



[www.ncjhl.com](http://www.ncjhl.com)

## **MISSION STATEMENT**

**2025/2026**

The mission of the National Capital Junior Hockey league (the “**NCJHL**” or the “**League**”) is to ensure the continuation and development of amateur hockey for players beyond the minor ranks.

The NCJHL’s Executive strives to maintain good relations with minor hockey and ensures that any disciplinary action is taken in accordance with Hockey Canada Rules and Regulations and Directives as well as those of Hockey Eastern Ontario. The NCJHL member teams/clubs play an active role in developing the skills of players and coaches, promoting sportsmanship in a highly competitive atmosphere on the ice, while helping players build a strong and positive character off the ice, as well as encouraging them to continue their studies.

## TABLE OF CONTENTS

INTRODUCTION		3
SECTION I	CONSTITUTION	4
	Article 1 Name	4
	Article 2 Head Office	4
	Article 3 Authority	4
	Article 4 Definition of a Junior	4
	Article 5 Membership	4
	Article 6 Objectives	5
	Article 7 Executive Council	6
	Article 8 Indemnities to Executive Council	7
	Article 9 Powers of the Executive Council	7
	Article 10 Duties of Executive Officers	8
	Article 11 Committees	11
	Article 12 Execution of Documents	11
	Article 13 Amendments	11
	Article 14 Fiscal Year	11
	Article 15 Effective Date	12
SECTION II	BY-LAWS	13
	By-Law 1 League Entry Fees and Approval	13
	By-Law 2 Financial	13
	By-Law 3 Rules of Order	13
	By-Law 4 Voting of Members	14
	By-Law 5 Nominations and Election of Officers	14
	By-Law 6 Meetings	15
	By-Law 7 Minutes of League Meetings	16
	By-Law 8 Player Eligibility and Transfer Policy	16
	By-Law 9 Absenteeism	19
	By-Law 10 Suspension of Members	19
	By-Law 11 Protests and Appeals	20
	By-Law 12 Discipline and Appeals Committee	20
SECTION III	RULES AND REGULATIONS	22
SECTION IV	CODE OF DISCIPLINE	26
	1. General	26
	2. Fighting Infractions	27
	3. Infraction Chart	28

# **NATIONAL CAPITAL JUNIOR HOCKEY LEAGUE**

## **CONSTITUTION,**

## **BY-LAWS**

## **AND**

## **RULES AND REGULATIONS**

## **2025-2026**

### **INTRODUCTION**

The NCJHL is a voluntary association of individuals established to promote and perpetuate Junior hockey in its territorial jurisdiction. The NCJHL is an integral part of Hockey Eastern Ontario (“**HEO**”) and by virtue of this affiliation is a member of Hockey Canada, the governing body of amateur hockey in Canada.

Whereas it is declared that one of the purposes of this Constitution, By-Laws, Rules and Regulations, and the Code of Discipline shall be to confer upon the NCJHL and its Executive Council Members all of the powers of a fully governing organization, be it hereafter enacted:

#### **SECTION I – Constitution**

#### **SECTION II – By-Laws**

#### **SECTION III – Rules & Regulations**

#### **SECTION IV – Code of Discipline**

(Download full document 2025-2026 NCJHL Constitution, .pdf 317 KB)

## SECTION I – CONSTITUTION

### ARTICLE 1 NAME

- 1.1 The name of this organization shall be known as the “**National Capital Junior Hockey League**”, hereinafter called the “**NCJHL**” and/or the “**League**”.

### ARTICLE 2 HEAD OFFICE

- 2.1 The head office of the League shall be located in the City of the residence of the President.

### ARTICLE 3 AUTHORITY

- 3.1 The Executive Council of the League shall have the authority to operate the League as set forth in the Constitution, By-Laws, Rules and Regulations, and the Code of Discipline of the League. The League recognizes and shall be governed by the Constitution, By-Laws and Rules and Regulations of the HEO and that of Hockey Canada, which is the sole governing body for amateur hockey in Canada.

### ARTICLE 4 DEFINITION OF A JUNIOR

- 4.1 Any player who is twenty (20) years of age or younger as of midnight on the thirty-first (31<sup>st</sup>) day of December in the current playing season is considered to be a **Junior**. Player who is twenty-one (21) years of age (referred to as the “**over-age player**”) may be eligible to play in the League as per *Hockey Canada Regulation Competition B.3*.

