

2016-2017



**Rules
&
Regulations**



1.0 Rules and Regulations

- a) In addition to the Constitution and Bylaws of Hockey Eastern Ontario Minor (HEO Minor), these Rules and Regulations shall govern all levels of minor hockey falling under the jurisdiction of HEO Minor.
- b) The membership of Hockey Eastern Ontario Minor (HEO Minor) shall ensure that minor hockey competition in this Branch conforms to the Rules and Regulations of Hockey Canada and Hockey Eastern Ontario (HEO), except as is provided for in the following Rules and Regulations.

2.0 General

- a) Any violation of the Hockey Canada, HEO or HEO Minor Constitutions, Bylaws, Regulations and Playing Rules by any member Organization, Association, Team Official or Player may result in the appropriate disciplinary action being taken against the offender by the HEO Minor President or Executive Committee, or the District Chairperson or Association.

3.0 Associations and Organizations

- a) Each registered Association or Organization shall operate within the designated boundaries of a specific zone in its District, as determined by the District Council and approved by the Executive Committee and Minor Council of HEO Minor.
- b) The Executive of an Association or Organization must consist of at least a President, Vice-President, Secretary, Treasurer and Registrar.



- c) Each Association and League of HEO Minor must establish an audit committee from their current executive. The members (at least three[3]) must not be signing officers of their League or Association. This committee's sole duty is to verify the revenue and expenses of the Association or League not less frequently than every two months starting from the beginning of the current season. The committee will receive monthly authorized statements/reports signed by the bank on a designated day and will compare the balance on it with the balance on the treasurer's reports.
- d) Associations or Organizations may register and play on their teams only those players who are bona fide residents of the association or zone over which they govern. Refer also to Regulation 15.0, *Transfers*. All players must be registered in their home Associations prior to their attendance at any competitive or house league tryout session.
- e) Associations or Districts that combine to form teams in the competitive leagues must form a separate executive consisting of at least a President, Vice-President, Secretary, Treasurer and Registrar, independent of the uniting associations.

3.1 Association Registration

- a) Each Organization and Association shall complete annually the HEO Minor Registration of Association and Program Coordinator List forms.
 - i) The Association or Organization shall forward the HEO Minor Registration of Association and Program Coordinator List forms by September 1st each year to their District Chairperson who, in turn, shall forward these forms to the HEO Minor office.



- ii) If the executive structure of an organization or association changes, the affected Registration of Association or Program Coordinator List must be resubmitted.

4.0 Team Formation

4.1 Tryout Dates

Leagues must follow the tryout dates as outlined on the following chart.

ALL LEAGUE TRYOUT & LEAGUE PLAY DATES MAY BE MOVED BY **3 DAYS** OF STATED DAY

District & Zone Chairpersons will be responsible for insuring these dates are followed.

Branch AAA League

AAA zone team tryouts except major midget must be completed and teams set by no later than the 4th Saturday of August.

AAA zone major midget team tryouts must be completed and team set by no later than September 20th. (As per Jr agreement)

AAA zone league play except major midget division will not commence before 2nd Thursday of September.

AAA major midget league will not commence before September 20th.

Branch AA-A League

AA-A district team tryouts except major midget must not commence before forth (4th) Saturday of August



AA-A district team tryouts except major midget must be completed & teams set no later than the second (2) Thursday of September.

AA-A district major midget tryouts may not commence prior to second (2nd) Saturday in September.

AA-A district major midget team tryouts must be completed and team set by no later than the fourth (4th) Wednesday in September.

AA-A league play with the exception of major midget will not commence before the second (2nd) last Sunday of September

AA-A major midget league will not commence before the last Sunday in September.

Association B competitive Leagues

B association team tryouts except major midget may not commence prior to the Second (2nd) Friday of September.

B association except major midget team tryouts must be completed and teams set prior to the fourth (4th) Wednesday of September.

B association major midget teams may not commence prior to fourth (4th) Wednesday in September.

B association major midget team tryouts must be completed and set by the first (1st) Friday in October.

B association individual Leagues except major midget will not commence play before the first (1st) Sunday in October.



B association major midget League may not commence play before the second (2nd) Wednesday in October.

