rink. If the visiting team refuses to give permission to relocate a game at the request of the home team, the President will have the final decision on the relocation of the game. Teams must be reasonable when requesting and accepting a request to relocate a League game as there may be times that the relocation of a League game is unavoidable.
3. Teams must provide a list of home dates, venues and starting times to the Administrator by July 15th.
4. Minor changes to the start time of a game, agreed upon by the affected teams, must be communicated to the Administrator for approval.
5. A schedule date change agreed upon between two teams must be approved by the Administrator. The President shall determine whether the request is appropriate as well as responsibility for any extraordinary expenses that may be charged as a result of the change.
6. Teams should make the greatest effort to submit "Schedule Change Requests" as soon as possible.
7. Teams are responsible to notify all interested parties of any approved schedule change including game officials.
8. All League games scheduled on Friday and Saturday nights must be started by 8:00 pm and Sunday games must be started by 10:00 am unless there is agreement from both teams to change.

Teams are permitted to start the season at the kick-off tournament with a minimum of 16 rostered players (15 skaters and 1 goalie). Teams can take other players to

use the tournament as a final evaluation to complete their rosters with the understanding that any player who is not rostered is considered an Affiliated Player. The Special Affiliated form must be completed by the U18 team and the player's lower division team and submitted to the Administrator. However, given that the NLU18MHL season starts several weeks before many minor hockey associations/leagues are up and running, signatures from these associations/leagues MUST be obtained as soon as possible. These games will be counted towards the player's 10 game AP rule.

RULE 5: LEAGUE GAMES

All League games will be comprised of three (3) twenty-minute periods, stop time. However, if in the discretion of the League Executive, justifiable circumstances did not permit full completion of the game, the following will apply:

- 1) If the game was stopped at any time with 1 team ahead by 5 goals, it will be considered a complete game, OR
- 2) If the game was stopped prior to the completion of the second period, the game will be rescheduled, OR
- 3) If the game was stopped at any time in the third period, the balance of the third period will be played prior to the start of the next game between the 2 teams. If the 2 teams do not play against each other during the regular season, the score at the time of stoppage will stand.

The maximum warm-up time for all regular season and playoff games shall be 10 minutes. The buzzer will sound to start the 10-minute warm-up and then again with 1 minute left. This will signal to the visiting team to exit the ice and the home team to collect the pucks. Teams are permitted one 30 second time-out per game.

If a game is tied at the end of regulation time, there will be a 2-minute rest period followed by a five-minute sudden-victory overtime period. Teams will play 3 against 3 during this overtime. If the teams are still tied after overtime, the winner will be decided by a shoot-out. Teams will name 5 different players for the shoot-out and the home team has the option of shooting first or second. If the score is still tied after the shoot-out, teams will alternate shooters until a winner is decided. After the first 5 shooters, teams may pick whomever they want to shoot.

RULE 6: OFFICIALS

All League games shall be handled by a two-man referee system. Referees must have Level Four (4) or higher, be registered and in good standing with the governing body or affiliated branches of HC. Linesmen must have Level Three (3) or higher.

RULE 7: POINT SYSTEM

3 Points will be awarded for a Regulation Win (RW), 2 Points will be awarded for an Overtime Win (OTW) or a Shoot-Out Win (SOW), 1 Point will be awarded for an Overtime Loss (OTL) or a Shoot-Out Loss (SOL). Players serving a penalty at the end of regulation or overtime are not permitted to participate in the shoot-out.

RULE 8: TIE BREAKING PROCEDURE

In the event of a tie in points between 2 or more teams at the end of the regular season, the following tie-breaking procedure will be endorsed.

1. The team with the most wins in REGULATION TIME gains the higher position.
2. If teams are still tied after Tie Breaker 1, the team with the most combined wins in REGULATION TIME and OVERTIME, gains the higher position.
3. If teams are still tied after Tie Breaker 2, the team with the most combined wins in REGULATION TIME, OVERTIME and SHOOTOUTS, gains the higher position.
4. If teams are still tied after Tie Breaker 3, the team with the best record in total points between the tied teams gains the higher position.
5. If teams are still tied after Tie Breaker 4, the team with the highest goal differential in all games during the regular season gains the higher position. Goals For divided by Goals For plus Goals Against. 5 G For and 10 G Against would be $5/15 = .333$. The higher percentage gains the higher position.
6. If teams are still tied after Tie Breaker 5, the team with the least number of penalty minutes in all games during the regular season gains the higher position.
7. If teams are still tied after Tie Breaker 6, the team that scored the first goal in the first game between the tied teams gains the higher position.
8. If 2 teams are still tied after Tie Breaker 7, a single game will be played to determine which team gains the higher position. The cost of this game will be split evenly between the 2 teams.

RULE 9: TOURNAMENT PROCEDURES

The League will be responsible for organizing the 2 tournaments. A break-even budget will be presented to the teams and the teams will pay their share of the registration prior to their first game.

Option A: The schedule will follow the 4-4-2 format with 4 games on Friday; 4 games on Saturday and 2 games on Sunday.