### ARTICLE 5 MEMBERSHIP

- 5.1 Whenever used in the Constitution, By-Laws, Rules and Regulations, and the Code of Discipline of the League the masculine shall include the feminine and the neuter, and the neuter shall include the masculine and the feminine, the singular shall include the plural and the plural shall include the singular, whenever the context requires or permits.
- 5.2 Application for the membership of the League: The League Executive will present new team application at the League Annual General Meeting (the “**AGM**”), and teams will vote to accept or reject the application. Two-thirds (2/3) majority is required for approval.
- 5.3 Each member team/club shall submit to the President a list of the Franchise Holder(s) and the Team/Club Executive(s) before the start of the current playing season.

Any change in ownership of the member team/club, location of home games or a new Executive to operate said member team/club, must be approved by the League's Executive Council prior to the change becoming effective. Such approval is necessary for the continued operation in the League.

The League Executive shall decide all cases where there is a dispute concerning the ownership of a League franchise.

- 5.4** Membership shall be renewed annually upon the payment of dues, as prescribed from time to time, by the League.
- 5.5** Membership shall be subject to suspension or forfeiture in the event of failure to comply with any written decree of the Executive Council, expressly stipulated in writing that any written decree of suspension or forfeiture, when affirmed by a majority of the Executive Council, shall be final and binding, but subject to appeal to the HEO within seventy-two (72) hours.
- 5.6** All hockey games played by member teams/clubs and the qualifications of all persons competing at such games as members of their team/club shall be in conformity with the Constitution, By-Laws, Rules and Regulations, and the Code of Discipline of the League, HEO and Hockey Canada and with the rules and conditions of competition adopted and prescribed by the Executive Council.
- 5.7** Each member team/club in good standing may apply in writing for a leave of absence from the League for a period of no more than one (1) playing season. Any member team/club granted a leave of absence for one (1) year (maximum) must continue to pay League fees and any HEO assessment to maintain voting rights and membership, and these must be paid by assigned date during the current playing season.

All teams/clubs must declare status of team operation for the following playing season by the League AGM of the current playing season. Any member team/club on a one (1) year leave of absence must confirm its status by the League AGM. Failure to do so will result in the forfeiture of the franchise to the League.

## **ARTICLE 6            OBJECTIVES**

- 6.1** The objectives of the League are to:
- a)** Foster, improve and perpetuate Junior hockey within the territory under its control, as authorized by HEO under Hockey Canada.
  - b)** Encourage and assist the development of minor hockey played in the League's area of jurisdiction working with Hockey Eastern Ontario Minor and as authorized by HEO under Hockey Canada.

c) Encourage and protect the individual and collective interests of member teams/clubs.

d) To conduct orderly competition among member teams/clubs.

## **ARTICLE 7            EXECUTIVE COUNCIL**

**7.1**    The Executive Council of the League shall consist of two (2) member representatives from each member team/club and the Offices of the League.

**7.2**    The Officers shall be a President, a Vice President, a Treasurer, a Statistician/Webmaster, and any number of Directors as the Executive Council deems appropriate.

The Officers shall be voting members of the Executive Council except for:

a) The President, who may vote on matter(s) as stipulated in ARTICLE 10 – DUTIES OF EXECUTIVE OFFICERS, and

b) The Officers, who may not vote in the election of the Officers of the League.

**7.3**    The President and the Vice President shall be elected by the member team/club representatives and shall remain in office for a two (2) year mandate. These two (2) members shall not be associated with any member team/club, if possible.

**7.4**    The Treasurer shall be appointed by the President and shall remain in the office for a two (2) year mandate.

**7.5**    The Statistician/Webmaster shall be appointed by the President and shall remain in office for a two (2) year mandate.

**7.6**    The Directors shall be elected by the member team/club representatives, be approved by the executive and shall remain in office for a two (2) year mandate.

**7.7**    Shall any vacancy occur in the Executive Council for any reason, the Executive Council by a majority vote of those in attendance, may, by appointment, fill the vacancy with a person in good standing with the League as a member.