Association House Leagues

Chairpersons will decide on house Teams & house leagues start-up times.
 These start-up times may not interfere with competitive tryouts

<u>Major Midget</u>			<u>August</u>	<u>September</u>	<u>October</u>
AAA	Tryout	Finish		Sept 20th	
	League Play	Start		>Sept 20th	
AA/A	Tryout	Start		2nd Saturday	
		Finish		4th Wednesday	
	League Play	Start		Last Sunday	
B	Tryout	Start		4th Wednesday	
		Finish			1st Friday
	League Play	Start			2nd Wednesday
HL play					>1st Friday
<u>All Other Levels</u>			<u>August</u>	<u>September</u>	<u>October</u>
AAA	Tryout	Finish	4th Saturday		



League Play		Start		>2nd Thursday	
AA/A	Tryout	Start	>4th Saturday		
		Finish		2nd Thursday	
	League Play	Start		2nd Last Sunday	
B	Tryout	Start		2nd Friday	
		Finish		4th Wednesday	
	League Play	Start			1st Sunday
HL play					

4.2 District "AAA" Teams Formation :

- a) In addition to the Branch “AAA League Committee”, the Zones governing “AAA” hockey in the ODMHA are as follows:

Zone 1 Cyclones District 1(Upper St Lawrence) including Osgoode-Rideau, Richmond-Munster, Metcalfe and Leitrim west of the center of Albion Road

Zone 2 District 10; District 11

Ottawa Senators

Zone 3 District 4 (Rideau-Carleton) excluding Osgoode-Rideau and Richmond Munster; District 5 (Upper Ottawa Valley)



Zone 4 Junior 67's	District B (Bytown); District 9 (Gloucester) excluding Metcalfe , Russell and Leitrim west of the center of Albion Road
Zone 5 Eastern Ontario Wild	District 2 (Lower St Lawrence) ; District 3 (Lower Ottawa Valley); District 12 (Cumberland) and Russell

b) District accountability for AAA Zones will rotate between the District Chairs which comprise the Zone on a two year rotation basis. Participating Districts may unanimously agree that one District retain chairmanship beyond the two year term (on an annual basis). At any time a participating District can request resumption of the rotation for the next season. District Chairs shall declare to Minor Council at the first meeting of each season which District Chair is responsible for each Zone. This term rotation will commence for the 2010/2011 season. If there is no agreement between Chairmen then the HEO Minor Executive will decide who commences the rotation.

District Chairs cannot be Zone Chair for two Zones. If neither District Chair is available to be Zone Chair, one may be recommended by the zone for the current season only. The recommended candidate is subject to approval by the HEO Minor Executive. If no suitable candidate is found then the HEO Minor executive will appoint one.

c) Each participating District shall be provided a voting position on their respective AAA Association Board. This includes Districts that have only part of their District included in a AAA zone. This individual shall be appointed by the District.



4.3 District "AA" and "A" Teams Formation:

- a) Districts determine if the "AA" and/or "A" programs can be run for each level in their district, realizing that the objective is to support all levels offered in these Branch Leagues.
- b) Districts can combine to make up the required number of teams, subject to approval of HEO Minor. A separate executive consisting of President, Vice-President, Secretary, Treasurer and Registrar must be formed.
- c) In addition to the Branch "AA" & "A" League Committees, the Associations governing "AA" & "A" hockey in HEO Minor are as follows:

Rideau St. Lawrence Kings	District 1
Seaway Valley Rapids	District 2
Eastern Ontario Cobras	District 3
Ottawa Valley Silver Seven	District 4
Ottawa Valley Aces	District 5
Ottawa Sting	Bytown District
Gloucester Rangers	District 9
Nepean Raiders	District 10
Kanata Blazers	District 11
Cumberland Jr. Grads	District 12



- d) The HEO Minor's hockey season operates from August 15th, of the current calendar year to May 15th of the following calendar year.

4.4 Association Teams

- a) Associations may form "A" and "B" competitive teams, subject to approval by the District Council and the appropriate leagues.
- b) Associations within a District may combine to form "A" and "B" competitive teams, subject to a two-thirds majority vote of the District Council and acceptance by the appropriate leagues.
- c) HEO Minor Associations are not permitted to register teams in another Branch unless the two Branches involved grant special permission.