Option B: The schedule will follow the 3-5-2 format with 3 games on Friday, 5 games on Saturday and 2 games on Sunday.

Option C: The schedule will follow a 5-5-0 format with 5 games on Friday and 5 games on Saturday.

1. The tournament schedule will be designed to favour the teams travelling the furthest.
2. The League will supply 20 pucks per team at the start of the tournament.
3. Games must be streamed.
4. The entrance fee will be \$8.00 per single game or \$25 for the 10-game tournament.
5. Each team will be the HOME team for 2 games and the AWAY team for 2 games.
6. Team managers will be responsible for entering their 2-home game gamesheets.
7. The league will apply for a Lottery License for 50/50 or any other games of chance. There will be one 50/50 draw to take place during the third period of Game 10.
8. The Administrator, and at least 1 member of the Executive will attend all tournament games.

RULE 10: GAME SHEETS

Teams will use electronic scoring starting with the 2023/2024 season. Procedures for entering rosters, scores and gamesheets will be outlined in the Manager's Handbook. Once an electronic gamesheet has been signed off by officials, and entered, changes will not be made to player statistics. Teams must understand that the information entered on the electronic gamesheet isn't always 100% accurate.

Team Managers MUST indicate on the electronic gamesheet the following information:

1. Any affiliated player listed on the gamesheet MUST have (AP) noted by their name.
2. If an affiliated goalie is listed on the gamesheet, but does not play, it must be noted on the gamesheet so that it doesn't count towards the AP 10 game rule. Insert DNP (Did Not Play) next to the goalie's name.
3. The starting goaltender must be noted and any change to the goaltenders' playing time must be noted.
4. Shots on Goal must be noted.
5. If pre-populated stickers are used, they must be placed on all 3 copies and any change to the roster must be changed on all 3 copies.

RULE 11: GAMEDAY PROTOCOL

Each team is responsible for their conduct during warm-ups and after game completion. The following rules must be adhered to in preparation for games:

1. Teams will ensure that the dressing rooms are left in a clean condition such that there will be no delay imposed on the next incoming team.
2. The ice surface must be flooded between periods with a maximum of 15 minutes allotted for the intermission.
3. There will be a 10-minute warm-up period prior to the commencement of the game. At the 9-minute mark of the warm-up, the buzzer will sound notifying both teams that there is 1 minute left.
4. It is not necessary to re-surface the ice prior to the warm-up. At the conclusion of the warm-up, teams will return to their dressing rooms to allow for ice re-surfacing prior to the start of the game.
5. Each team will provide the other team with their starting line-ups at the start of the warm-up.

The Home Team is responsible for:

- 1 Supplying two baskets of pucks with 25 pucks per basket and collecting ALL pucks after warm-up.
- 2 Ensuring that there are sufficient game pucks provided for game play.
- 3 Providing dressing rooms that ensure there is adequate separation between teams before, during and after the game.
- 4 Providing separate shower facilities for each team.
- 5 The playing of the National Anthem.
- 6 Providing on-ice and off-ice officials
- 7 Informing the visiting team on Wednesday of each week with the game time protocol.

Teams can charge a maximum of \$8 per regular season game and \$9 for play-off games. Players under 11 years of age can enter free of charge if accompanied by an adult.

RULE 12: PLAYOFFS

League standings shall be determined by an accumulation of points; 3 Points will be awarded for a Regulation Win (RW), 2 Points will be awarded for an Overtime Win (OTW) or a Shoot-Out Win (SOW), 1 Point will be awarded for an Overtime Loss (OTL) or a Shoot-Out Loss (SOL).

A playoff series to select the League champion will commence at the conclusion of the regular season. The fourth-place team will host the fifth-place team in a best of 3 elimination round to determine fourth place. The top four teams will compete in the play-offs with 1st place playing 4th place and 2nd place playing 3rd place. For economic purposes and in consideration of travel, the play-off format will be a 2-3-2 format where overnight travel is required. Games 1, 2, 6 and 7 will be the home games of the higher seeded team; games 3, 4 and 5 will be the home games of the lower seeded team. Where overnight travel is not required, the format may switch to a 2-2-1-1-1 format where games 1, 2, 5 and 7 will be the home games of

the higher seeded team and games 3, 4 and 6 will be the home games of the lower seeded team. This decision will be made by the higher seeded team and will only apply to the teams from the Metro Region.

Play-off games will consist of 3 X 20 minutes stop time. One 30 second Time-Out will be permitted per game. If the game is tied after regulation, there will be a 2-minute rest period followed by a 10-minute sudden victory overtime period. If the score is still tied after 10 minutes of overtime, the ice will be re-surfaced, and the next overtime period will be 20 minutes. This format will continue until a winner is determined. OT will be 5 on 5.

RULE 13: GAME FORFEIT

In the event that a Visiting team has to forfeit a game, there will be a \$1,000 penalty imposed on the Visiting team which will be payable to the Home team to cover game expenses. In the event that a Home team forfeits a game, the team will be required to cover the expenses incurred by the Visiting team.