**7.8**    A retiring officer shall remain in office until the dissolution or adjournment of the meeting at which his successor is elected.

## **ARTICLE 8            INDEMNITIES TO EXECUTIVE COUNCIL**

- 8.1** Every member of the Executive Council who has undertaken or is about to undertake any liability on behalf of the League or any company controlled by it and its heirs, executors and administrators, and estate and effects, respectively, shall from time to time and at all times, be indemnified and saved harmless out of the funds of the League, from and against:
- a)** All costs, charges, and expenses whatsoever, which such a member or other person sustains or incurs in or about any action, suit or proceedings which is brought, commenced, or prosecuted permitted by him, in or about the execution of the duties of his office or in respect of any liability.
  - b)** All other costs, charges, and expenses which he sustains or incurs in or about or in relation to the affairs thereof, except such costs, charges or expenses as are occasioned by own willful neglect or default.

## **ARTICLE 9            POWERS OF THE EXECUTIVE COUNCIL**

The Executive Council shall have the authority to:

- 9.1** Administer the affairs of the League in all things and make or cause to be made for the League, in its name, any kind of contract which the League may lawfully enter into and, save as hereinafter provided, generally, may exercise all such other authority and in general, to make decisions on all matters pertaining to the affairs of the League which are consistent with the Constitution, By-Laws, Rules and Regulations and the Code of Discipline of the League, HEO and Hockey Canada.
- 9.2** Authorize the collection of fees and/or funds for the operation of the League, authorize expenditures on behalf of the League; distribute any funds remaining at the end of the playing season to the member teams/clubs; make expenditures for the purpose of furthering the objects of the League; enter into a trust arrangement with a trust company for the purpose of creating a trust fund in which the capital and interest may be made available of the benefit of persons having an interest in Junior hockey, in accordance with such terms and conditions as the Executive Council may prescribe.
- 9.3** Take such steps as the Executive Council may deem necessary to enable the League to acquire, accept, solicit, or receive legacies, gifts, grants, settlements, bequests, endowments, and donations of any kind whatsoever for the purpose of furthering the objectives of the League.
- 9.4** Suspend or discipline any coach, manager, trainer, player, or other persons affiliated with member teams/clubs and /or with the League.

- 9.5 Formulate, prescribe, and recommend alterations and amendments to the Constitution, By-Laws, Rules and Regulations, and Code of Discipline of the League.
- 9.6 Adjudicate all disputes between its member teams/clubs.
- 9.7 Set the Honoria payable to the Officers, or any persons appointed to carry out special projects.
- 9.8 Impose penalties and fines in accordance with the Constitution, By-Laws, Rules and Regulations, and the Code of Discipline of the League, HEO and Hockey Canada.
- 9.9 Grant or refuse an application for membership in the League and approve a leave of absence from the League with a written explanation.
- 9.10 Appoint sub-committees as required dealing with specific matters.
- 9.11 Enter into agreements with other leagues that are consistent with the Constitution, By-Laws, Rules and Regulations, and the Code of Discipline of the League, HEO and Hockey Canada, and with a mandatory vote by member teams/clubs.

## **ARTICLE 10 DUTIES OF EXECUTIVE OFFICERS**

- 10.1 The President shall be the Chief Executive Officer of the League. He shall preside at all League meetings. He shall have the general and active management of the League. He shall see that all orders and resolutions of the Executive Council are carried into effect and he or the Vice-President with any other officer appointed by the Executive Council for the purpose shall sign all By-Laws and any other documents requiring the signatures of the Officers of the League. He also shall be an ex-officio member of all League committees.

Preside at Annual, Special and Executive League meetings, and at these meetings he shall have a vote, and only, if necessary, cast a deciding vote.

Generally, perform the duties of the office of the President, and may at his discretion, order the calling of League meetings or its committees, and must call a meeting at the request of members of the Executive Committee.

Arrange for the publication and distribution of the League schedule after it has been approved by the Executive Council and take action necessary to re-schedule any or all scheduled league games postponed because of circumstances beyond the control of the member teams/clubs concerned.



Generally, oversee the work of the Treasurer and Statistician/Webmaster, as required, to ensure the best interests of all member teams/clubs.