4.5 Recreational (House League)

Each Association operating House League or recreational teams within HEO Minor may be assessed the following team ratings:

- a) Recreational leagues operating at only one skill level shall be given an overall rating of 'B'. Each team in that Association shall be considered a 'B' team for the purpose of competition in tournaments or exhibition games outside of their District.
- b) Recreational Leagues operating at more than one skill level may follow a 20-60-20 split when dividing their teams into A-B-C. Leagues with participation of more than one Association may direct each Association to use this chart to submit teams for league play. These division levels will be considered for the purpose of



competition in tournaments or exhibition games outside of their District (see Guideline under Appendix D).

- c) Where some recreational leagues can only support A and B teams, the upper levels can be increased up to a 40-60 split. The B level is maintained at a minimum of 60 % level.

5.0 Residence Rules

- a) The Residence Rule of HEO Minor shall be interpreted in accordance with the “Residential Qualifications” prescribed in Hockey Canada Regulation F. As a supplement to section 4, b) of the above Regulation, in instances where custody is shared equally by the parents, the parents will determine where the player will play prior to registration and this will not change in subsequent years unless the status changes as per “Residential Qualifications”.
- b) The team in violation shall be deemed to have used an illegal player and appropriate disciplinary action will apply.
- c) HEO Minor and its member associations require evidence of residency at the time of registration and all documentation must be provided to the Receiving Association before the player can participate.
- d) The documentation is spelled out in Hockey Canada Regulations, including but not restricted to:
 - i. Guardianship details, including Court Order(s), if applicable.



- ii. Documentation showing a valid address in the new Association, e. g. a copy of the Residential bill of sale or rental agreement (with all monies blacked out), a copy of a utility bill (similarly redacted).
 - iii. Proof of school registration.
- e) Within HEO Minor, there are 3 kinds of residence changes:
- i. Inter-Branch Moves – to be documented as laid out in paragraph d) above.
 - ii. Inter-District Moves – to be documented as laid out in paragraph f) below.
 - iii. Intra-District Moves – to be documented as laid out in District regulations and procedures.
- f) All inter-district residence changes:
- a. Must be completed by August 1, prior to the start of each season. Should this cause undue hardship, financially or otherwise, a special exception can be made on this date restriction with the approval of the District Chairs for both the Receiving and Sending Districts.
 - b. Must be accompanied by a Declaration of Inter-District Residency form, duly signed and documented.
 - iii) Must be accompanied by a Member of Good Standing form which certifies that the player involved has no outstanding debts or suspensions with the Sending District.



- g) For all moves, where a person other than the parent of a player has an enforceable Court Order that grants custody or guardianship of the player, and is signed and dated a minimum of 90 days prior to the player registering for the current season, then the residence of the player will be that of the person granted custody or guardianship of the player.
- h) Should an association not follow these procedures and the player is found guilty of not providing the proper documentation, the association will be fined by the HEO Minor Disciplinary and Appeals Committee, in an amount determined by that Committee.
- i) For hockey purposes, HEO Minor does not consider that a player boarding in a rented room(s), out of his home association/ district/ zone, has established that as his residence.

See www.heominor.ca (for residency forms)

6.0 Vested Rights

- a) A player shall have vested rights when HEO Minor approve changes to the Association's boundaries as long as that player continues to register with the same Association. (Grandfather Clause).
- b) A player forfeits their vested rights once the player registers with another Association or sits out a season.

7.0 Players, Bench Staff, Team and Officials Registration

7.1 Registering Players



- a) Hockey Canada Regulation F shall apply in the registration of every player registered under HEO Minor.
- b) Players in HEO Minor may not register or play for a second team in the same season unless properly released from their initial registration in accordance with Hockey Canada Regulation H. In addition, player registration certificates shall be issued and completed in accordance with Hockey Canada Regulations F.
- c) Electronic Registration data and team lists must be in to the District Registrar by the following dates:

"AA" The last week of September or by the first "AA" league game.