If a team forfeits a second game, the team will be considered not in good standing with the League and will be suspended for the rest of the season and the franchise will be considered to have folded.

RULE 14: SANCTIONING EXHIBITION GAMES AND TOURNAMENTS

Teams planning to host exhibition games or tournaments with teams from outside of the League must request permission from the HNL Area Director.

RULE 15: PLAYER ELIGIBILITY

To be rostered to a U18 AAA team, players must be under 18 years of age on or before December 31st.

U16 Player Eligibility:

The U16 AAA hockey division is designed primarily for the 15-year-old first-year U18 entry level hockey player who is not quite ready for U18 AAA hockey. To ensure competitive balance and to foster the development aspect of the division, the following are the rules regarding player eligibility:

1. The U16 Division is open to All players who are 15 years of age prior to December 31 of the current playing year, and;
2. All players who turn 16 years of age between the months of September and December of the current playing year. (aka Bad birthdays)
3. In addition, each team may sign up to a maximum of FOUR (4) skaters and one (1) goalie who are 16 years old between January and August of the current playing year. (aka Over Agers)

ALL players are eligible to play in the NLU18MHL if they are residents of Newfoundland and Labrador and are in Good Standing with their minor hockey association. U15 aged players applying for Exceptional Status to be eligible to try-out for a U18 team **MUST** follow the rules of the High-Performance Program to be deemed eligible.

RULE 16: RESIDENCY RULE

No player shall be registered as a member of, or compete for, a team if his parents have not been bona fide residents of the city, town, or rural area or zone which has been established by the Branch to which the team belongs. However, a player may be permitted to register as a member of, or compete for, a team from outside his parent's place of residence if the player is granted permission from the team in the region in which his parents reside, to try-out for another team. Proof of residency will be determined by the League Executive in consultation with Hockey Newfoundland and Labrador.

RULE 17: TRYOUTS

Players must try out with the team in the region in which they reside.

The **Metro Region** consists of players from the following minor hockey associations; Avalon Celtics MHA, Bell Island MHA, Conception Bay Regional MHA, Goulds MHA, Mount Pearl MHA, Northeast MHA, Paradise MHA, St. John's MHA, and Southern Shore MHA.

The **TriPen Region** includes players from the following minor hockey associations; Bay Arena MHA, Bonavista Trinity MHA, Cee Bees MHA, Clarenville MHA, Marystown MHA, Placentia MHA, Trinity Placentia MHA, United Towns MHA

The **Central Region** includes players from the following minor hockey Associations: Baie Verte MHA, Bay D'Espoir MHA, Beothic MHA, Bishop's Falls MHA, Botwood MHA, Exploits Valley MHA, Fogo Island/Change Islands MHA, Gander MHA, Glovertown MHA, Green Bay South MHA, Harbour Breton MHA, La Scie MHA, Lewisporte MHA, Springdale MHA, Twillingate/New World Island MHA,

The **Western Region** includes players from the following minor hockey associations; Corner Brook MHA, Deer Lake MHA, Gros Morne MHA, Port aux Basques MHA, St. Anthony MHA, Stephenville MHA, Straits MHA, Twin Town MHA,

In the Metro region, **drafted** players can only try-out for the team that drafted the player. Once drafted, the player remains protected by that team until the League is notified in writing that the player is released. If released from 1 Metro team, the other Metro team has the option of offering the player a try-out without the player

re-entering the draft. Only after a drafted player is released from both Metro teams, can they try-out for any other team. Metro teams can draft a maximum of 25 U18 players each and they cannot draft a player currently registered with a team during the previous season. Any **undrafted** player is considered a Free Agent and can try-out for any of the League teams. Only the 2 Metro Teams will decide how the players in the Region are disbursed between the 2 teams.

Players from the Northern Region are considered Free Agents and can try-out for any of the 5 island teams. However, if they opt to try-out for a Metro Region team, they can only attend try-outs for the team that drafted them. If another region, notwithstanding the Northern Region, is without a team, players from that region are free to try-out for any other team including Metro. However, if circumstances are such that the team in their region decides not to participate in the upcoming season or folds during the season after the Metro Draft, the League will hold a special draft in the Metro Region to accommodate any player wishing to play in Metro.

Players may try-out for another team outside their assigned zone under the following conditions:

- 1 If a player tries out for the team in the zone in which he resides and is subsequently **RELEASED**.
- 2 If a player tries out for the team in the zone in which he resides and is subsequently **CUT** and given permission by the team to try-out elsewhere.
- 3 In the event a player is not able to tryout for the team in the zone in which he resides because he is in the process of trying out for a Major Junior, Junior A or for some other mitigating circumstance, the player shall report to the team in the zone in which he resides, and if not added to the team roster may try out for another team with permission from the team Governor.

A copy of any written approval given to a player to try out for another team shall, in a timely manner, be forwarded to the Administrator. If a player is listed as an Affiliated Player with the team in the zone in which he resides, that player will be ineligible to tryout for another team, until he is released as an AP.