Represent the League and its members in all matters that fall within the regulatory control of HEO and of Hockey Canada.

Assist the management of member teams/clubs when requested to do so, to acquire the playing rights of players who require releases from teams/clubs, which are members of other leagues.

Act as a one (1) of three (3) co-signing authorities for all payments made by the League.

Have the authority to suspend summarily any manager, coach, player, or trainer for violations of the Constitution, By-Laws, Rules and Regulations, and the Code of Discipline of the League, HEO and Hockey Canada.

Be consulted by the member teams/clubs in regard to any problem that might result in an appeal to HEO or to Hockey Canada by a member team/club, manager, coach, player, and trainer, connected with the League.

Provide a copy of all correspondence received by or dispatched from his office for retention by the Treasurer.

**10.2** The Vice-President shall, in the absence or resignation of the President, perform the duties and exercise the powers of the President and shall perform such other duties as shall, from time to time, be imposed upon him by the Executive Council.

Act as a one (1) of three (3) co-signing authorities for all payments made by the League.

He shall be responsible for convening and chairing any Discipline and Appeals Committee hearings. Note: See By-Law 12 – DISCIPLINE AND APPEALS COMMITTEE for the makeup of any Discipline Committee.

Conduct an annual review of the Constitution, By-Laws, Rules and Regulations, and the Code of Discipline of the League, as well as its Policies and Procedures.

Conduct hearings in accordance with the Hockey Canada and HEO's Rules and Discipline Regulations and Directives.

Communicate in writing to each member team/club the result reached after each decision regarding rules and discipline.

Represent the League and its members at HEO Junior Council and the Rules & Officials Committee.

Make written reports for the regular League meetings.

**10.3** The Treasurer shall attend all Executive Council meetings. He shall have custody of the League funds and securities and shall keep complete and accurate accounts of all assets, liabilities, receipts, and disbursements of the League in the financial ledger held by the League and shall deposit all moneys, securities and other valuable effects in the name and to the credit of the League in such chartered bank or trust company as may be designated by the Executive Council.

He shall disburse League funds as may be ordered by the Executive Council, taking proper vouchers for such disbursements, and shall render to the President and Council members at regular League meetings or whenever they may require it, an accounting of all the transactions and a statement of the financial position of the League.

He shall have custody of all financial and business documents and records pertaining to the affairs of the League.

Act as a one (1) of three (3) co-signing authorities for all payments made by the League.

Inform the President of important matters that may affect the welfare of the League or any of its members.

He shall also perform such other duties as may, from time to time, be directed by the President or the Executive Council.

**10.4** The Statistician/Webmaster shall prepare League standings and statistics immediately following games distributing same to media outlets which have been suggested by the member teams/clubs or who have indicated to the Statistician/Webmaster their desire to obtain this information.

He shall be responsible for the administration of the Code of Discipline of the League and keeping a record of suspensions.

He shall also update, weekly, the League's webpage, when applicable.

**10.5** The Directors shall attend all Executive Council meetings and perform any tasks assigned to them by the President.

## **ARTICLE 11                      COMMITTEES**

- 11.1** The Executive Council may appoint Standing Committees to conduct particular affairs of the League or from time to time, Ad Hoc Committees, and shall determine their terms of reference providing these shall be within the objectives and aims of the League.
- 11.2** The Chairperson of any Committee shall be appointed by the Executive Council. Minutes of proceedings, recording decisions of the Committees shall be tabled at the next meeting of the Executive Council.

## **ARTICLE 12 EXECUTION OF DOCUMENTS**

- 12.1** Contracts, documents or any instruments in writing requiring the signature of the League, shall be signed by the President or the Vice-President with the Treasurer, and all contracts, documents and instruments in writing so signed shall be binding upon the League without any further authorization or formality.
- 12.2** The signing officers shall be two (2) of the following: President or the Vice-President with the Treasurer for the League account.