"A" and "B" By the first league game.

House teams By November 1st
- d) Any player who comes back from trying out or playing at Junior Hockey is allowed to play on a team at his proper age category at any level provided there is space available for them in their Association.
- e) Players shall be considered registered upon approval by the appropriate District Registrar

7.2 The minimum requirement for each of the following Bench Staff positions is:

- a) All on-ice instructors for Initiation Programs: Coach 1 Intro Coach + Respect in Sport - within 30 days from the first IP Session of the season (refer to Initiation Program Policy – Appendix E).



- b) Head Coaches for Novice and Atom Competitive teams: Coach 2 – Coach Level **trained** + Respect in Sport; PeeWee, Bantam, Midget B, A, AA Competitive teams Development 1 Level **trained** + Respect in Sport; PeeWee, Bantam, Midget AAA Competitive teams High Performance 1 Level **trained** + Respect in Sport - prior to the first league game of the season.
- c) Assistant Coaches for Novice and Atom Competitive teams: Part 1 Respect in Sport; PeeWee, Bantam, Midget B, A, AA Competitive teams Coach 2 Level **trained** + Respect in Sport; PeeWee, Bantam, Midget AAA Competitive teams Development 1 Level **trained** + Respect in Sport - prior to the first league game of the season.
- d) Head Coaches for House League teams: Coach 2 - Coach Level **trained** + Respect in Sport - within 30 days from the first league game of the season.
- e) Assistant Coaches for House League teams: Part 1 Respect in Sport - within 30 days from the first league game of the season.
- f) A certified Trainer must attend each practice, game and/or on-ice IP session played by an HEO Minor team, recording their Trainer Number on the game sheet.
- g) Trainers for House League teams & IP sessions must have their HTCP Trainer Level I certification prior to serving as Trainer at any game/practice/event.
- h) Trainers for Competitive teams must have their HTCP Trainer Level I prior to serving as Trainer



at any game/ practice/ event up to November 30 of the season. Commencing December 1 of the season, trainers must have their HTCP Level II Certification to be eligible to act as Trainer at any game/practice/event.

NOTE: Should one of the two team Trainers not be present at a game, it must be so noted on the game sheet and the game must proceed. If both Trainers are absent, the game can proceed providing a qualified First Aid person or medical professional is identified to the Referee as being willing to attend to injured players on both teams.

7.3 Registering Teams

- a) The Association Registrar is responsible for ensuring Hockey Canada Players electronic data and the HEO Minor Team Lists are completed correctly with the required information, such as Declaration of Residency's. The HEO Minor Team List is to be signed by the President OR the Association Registrar.
- b) The District Registrar must submit the team lists and accompanying documentation within three weeks of receiving the information from the Association Registrars to the HEO Minor Branch Registrar.
- c) A coach or manager must provide on request to the league, tournament, HEO Minor game officials or the coach of a competing team, Hockey Canada player electronic team lists to ensure that all players taking part in the game are registered in compliance with Hockey Canada Regulations.
- d) To obtain Hockey Canada electronic team lists, an association's team shall be registered with a district



and a league. The District can request a "Team Count" form before distributing Hockey Canada team lists.

- e) Team ratings are according to the league designation, that is, if the team is playing in a 'B' league, the team is rated 'B'.
- f) It is prohibited for any competitive teams to play against any non-competitive or house league teams within HEO Minor.
- g) Mandatory participation by Minor Hockey Associations is required in Hockey Canada insurance programs.
- h) HEO Minor registered teams are not permitted to hold parent/player on-ice activities at any time of the year.

7.4 Registering Officials (Referees)

- a) Referees shall be registered with HEO Minor in accordance with the levels of the Canadian Hockey Officials Program provided the person has attended and passed a clinic at the appropriate level during the season in which the referee is officiating.
- b) All games shall be refereed by HEO Minor registered and crested officials. Minimum Level II crested referees are required for games involving competitive teams. Under a three-man system, linesmen may be Level I crested officials. Level III crested referees are recommended for all midget and juvenile games.

The following system of refereeing is to be used throughout HEO Minor.