Teams are encouraged to hold Spring Identification Camps at the end of each season. These ID camps must not start prior to 14 days after the conclusion of the U15 season and cannot be scheduled such that it will cause a conflict with the High-Performance Program identification camps or provincial camps. Try-outs cannot start prior to August 15.

RULE 18: SEASON STARTING ROSTERS

All teams are required to start the season with a minimum of 16 rostered players consisting of 15 skaters and 1 goalie. The FINAL roster must be confirmed with

the Administrator prior to the January 10th deadline. Any players participating with the team at the start of the season must be rostered or a Special Affiliated Players (AP).

RULE 19: GAMEDAY ROSTERS

Participating member teams must, during all scheduled games of the League, dress a minimum of twelve (12) players including a goaltender to start the game. If a team does not have a backup goaltender, they can use the AP goaltender of the opposing team or use the Emergency Goaltender call-up rule as described under the Manager's Handbook. Each participating member team shall be allowed to dress the maximum number of twenty (20) players including 2 goaltenders for U18AAA and nineteen (19) players including 2 goaltenders for U16AAA.

Any team who plays an ineligible player shall automatically be deemed to have lost the game or games in which any ineligible player(s) has participated, the points will be awarded to the other team and the player statistics from the ineligible player will be voided. Any coach who plays an ineligible player will be suspended 1 game for each game the illegible player(s) participates and will be fined \$200 per game. A request for a ruling on the eligibility of a player is not considered a protest. Team officials are responsible to ensure that without further notice from anyone, players or team officials serve the suspension as per the Minimum Suspensions. The Suspension Tracker, as generated by the league Administrator, is meant as a guide **only** and it is the sole responsibility of the team to ensure its accuracy.

Teams can affiliate players according to the Hockey Canada regulations. Teams are permitted to sign affiliated players from other regions only if the regional team gives its consent to the League through email. This consent will be for the current season only.

Appearance of a registered player's name on the official game report of a game shall be considered participation in a game except in the case of an alternate goaltender, in which case actual participation shall only be considered as taking part in a game, and such participation shall be specially noted on the official game report. Hockey Canada affiliation regulation 36 (B) (number of games a player may play).

A Player may not be released after January 10th to make room for registering another player, and a player released after January 10th may not register with another team for that season. The two Metro teams will implement a draft system to allocate players between the two teams. Any changes to the draft system will be decided by the 2 Metro teams and the Executive. If a player is drafted to a team, the player remains protected by that team until released.

RULE 20: SPECIAL AFFILIATED PLAYERS

Special Affiliated Players (AP) to the League are required to complete a **Hockey Newfoundland and Labrador Application for Special Affiliation** form signed by the President or Vice-President of their minor hockey association or League to ensure that they are in good standing with their minor hockey association or League which allows them to participate in the NLU18MHL. This is required yearly for affiliated players. Teams can use affiliated players up to the maximum of 19; 1 of which must be a goaltender. The form can be found by following this link:

<https://hockeynl.ca/wp-content/uploads/2022/09/Special-Affiliation-Form.pdf>

RULE 21: SUSPENSIONS

The League employs the HNL Minimum Suspension Guidelines as a basis for suspensions. The Executive Committee reserves the right to increase the duration of HNL suspensions where the situation warrants this action. A copy of the Minimum Suspensions Guidelines can be found on the League website. Suspensions assessed based on the HNL Minimum Suspension Guidelines cannot be appealed.

A player or coach who receives a suspension on another team outside the NLU18MHL can serve their suspension on all teams that the player or coach is registered on. Proof of games served as part of the suspension outside the NLU18MHL MUST be confirmed to the Administrator by the Minor Council Area Director with the player or coaches' team and opponent. If confirmation is not received, the default position of the League will be that League games will be used.

An AP of a major U18 team, who receives a suspension from any lower division team, will not be available to their major team until the number of games in the suspension are played by the major team.

All suspensions issued within the NLU18MHL may be served in other Hockey Newfoundland and Labrador and Hockey Canada sanctioned leagues and tournaments (High School, exhibition games, out of province tournaments).

Players may be permitted to practice with their team while serving their game suspensions depending on the seriousness of the infraction as indicated by the suspension letter generated by HNL.

A coach suspended by HNL will not be permitted to direct the team during a game for the duration of the suspension. A suspended manager, coach, playing coach, or trainer, must not be in, or about the dressing room, before or during any game, nor between periods of any game during their suspension, nor be situated in the arena in a position to direct his team. The penalty for violation of this rule shall be

dealt with by the President of HNL. A playing coach, suspended for any action, loses his rights as a player and as a coach. Regulation 308 HNL.

The League Executive has the right to suspend any Owner where it has been documented that the owner has been exhibiting behaviour, on and/or off the ice, that is considered detrimental to the League Executive, NLU18MHL teams, Hockey Newfoundland and Labrador, Hockey Canada, players, parents, volunteers, etc.