## **ARTICLE 13 AMENDMENTS**

- 13.1** The Constitution, By-Laws, Rules and Regulations, and the Code of Discipline of the League may be repealed or amended only at the League AGM or at a Special General Meeting of the Executive Council specifically called by the President for this purpose and then may only be amended by a two-thirds (2/3) majority and affirmative vote of the members present and voting; a quorum being present.
- 13.2** The League may, at regular Executive Council Meetings by a two-thirds (2/3) majority and affirmative vote of the members, a quorum being present, amend the Constitution, By-Laws, Rules and Regulations, and the Code of Discipline of the League governing *inter-alia* conduct of said Constitution, By-Laws, Rules and Regulations, and the Code of Discipline provided such is ratified at the first AGM following such change(s). Any such amendments shall be included in the President's Report.

## **ARTICLE 14 FISCAL YEAR**

- 14.1** Unless otherwise ordered by the Executive Council, the fiscal year end of the League shall be the thirtieth (30<sup>th</sup>) day of April.

## **ARTICLE 15 EFFECTIVE DATE**

**15.1** This By-Law shall come into force without further formality upon its enactment.

Enacted as By-Law Number One by the Executive Council of the NCJHL at a meeting duly called and regularly held at which a quorum was present.

On the \_\_\_\_\_ day of \_\_\_\_\_, 2025

\_\_\_\_\_  
President

\_\_\_\_\_  
Vice-President/Director

The foregoing By-Law Number One as enacted by the Executive Council of the NCJHL is hereby ratified, sanctioned, confirmed, and approved without variation by the unanimous affirmative vote of all members entitled to vote at a meeting of members duly called and held in the City of Ottawa, in the Province of Ontario, and at which a quorum was present.

On the \_\_\_\_\_ day of \_\_\_\_\_, 2025

MEMBER TEAM/CLUB

OWNERS/SIGNING AUTHORITY

Cumberland “Les Castors”

\_\_\_\_\_  
\_\_\_\_\_

Kanata “Kings”

\_\_\_\_\_

Metcalfé “Jets”

\_\_\_\_\_

Morrisburg “Lions”

\_\_\_\_\_

North Dundas “Rockets”

\_\_\_\_\_

South Grenville “Rangers”

\_\_\_\_\_

St. Isidore “Les Aiglets”

\_\_\_\_\_

Vankleek Hill “Cougars”

\_\_\_\_\_

Westport “Rideaus”

\_\_\_\_\_

**SECTION II – BY-LAWS**

**BY-LAW 1**

**LEAGUE ENTRY FEES AND APPROVAL**

- 1.1 Successful new NCJHL franchise bids shall be required to pay a non-refundable franchise fee of Thirty Thousand Dollars (CA\$30,000.00) by the designated date.

Bids for a new franchise must be approved by a two-thirds (2/3) majority vote by member teams/clubs.

New franchise must also buy into balance of league bank account (in other words, balance of the account at time of franchise agreement divided by the number of member teams/clubs).

## **BY-LAW 2            FINANCIAL**

- 2.1 No member team/club shall be entitled to compete in the League's regular playing season or playoffs championship, nor to be represented at any League meetings or have any privileges of the League until its annual fees and fines, if any, have been paid in full, both League and HEO.
- 2.2 A fine levied upon a member team/club shall be paid within fifteen (15) days of notification.
- 2.3 The payment of referees and any cost to hold the game are the direct responsibility of the home team/club.
- 2.4 Honorariums and/or pre/approved expenses for the Officers of the League shall be approved annually by the Executive Council prior to the start of the season.

## **BY-LAW 3        RULES OF ORDER (SOURCE – ROBERT'S RULES OF ORDER)**

- 3.1 The following are the regulations for the governance of the League during the time of business at the AGM, Special Meetings or Executive Council Meetings:
  - a) No motion shall be received, unless submitted in writing, with the name of the mover and seconded thereon, and said motion shall not be opened for discussion until so stated by the Presiding Officer.
  - b) Although non-voting members may speak on issues at meetings if recognized by the Presiding Officer, only the appointed voting delegate of the member team/club in good standing is entitled to cast a vote, shall move or second motions or amendments, except where reports of the Officers are being tabled for acceptance.
  - c) All motions shall be decided by a simple majority of the Executive Council in attendance, a quorum being present. In the case of a tie the Presiding Officer shall have a deciding vote.