Referee and Linesmen:

Novice	Two-man System
Atom	Two-man system
Pee Wee	Two-man system
Peewee Body Checking	Three-man system
Bantam	Three-man system
Midget	Three-man system
Juvenile	Three-man system

Note: The use of a 4-man system is forbidden.

For the duration of the AAA Midget pilot project, the 4 man officiating system can be utilized at the Midget AAA level only.

7.5 Timekeepers

- a) All score keepers and time keepers shall be at least 14 years of age if fully trained (HEO Minor Approved training), otherwise scorekeepers and timekeepers must be at least 16 years of age.

8.0 Affiliated Players

The Affiliation process is used to give players a chance to develop their skills by playing for a higher level team. Refer to Hockey Canada Regulation Part III E (Teams, Clubs and Affiliations) for affiliation rules. These rules are further supplemented for play between teams in HEO Minor as per the following paragraphs and as specified in Appendix B.

- a) Suspensions are to be served with the lower category team, regardless of which team the player incurred the suspension with.
- b) A coach cannot deny a player the opportunity to affiliate.



- c) When houseleague players (Novice level or higher) are affiliating with competitive teams, they may only affiliate with the lowest competitive category team.
- d) Supplement to Hockey Canada Policy B 42- 44. As a general rule no replacement can be made for any ill or injured players by a player of the same Division and Category. The only exception to this rule is the emergency replacement of a goaltender from the same division and category, when no affiliated goalie is available. The replacement must come from within the same district. Written permission must be obtained from the District Chairman (or designate) and with a doctor's note restricting the team's regular goalie from playing for a specified period.
- e) A player affiliating to a higher age classification may play below his letter classification at the higher age level except for affiliating to the house "C" level where this level is for developmental purposes. This paragraph refers to house league only.

9.0 Initiation Program

- a) All minor hockey Associations under the jurisdiction of HEO Minor must provide evidence to verify that they are complying with HEO Minor's policy on the development of Initiation level players. Initiation level players are not permitted to play hockey at a higher age level.
- b) All minor hockey Associations in HEO Minor must follow the Initiation Program Policy as outlined in Appendix E.



Note: The Initiation Program is designed for players 4 to 6 years of age but should be made available as an option to all players who are just starting in hockey or to those players who are less skilled and wish to improve skill levels

10.0 Novice Program

- a) Novice hockey is a two-year program
- b) No players registered at the IP level may affiliate to any higher age classification during that current season.
- c) Novice aged hockey players are NOT permitted to register, affiliate or practice with any team which participates in a Body Checking Division.

11.0 Playing Regulations

11.1 Tournament

- a) Each Association granted an HEO Minor Tournament Sanction shall ensure that the HEO Minor Regulations are enforced.
- i) Applications for Tournament Sanctions must be filled out on the **online** sanction form, with all pertinent information filled in. Emailed or faxed sanction applications will be held until we have received a cheque payable to HEO Minor **or an etransfer**.
- ii) All applications for House League Tournaments shall clearly indicate if Body Checking rules are to be in effect.



- iii) All application forms must be signed by the President of the local Minor Hockey Association along with the District Chairperson.
- iv) The fees for Tournament Sanctions will be set yearly. Tournament Sanction Refunds will only be issued if the entire tournament is cancelled.
- v) Any tournament playing rule, other than discipline, which are to be different from Hockey Canada's regulation M.1 through M. 18 (F), must be submitted with the tournament sanction application for approval.
- vi) Each Minor Hockey Association shall be granted ONE tournament sanction per annum for each division and category in which that Association has a team registered. In addition, with the exception of certain tournaments sanctioned by HEO Minor on a long-standing basis (e.g. Bell Capital Cup, Silver Stick, Ronald McDonald), all tournament applications must be restricted to a maximum of 16 teams per division.
- b) The Tournament Chairperson shall verify all team lists and Affiliated Lists. A team that has left its official team list at home will have to arrange that verification of the players from the District Chairperson or his delegate is given to the Tournament Chairperson before that team is to be allowed to participate.
- c) All players shall sign a Player Eligibility form prior to the first game of the Tournament and may be requested to sign in prior to each game as required by the Tournament Chairperson.
- d) When houseleague players are affiliating with competitive teams they may only affiliate with the lowest competitive category team.