RULE 22: FRANCHISES

When a franchise becomes available in a Region, the League will advertise for a Call for Proposal from interested parties. Submissions will be reviewed using a point-based matrix system. The League will then rank the submissions and make a recommendation to HNL's Minor Council. Minor Council will then award the franchise.

The successful franchise will pay a \$5,000 Performance Bond to the League as security in the event that the ownership group has trouble continuing with the franchise and the \$5,000 bond will be used to pay any outstanding debts incurred by the owner(s). The Performance Bond will be returned to the franchisee when the terms of the franchise have expired. Any interest accumulated by the bond will remain with the League and only the principal (less any outstanding debts) will be returned to the franchisee. Franchises are not transferable and re-entry into the League by another team from the same region will still carry the \$5,000 franchise performance deposit.

Each franchisee will notify the League within 30 days after their final season game to indicate their plans for the following season. In the event that a franchise ceases operations, all player/parent contact information must be turned over to the League to be forwarded to the new franchise owner.

RULE 23: FINANCES

The management of League finances is the responsibility of the Treasurer who will present a Budget to the Board of Directors for approval at the AGM. Financial Updates will be presented to the BOD on November 30, January 31, March 31 and June 30. The League's fiscal year shall be June 1 – May 31.

All managers are required to submit a budget to the Administrator no later than two weeks after the START of regular season. It is strongly encouraged that year-end audited financial reports are due to the Administrator 30 days post the team's year end.

Signing Authority for League accounts will be the President and Vice-President. Treasurer and Administrator. The President will approve all expenditures by virtue

of first signature. If the President is unable to sign as first signature, the Vice-President will sign. If the Vice-President is unable to sign as first signature, the Treasurer will sign. Two signatures are required on all cheques and in all cases, the Administrator may sign as a second signature.

Reimbursement of expenses incurred while conducting official League business will be covered using the NLU18MHL Expense Claim Form. Cash expenses will be reimbursed upon submission of receipts; per diem expenses for meals and mileage will be reimbursed based on League rates. These rates will be reviewed annually by the Administrator. Any expense that is 25% higher than the approved budget expenditure will require approval from the BOD.

RULE 24: ANNUAL FEES

The League will establish an annual fee to be paid by the member teams to be included in the annual budget. The annual fee will be used to establish and maintain approved league administrative costs. Annual fees are to be paid in full by November 15. Teams withholding payment of their annual fees will be prohibited from participating in League games.

The Administer will invoice each team by October 31. This initial invoice will include the HNL registration fees for each player and each bench staff along with 1/5 of the League's approved operating budget. A second invoice will be issued at the end of the regular season and will include any new players and bench staff signed after the first invoice along with any other expenses incurred by the team and are the responsibility of the team.

RULE 25: FUND RAISING

When applying for a lottery license from the Lottery Licensing Board of Service NL, the following procedure must be followed. Each team will submit their completed lottery license application to the League Administrator for League approval by second signature. The lottery application will then be returned to the team manager for submission to Service NL.

RULE 26: DISPUTE RESOLUTION

The President will refer all protests and appeals to the NLU18MHL Dispute Resolution Committee as per NLU18MHL By-Law 9.

RULE 27: STATISTICS

It is the responsibility of each team to ensure that the scores are entered into the website immediately following the game and that gamesheets are entered into the

League website within 24 hours after the completion of each game. This will allow for the timely updates of the league website.

RULE 28: LEAGUE AWARDS

The League will recognize players, coaches and volunteers with annual awards. The list of annual awards is included in the Awards section of this document.

Team managers will submit their nominations for the voting awards at the end of the regular season. Once all of the teams have finished submitting their nominees, the nominees will be returned to the managers for rankings. Each first-place ranking will receive 5 points, each second-place ranking will receive 4 points, each third-place ranking will receive 3 points, each fourth-place ranking will receive 2 points and each fifth-place ranking will receive 1 point. Points will be tabulated to declare a winner. If there is a tie in points, the nominee with the most first place votes will be declared the winner. If still tied, the nominee with the most second place votes will be declared the winner. If still tied, the nominees will co-share the award. The award for Best Goals Against Average (GAA) will be shared amongst goaltenders within 0.25% difference of each other.

The League will be responsible for the purchasing and engraving of the player trophies, for the engraving of the perpetual trophies, for the engraving of the league championship trophy and the championship banner.

RULE 29: FORMS

Team Try-out Form: Teams must record every player who attends their try-outs. This form is then submitted to the Branch Office and copied to the Administrator.

Special Affiliation Form: Each player who will play as an Affiliated Player (AP), must get this form signed yearly from their lower division team/league.

Registration Form: This form is to be completed with a minimum of 16 players (15 skaters and 1 goaltender) to a maximum of 20 players (18 skaters and 2 goaltenders) prior to the start of the first game of the season.

