



## **RULES and REGULATIONS**

**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.**

### **Caution**

**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.**

<b>V</b>	<b>Date</b>	<b>Description</b>	<b>Approved by:</b>
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)		

## **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 the following certification. Teams wishing to add bench staff to their rosters should refer to the following table 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.

<b>Certification</b>	<b>Head Coach</b>	<b>Asst. Coach</b>	<b>Goalie Coach</b>	<b>Trainer</b>	<b>Manager</b>
High Performance 1	X				
Development 1		X			
Goaltending 1			X		
HU Online Checking	X	X			
HU Online Safety	<b>1 Team Staff/Trainer requires the HU Online Safety</b>				
CRC/VSC	X	X	X	X	X
HNL Screening	X	X	X	X	X
Respect In Sport for Activity Leaders	X	X	X	X	X

## **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 League 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 15<sup>th</sup>.
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 1<sup>st</sup> place playing 4<sup>th</sup> place and 2<sup>nd</sup> place playing 3<sup>rd</sup> 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**

Players must be under 18 years of age prior to December 31<sup>st</sup> who are residentially eligible to register and play minor hockey in Newfoundland and Labrador and who 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 10<sup>th</sup> deadline.

Players who did not play in the league the previous season are required to complete a **Hockey Newfoundland and Labrador Letter of Consent** 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 only required for entry

into the League and isn't necessary on a yearly basis. 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.

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 10<sup>th</sup> to make room for registering another player, and a player released after January 10<sup>th</sup> 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.

## **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 in the NLU18MHL must be served on the player's U18 team. House league, exhibition and high school games cannot be used to serve a suspension issued at a NLU18MHL game. However, out-of-province U18 AAA tournaments, sanctioned by Hockey Canada and/or Hockey Newfoundland and Labrador, can be used to serve a NLU18MHL suspension.

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 Administrator 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, 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.

**Consent Form:** Each player who DID NOT play in the league the previous year, must get this form signed by the President and Vice-President and/or Secretary of last year's team/league.

**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 - Air Canada Cup

2023/2024	
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
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## Most Respectful and Effective Player - Bob Lee Memorial Trophy

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**

2023/2024  
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  
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### **Top Scorer Regular Season - Bud Chafe Trophy**

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**

2023/2024  
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**

2023/2024  
 2022/2023 Mason Dawe – Pinnacle Growers  
 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**

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**

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**

2023/2024  
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**

2023/2024  
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