- e) The Tournament Chairperson shall submit to the District Chairperson all game sheets and Game Incident Reports at the conclusion of the Tournament. The District Chairperson retains these for a period of one year
- f) The Tournament Chairperson shall notify the District Chairperson of all suspendable penalties.
- g) The HEO Minor Code of Discipline shall be applied.
- h) It is recommended that a number of properly qualified First Aid Personnel, such as St. John Ambulance be in attendance whenever possible.
- i) A team must give both verbal and written notification with a minimum of 10 days of their intent to withdraw from a tournament. This withdrawal also must be due to UNAVOIDABLE circumstances to be followed by Rule and Regulation 10.1 i) The Coach of a team that enters a Tournament and fails to appear will be suspended until a formal hearing is conducted by the HEO Minor Discipline and Appeals Committee.
- j) The Coach of any team which enters a Tournament and fails to continue playing in any Tournament games will be required to attend a formal hearing conducted by the HEO Minor Discipline and Appeals Committee. Such incidents shall be reported within 24 hours by the coach to their District Chairperson. The District Chairperson is responsible for reporting such incidents to the HEO Minor Discipline and Appeals Committee within 48 hours.
- k) Formation of All Star Teams for Tournaments is prohibited.

Note: An All Star Team is a team which has one (1) or more players that are not on their official team list



- l) Any Hockey Eastern Ontario Minor association team, which is not registered in a duly sanctioned HEO Minor league, will be not be permitted to play in any HEO Minor sanctioned tournaments or out of Branch sanctioned tournaments.
- m) A "Minor AA" team may be allowed to play in a "Major A" competitive tournament with approval of the Tournament Chairperson and the other teams involved. Before accepting a "Minor AA" team in a "Major A" tournament, the Major "A" teams that applied must be accepted first.
- n) Similarly, before accepting a "Major A" team into a "Major AA" category, the Tournament Chairperson must first accept all "Major AA" teams that have requested application to the Tournament by the application deadline (if any).
- o) For further clarification, no "Major" team can play in a higher division "Minor" category, or can a House League team play in a "AA", "A", "B" Competitive Tournament.
- p) No competitive team Tournaments of the same division and category shall be held within fifty (50) kilometres of each other, unless the Executive Committee responsible for Tournaments gives special approval after consulting with the Minor Associations and District Chairpersons involved.
- q) No recreational team tournaments of the same division and category shall be held within twenty (20) kilometres of each other, unless the Executive Committee member responsible for Tournaments gives special approval after consulting with the Minor Associations and District Chairpersons involved.
- r) No HEO Minor registered team or player may participate in a non-sanctioned tournament from August 15 to May 15.

11.2 Playdown



- a) Teams wishing to challenge a higher category must do so before December 15th, of the playing season through written application to the Chairman of the Play down Committee. Team(s) who challenge in a higher category forfeit their right to participate in their registered category.
- b) One copy of each Game Incident Report with the game sheet for games played in the HEO Minor play down shall be forwarded to the HEO Minor office immediately after the game.

12.0 Inter-Branch Travel - Travel Permits

- a) A travel permit, complete with player, team officials and affiliated player information, is required when:
 - i) A team wishes to enter a tournament to be held outside HEO Minor boundaries.
 - ii) A team wishes to play an exhibition game and the game will take place outside the HEO Minor boundaries, that is, the USA, Quebec or another Hockey Canada Branch.
 - iii) No travel permits are necessary when playing a team within our branch.

Note: No sanctioned tournament shall accept entries from any team, which is not a member of Hockey Canada, USA Hockey or other member IIHF Federation.

- b) The Association will complete the form and forward it to the appropriate District Chairperson.
- c) The appropriate HEO Minor District Chairperson or his delegate must approve all such trips. Failure to comply with this regulation will result in a



suspension of team officials.

- d) The coach is responsible to inform their District Chairperson of any changes to the team or officials roster that was in the approved Travel Permit at least 48 hours prior to travel. Failure to do so shall result in appropriate disciplinary action.
- e) No team may play in more than six (6) Out-of-Branch Tournaments. This does not include Provincial, Regional or National Championships.