NOTWITHSTANDING CLAUSE

In the event a situation arises that is not covered within this document, the League will defer its decision on any matter until it is confirmed that such decision does not contravene the Constitution of Hockey Newfoundland and Labrador or the Articles, By-Laws, and Regulations of Hockey Canada. Otherwise, the League Executive is empowered to make any decision in a fair and dutiful manner that upholds the principles and objectives of the NLU18MHL. This will be done in consultation with Hockey Newfoundland and Labrador and/or Hockey Canada and the decision of the League Executive will be final.

NLU18MHL ANNUAL AWARDS

League Champions - Kubota Cup

2025/2026	Nissan Growlers
2024/2025	East Coast Blizzard
2023/2024	Pinnacle Growlers
2022/2023	Pinnacle Growlers
2021/2022	Pinnacle Growlers
2020/2021	East Coast Blizzard
2019/2020	No Championship decided due to COVID19.
2018/2019	Dennis GM Western Kings
2017/2018	St. John's Maple Leafs
2016/2017	St. John's Maple Leafs
2015/2016	St. John's Maple Leafs
2014/2015	St. John's Maple Leafs
2013/2014	Central IcePak
2012/2013	Coleman's Western Kings
2011/2012	Pennecon Privateers
2010/2011	Pennecon Privateers
2009/2010	St. John's Fog Devils
2008/2009	St. John's Fog Devils
2007/2008	St. John's Fog Devils
2006/2007	St. John's Fog Devils
2005/2006	
2004/2005	
2003/2004	
2002/2003	
2001/2002	
2000/2001	
1999/2000	
1998/1999	
1997/1998	
1996/1997	
1995/1996	
1994/1995	
1993/1994	

Most Respectful and Effective Player - Bob Lee Memorial Trophy

2025/2026	Ethan Jones – East Coast Blizzard
2024/2025	Alex Austin – Western Kings
2023/2024	Reed Fowler – Central Impact
2022/2023	Alex Keloway – Central Impact
2021/2022	Adam Pinksen – Central Impact and Ryan Loveless – East Coast Blizzard
2020/2021	Nolan Cleary – East Coast Blizzard

2019/2020	Ryan Hoskins – Central Impact
2018/2019	Nathan Kelly – East Coast Blizzard
2017/2018	Regan Seymour – St. John's Maple Leafs
2016/2017	Brent Broaders – Central IcePak
2015/2016	Adam Nolan – St. John's Global Warranty Privateers
2014/2015	Cassidy Warren – TriPen Osprey
2013/2014	Jordan Richards – Western Coleman Kings
2012/2013	Ian Skinner – Western Coleman Kings
2011/2012	Chris Mallard - St. John's Maple Leafs
2010/2011	Matthew Kennedy – St. John's Maple Leafs
2009/2010	Marcus Power – St. John's Fog Devils
2008/2009	Zach O'Brien – St. John's Fog Devils
2007/2008	Julien Payne – Western Subway Kings
2006/2007	Brandon Snow – Central IcePak
2005/2006	Adam Park – Western Kings
2004/2005	Jon Reid – St. John's Maple Leafs
2003/2004	
2002/2003	Ted Purcell – St. John's Maple Leafs
2001/2002	Jeff Harding – Western Kings
2000/2001	David Vickers – Northern Huskies
1999/2000	Brent Roach – St. John's Maple Leafs
1998/1999	Wayne Walsh – Northern Huskies
1997/1998	Jamie Welsh – TriPen Osprey
1996/1997	Tony Helles – St. John's Maple Leafs

Rookie of the Year - Northern Huskies Award

2025/2026	Liam Healy – East Coast Blizzard
2024/2025	Ethan Jones – East Coast Blizzard
2023/2024	Ethan Percy – East Coast Blizzard
2022/2023	Ben O'Brien – Pinnacle Growlers
2021/2022	Matthew Butler – St. John's Pinnacle Growlers
2020/2021	Michael Strapp – St. John's Pinnacle Growlers
2019/2020	Christian Reardon – TriPen Osprey
2018/2019	Conor Shortall – East Coast Blizzard
2017/2018	Skyler Coates – Dennis GM Western Kings
2016/2017	Brendan McCarthy – East Coast Blizzard
2015/2016	Jack Keough – St. John's Global Warranty Privateers
2014/2015	Joel Bishop – St. John's Privateers
2013/2014	Adam Dawe – Central IcePak
2012/2013	Jordan King – Western Coleman Kings
2011/2012	Kyle Tibbo – St. John's Maple Leafs
2010/2011	Matt Jenkins – St. John's Privateers
2009/2010	
2008/2009	
2007/2008	
2006/2007	

2005/2006
2004/2005
2003/2004
2002/2003
2001/2002
2000/2001
1999/2000
1998/1999
1997/1998
1996/1997
1995/1996