## **BY-LAW 4                      VOTING OF MEMBERS**

- 4.1**     At all meetings of the League, every question or issue shall be determined by a majority of votes by those with voting rights in attendance unless otherwise specifically provided by statute or by these By-Laws. Votes at all meetings shall be by way of a show of hands, by rising or by ballot. The method of taking a vote shall be the decision of the President or the Officer presiding over the meeting. Voting by ballot can be ordered by a majority vote or by general consent.
- 4.2**     At the AGM, Special Meeting or Executive Council Meetings, each member team/club in good standing must be represented. There shall be no voting by proxy.

## **BY-LAW 5                      NOMINATIONS AND ELECTION OF OFFICERS**

- 5.1**     A nominating committee of at least three (3) regular members of the League shall be appointed by the Executive Council at least thirty (30) days prior to the date of the AGM. The nominating committee shall, if possible, submit the names of at least one (1) nominee for each elected position, and shall obtain the consent of each nominee (by having the nominee's signature on the ballot) whose name is being put forward for election.
- 5.2**     A returning officer and scrutinizer shall be appointed by the Presiding Officer at the AGM.
- 5.3**     When only one (1) member is nominated for office, his acclamation will be confirmed by a majority vote.
- 5.4**     When more than one (1) nominee for office seeks election, the nominee polling in excess of fifty percent (50%) of votes shall be declared duly elected. Failing this, the process of elimination shall be utilized.
- 5.5**     A nominee not elected to any position may, if nominated, run for election for any other position. No person shall be elected to more than one position.
- 5.6**     The newly elected Officers shall take office seven (7) days following the League AGM.

## **BY-LAW 6                      MEETINGS**

- 6.1**     Meetings of the Executive Council may be held at any time and place to be determined by the Council or the President provided that forty-eight (48) hour

notice of such meeting shall be given to each member. No formal notice shall be necessary if all members are present at the meeting or waive notice thereof in writing.

- 6.2 All League meetings must have a quorum of at least two-thirds (2/3) of the members in good standing in attendance. Each member team/club in good standing not having a representative in attendance at a League Meeting shall be assessed a fine of One Hundred Dollars (CA\$100.00), exception with approved written reason.
- 6.3 There shall be a League AGM held prior to the thirty-first (31<sup>st</sup>) day of May commencing at an hour and location decided by the Executive Council. Member team/club not attending shall be fined Two Hundred and Fifty Dollars (CA\$250.00), exception with approved written reason.
- 6.4 At every League AGM, in addition to any other business that may be transacted, the reports of the Officers and the financial statements shall be presented, and the Officers of the League shall be elected. The members may consider and transact any business either special or general at any meeting of the members. The Executive Council or the President shall have the authority to call, at any time, a General Meeting of the members of the League.
- 6.5 AGENDA – ANNUAL GENERAL MEETING

The usual order of business at the League AGM shall be as follows:

- 1. Verification of voting powers and credentials
- 2. Call to order
- 3. President's welcome address
- 4. Adoption of the minutes of the previous AGM
- 5. Business arising from the minutes
- 6. President's Report
- 7. Vice-President's Report
- 8. Presentation of Financial Statements
- 9. Statistician/Webmaster's Report
- 10. Director's Reports
- 11. Committee Reports
- 12. Member Team/Club Reports
- 13. Notice of Motions and Amendments to the Constitution, By-Laws, Rules and Regulations, and the Code of Discipline
- 14. Election of Officers
- 15. New Business
- 16. Adjournment

## **BY-LAW 7                      MINUTES OF LEAGUE MEETINGS**

- 7.1**     The minutes of League meetings shall not be available to the general public but shall be available to the Executive Council and member teams/clubs, each of whom shall receive a copy of such minutes.

## **BY-LAW 8                      PLAYER ELIGIBILITY & TRANSFER POLICY**

- 8.1**     Member teams/clubs will card only local players with exception of the following:

- a)**     All minor hockey players and graduated midget players must play with their local NCJHL team/club unless a release by the management of that local NCJHL team/club has been received in writing.
- b)**     Each player whose rights belong to an NCJHL team/club must report to their respective team/club's training camp and/or practice.
- c)**     Each NCJHL team/club will identify for the record the name of the "local" minor hockey association, which will be the association of record for the protection of players that are of minor hockey age and eligible to play in the next minor hockey season. Minor hockey players signing an AA or AAA player's certificate belong to the minor hockey association that they would have signed with if no AA or AAA team/club exists.
- d)**     All players become free agents as of the end of the playing season. Players can move down without compensation to higher level team. Period of time for free agency is end of season to August 1<sup>st</sup>, 2026. If a player signs during this period of time, he belongs to this team. Any player wishing to move down will request release from present team with copy to team he wishes to sign with. If release is not given, Jeff Baker (HEO) is to be contacted.