13.0 Helmet Regulations

- a) Effective September 1st, 1999, any coach, trainer, assistant coach or volunteer who is on the ice at practice must wear a CSA approved hockey helmet affixed and securely fastened to their head.
 - i) First Offence - Any on-ice participant found to be in violation of this Regulation will be given a warning by a person in authority. This warning may be verbal or written, and shall be reported to the District Chairperson
 - ii) Second Offence - An automatic suspension from all hockey activities until a formal hearing is held by the District's Discipline and Appeals Committee.
 - iii) Third Offence - An automatic suspension from all hockey activities until a formal hearing is held by the HEO Minor Discipline and Appeals Committee.
- b) **Goaltenders must wear a neck protector except in the case where a goalie mask has the long extended protection built into the mask and is CSA approved. All other goaltenders must**



have a throat protector affixed to the helmet/face masks

- c) Only approved stickers supplied by the helmet manufacturer can be affixed to helmets. The team must be able to provide proof from the manufacturer that they are approved upon request.
- d) All helmets require ear protection.

14.0 Mouth Guards

- a) It is strongly recommended for all registered HEO Minor players to wear mouth guards during all on ice activities (games and practices).

15.0 Transfers

- A) Player transfers between Districts and Associations are permitted, if the following conditions are met for the respective level:
 - 1. IP: The home Association has a waiting list.
 - 2. House league:
 - i. The home Association has a waiting list, or;
 - ii. The player is capable of playing at a higher level than is offered in the home Association or District.
 - 3. Competitive:
 - i. The player was released during tryouts and wishes to try out with a higher level team, or;
 - ii. The player is capable of playing at a higher level than is offered in the home Association or District.



B) Before trying out for a higher level Competitive team outside of their home Association but within their residential District, the following criteria must be met:

1. The player must be registered in their home Association, and;
2. Tryout approvals must be signed by both the home Association President and the receiving Association President or their delegates.
3. The District Chairperson must be informed of the tryout approval. District Chairs may require all tryout approvals to be signed by them, at their discretion.

C) Before trying out for a higher level Competitive team within a non-residential District or Zone, the following criteria must be met:

1. The player must be registered in their home Association, and;
2. The player must have attended, and been released from, competitive tryouts at a higher or at an equivalent level (if available) in their home District or Zone, and;
3. Tryout approvals must be signed by the home Association President and the receiving Association President, or their delegates.
4. The District Chairperson must be informed of the tryout approval. Districts Chairs may require all tryout approvals to be signed by them, at their discretion.

D) Tryout Approval Conditions:



1. If the player is released from a tryout with a higher level team, the player must return to his home Association, regardless of whether or not those tryouts were in the player's residential District. The player is allowed to try out for the next level team only within his residential Association/District.
2. Any player trying out for a team in a non-residential District and/or Association, will be kept on the registration rolls with his residential Association as an active player. Should that player be released from tryouts in the non-residential District and/or Association, they must advise their residential Association and District of their return within 3 days of that release. Should they not do so, they will be removed from the registration rolls.

E) Transfer Conditions:

1. Players transferred for House League play can only register with the team indicated on the Transfer Application and may only affiliate to a team at the next higher level of play. Any player transferred for House League play may not affiliate with a higher level competitive team for more than 10 league games in a given season.
2. Players transferred for Competitive play can only register with the team indicated on the Transfer Application and may affiliate to any higher level Competitive team.
2. Transfers are for 1 year only.



4. Upon acceptance to a team, the affected District Chairperson(s) must sign transfer documents before the player transfer is official.

- F) No player may attend a try out, or any other on-ice activity, with another District or Association, unless a tryout approval or transfer for that player to such District or Association has been approved as provided for in this section.

- G. No player may try out for more than one team of the same division/category in the same season without a properly approved tryout approval or transfer document.

- H. Under any other circumstances, a tryout approval or a transfer request will be denied.

16.0 Regulations Governing Appeals

- a) All Appeal hearings in the HEO Minor jurisdiction shall be conducted according to the format and guidelines outlined in Appendix "A", Discipline and Appeal Hearings.