Top Scorer Regular Season - Bud Chafe Trophy

2025/2026	Anthony Hurley – Central Impact
2024/2025	Adam Byrne – Central Impact and Gavin Connors – East Coast Blizzard
2023/2024	Grayson Pardy – Central Impact
2022/2023	Spencer Caines – Western Kings
2021/2022	Colby House – Western Kings
2020/2021	Jordan Winter – East Coast Blizzard
2019/2020	Tanner Humber-Dredge – St. John's Pinnacle Growlers
2018/2019	Luke Akerman – TriPen Osprey
2017/2018	Andrew Antle – Dennis GM Western Kings
2016/2017	Jack Keough – East Coast Blizzard
2015/2016	Kyle McGrath – St. John's Maple Leafs
2014/2015	Conal McNamara – TriPen Osprey
2013/2014	Jordan Maher – Central IcePak
2012/2013	Ian Skinner – Western Coleman's Kings
2011/2012	Brandon Pye – St. John's Maple Leafs
2010/2011	Danny Wicks – St. John's Pennecon Privateers
2009/2010	Zack O'Brien – St. John's Fog Devils
2008/2009	Zack O'Brien – St. John's Fog Devils
2007/2008	Zack O'Brien – St. John's Fog Devils
2006/2007	Chris Thorne – St. John's Maple Leafs
2005/2006	Luke Adam – St. John's Maple Leafs
2004/2005	Chad Locke – St. John's Maple Leafs
2003/2004	
2002/2003	Sean Wadden – St. John's Maple Leafs and Andrew Sweetland – TriPen
2001/2002	Doug Hardiman
2000/2001	Lucas Eveleigh
1999/2000	Derrick Kent – St. John's Maple Leafs
1998/1999	Jason King – Western Kings
1997/1998	Pat Yetman – St. John's Maple Leafs
1996/1997	Paul Whalen
1995/1996	Ryan Walsh

Top Goalie Regular Season - John Halliburton Memorial Trophy

2025/2026	Rogan O'Brien - Central Impact
2024/2025	Nathaniel Leonard – Pinnacle Growlers
2023/2024	Scott Kirby – Pinnacle Growlers
2022/2023	Adam Hedges – Central Impact
2021/2022	Nathan Hurley - St. John's Pinnacle Growlers
2020/2021	Cruz Laughlin – East Coast Blizzard
2019/2020	Riley Mercer – TriPen Osprey
2018/2019	Andrew d'Entremont – East Coast Blizzard
2017/2018	Riley Petten – TriPen Osprey
2016/2017	Josh Langmead – St. John's Maple Leafs
2015/2016	MacKenzie Janes – St. John's Maple Leafs
2014/2015	Luke House – Western Kings
2013/2014	Noah Weir – Central IcePak
2012/2013	Chris Smith – St. John's Privateers
2011/2012	Matt Jenkins – St. John's Privateers
2010/2011	Matt Jenkins/Scott Walsh – St. John's Privateers
2009/2010	Scott Bray – St. John's Privateers
2008/2009	Scott Bray – St. John's Fog Devils
2007/2008	Scott Bray – St. John's Fog Devils
2006/2007	Kyle Downer – St. John's Maple Leafs
2005/2006	Kyle Downer – St. John's Maple Leafs and Stefan Dumaresque – Northern Huskies
2004/2005	Mark Yetman – St. John's Maple Leafs
2003/2004	Roger Kennedy – St. John's Maple Leafs
2002/2003	Doug Jewer and Devin O'Brien – St. John's Maple Leafs
2001/2002	Ryan Mior – St. John's Maple Leafs
2000/2001	Jim Babij – St. John's Maple Leafs
1999/2000	Jimmy Healey – St. John's Maple Leafs
1998/1999	Neil Keating – TriPen Osprey
1997/1998	Graham Cook – St. John's Maple Leafs
1996/1997	Chris Dawe
1995/1996	David Prince

Top Defenseman Regular Season – Lee Family Trophy

2025/2026	Nathan Morgan – Nissan Growlers
2024/2025	Ryan Dawe – Pinnacle Growlers
2023/2024	Nic Devereaux – Pinnacle Growlers
2022/2023	Mason Dawe – Pinnacle Growlers
2021/2022	Cole Gosse – St. John's Pinnacle Growlers
2020/2021	Dawson Crane – TriPen Osprey
2019/2020	Nathan Flynn – St. John's Pinnacle Growlers
2018/2019	Paul Norman – St. John's Maple Leafs
2017/2018	Kyle Robinson – Dennis GM Western Kings
2016/2017	Devan Newhook – East Coast Blizzard
2015/2016	Alex Saunders – Central IcePak

2014/2015	Jamie Penney – Dennis GM Western Kings
2013/2014	Josh Fitzgerald – Central IcePak
2012/2013	Chad Jones – Western Kings
2011/2012	Nick Lindstrom – St. John's Privateers
2010/2011	Andrew Smith – TriPen Lions
2009/2010	Andrew Smith – TriPen Frost
2008/2009	Zack Lodge – Central IcePak
2007/2008	Ryan Matheson – Central IcePak
2006/2007	Donnie Churchill – Western Kings
2005/2006	Stephan Simms – Western Kings
2004/2005	Andrew Shears – Western Kings
2003/2004	Jeremy Kavanagh – St. John's Maple Leafs
2002/2003	Mike Stevens – St. John's Maple Leafs
2001/2002	Adam Pardy – TriPen Frost
2000/2001	Sam Roberts – St. John's Maple Leafs
1999/2000	John Ball – St. John's Maple Leafs
1998/1999	Ryan Durnford – Western Kings
1997/1998	David Bambrick – St. John's Maple Leafs
1996/1997	Robbie Bennett – St. John's Maple Leafs
1995/1996	Chris Sweet – TriPen Osprey

Most Valuable Player Regular Season - Western Subways Trophy

2025/2026	Anthony Hurley – Central Impact
2024/2025	Adam Byrne – Central Impact
2023/2024	Grayson Pardy – Central Impact
2022/2023	Spencer Caines – Western Kings
2021/2022	Colby House – Western Kings
2020/2021	Christian Reardon – TriPen Osprey
2019/2020	Tanner Humber-Dredge – St. John's Pinnacle Growlers
2018/2019	Luke Akerman – TriPen Osprey
2017/2018	Andrew Antle – Dennis GM Western Kings
2016/2017	Liam Leonard – TriPen Osprey
2015/2016	Jalen Gillard – Dennis GM Western Kings
2014/2015	Conal McNamara – TriPen Osprey
2013/2014	Jordan Maher – Central IcePak
2012/2013	Cody Drover – Central IcePak
2011/2012	Cody Drover – Central IcePak
2010/2011	Marcus Power – St. John's Privateers
2009/2010	Zack O'Brien – St. John's Fog Devils and Kevin Reid – TriPen Frost
2008/2009	Darren Wilkins – Central IcePak
2007/2008	Brandon Hynes – Western Subway Kings
2006/2007	Michael Hynes – Western Subway Kings
2005/2006	Andrew Reid – Western Subway Kings
2004/2005	Chad Locke – St. John's Maple Leafs
2003/2004	
2002/2003	Scott Brophy – St. John's Maple Leafs

2001/2002	Darren Dean – Western Subway Kings
2000/2001	Simon Lamontage – Northern Huskies
1999/2000	Steve Richards – St. John's Maple Leafs
1998/1999	Jason King – Western Subway Kings
1997/1998	Denis White – St. John's Maple Leafs
1996/1997	Paul Whalen – Central IcePak
1995/1996	Ryan Walsh – St. John's Maple Leafs

Best Goals Against Average

2025/2026	Rogan O'Brien – Central Impact
2024/2025	Nathanial Leonard and Dace Gruchy – Pinnacle Growlers
2023/2024	Scott Kriby and Jesse Harnum – Pinnacle Growlers
2022/2023	Clay Ryan and Jack Barrington – Pinnacle Growlers
2021/2022	Nathan Hurley – St. John's Pinnacle Growlers
2020/2021	Cruz Laughlin – East Coast Blizzard
2019/2020	Evan Martin – St. John's Pinnacle Growlers
2018/2019	Andrew d'Entremont – East Coast Blizzard
2017/2018	Lucas Park – Dennis GM Western Kings
2016/2017	Josh Langmead – St. John's Maple Leafs
2015/2016	MacKenzie Janes – St. John's Maple Leafs
2014/2015	Luke House – Dennis GM Western Kings
2013/2014	Noah Weir – Central IcePak
2012/2013	Chris Smith – St. John's Pennecon Privateers

Coach of the Year

2025/2026	Mike Lee – East Coast Blizzard
2024/2025	Mike Lee – East Coast Blizzard
2023/2024	Brad Russell – TriPen Osprey
2022/2023	Trevor Budgell – Pinnacle Growlers
2021/2022	Glen Casey – Central Impact
2020/2021	Trevor Budgell – St. John's Pinnacle Growlers
2019/2010	Trevor Budgell – St. John's Pinnacle Growlers
2018/2019	Brad Yetman – East Coast Blizzard
2017/2018	Mark Robinson – Dennis GM Western Kings
2016/2017	Eddie Bartlett – St. John's Maple Leafs
2015/2016	Doug Jackman – St. John's Global Warranty Privateers
2014/2015	Scott Akerman – TriPen Osprey
2013/2014	Rob Canning – Central IcePak
2012/2013	Angus Head – Western Coleman Kings

Play-Off MVP – President's Trophy

2025/2026	Dace Gruchy – Nissan Growlers
2024/2025	Will Morgan – East Coast Blizzard
2023/2024	Andy Knight – Pinnacle Growlers
2022/2023	Clay Ryan – Pinnacle Growlers

2021/2022	Regan Hiscock – Pinnacle Growlers
2020/2021	Travis Badcock – East Coast Blizzard
2019/2020	No Winner due to COVID19
2018/2019	Drew Langdon – Dennis GM Western Kings
2017/2018	Nick Gosse – St. John's Maple Leafs
2016/2017	Curtis Heffernan – St. John's Maple Leafs
2015/2016	Kyle McGrath – St. John's Maple Leafs

Top Forward – Regular Season

2025/2026	Reed Chafe – Nissan Growlers
2024/2025	