Note: Due to large discrepancies in minor hockey enrolment: each team can protect five (5) players, then balance may go to other teams. Deadline for signing these five (5) players is September 15<sup>th</sup> of the playing season. Players who are sixteen (16) and seventeen (17) years old are not eligible unless given permission by their home association. Each team is only able to protect graduating minor hockey players.

Note: the minor hockey zone where the player resides is used to determine the local minor hockey association. Players not playing for any of the associations listed are considered to be **Free Agents**.

MEMBER TEAM/CLUB

LOCAL MINOR HOCKEY ASSOCIATION



Cumberland “Les Castors”	Cumberland Minor Hockey Association
Kanata “Kings”	Kanata Minor Hockey Association
Metcalf “Jets”	Metcalf Minor Hockey Association
Morrisburg “Lions”	South Dundas Minor Hockey Association
North Dundas “Rockets”	North Dundas Minor Hockey Association
South Grenville “Rangers”	South Grenville Minor Hockey Association
St. Isidore “Les Aigles”	St. Isidore Minor Hockey Association
Vankleek Hill “Cougars”	Eastern Prescott Russell Minor Hockey Association
Westport “Rideaus”	Leeds Chargers Minor Hockey Association

- 8.2** Players leaving the League to play at the Junior A or Junior B level, or any other hockey league must revert back to their NCJHL team/club, should the player wish to return to the NCJHL
- 8.3** The League will permit its member teams/clubs to register an unlimited number of players requiring an Inter-Branch Transfer. However, in accordance with *Hockey Canada*, if a member team/club wishes to register a player imported from the United States of America, that member team/club is permitted to register a maximum of six (6) import players. Note, that if a player is a Canadian living in the US, he is not considered to be an import (he still requires an inter-branch transfer).
- 8.4** In accordance with *Hockey Canada Regulation B.3*, the League will permit its member teams/clubs to register up to a maximum of six (6) over-age players with a maximum of two (2) parachute players as of the thirty-first (31<sup>st</sup>) day of December of the current playing season. Each of these players must have played in the League during the previous season. Note: each of these players is eligible for trade.
- Note: member teams/clubs may use up to two (2) over-age players via parachute rules; these players are NOT eligible for trade.*
- 8.5** Eligibility conditions to play in the League as an over-age player:

- a) In 2024-2025 playing season, the over-age player must have been registered, as a 20-year-old, on any NCJHL team/club's roster by the second (2<sup>nd</sup>) day of December 2024 and remained on any NCJHL team/club's roster for the balance of the 2024-2025 playing season.
- b) In 2025-2026 playing season, the remaining over-age players must have been registered, as a 20-year-old, on any NCJHL team/club's roster by January 15, 2026 and remained on any NCJHL team/club's roster for the balance of the 2025-2026 playing season.

**8.6** Players who have signed Major Junior A, Junior A or equivalent player's registration certificates would come under the following:

- a) Each member team/club is permitted to register/sign only three (3) Junior A players per playing season on its official team/club roster. If a player has played five (5) or less games at the Junior A level, the player does not count as a Junior A player.
- b) A Junior A player coming from a NCJHL franchise-based minor hockey association belongs to that NCJHL franchise.
- c) A Junior A player from a non-NCJHL-based minor hockey association is conserved a free-agent.
- d) Only three (3) Junior A players per NCJHL team/club, or the rights to three (3) Junior A players per NCJHL team/club, can be traded during the same playing season.
- e) Once three (3) Junior A players have been registered on a NCJHL team/club, these registrations will be considered the only three (3) permitted Junior A player registrations per playing season, as per paragraph 1) above. If during the current playing season, a Junior A player re-registers with a Junior A team/club or is on a Junior A team/club at the end of that playing season, this player's rights revert to the last NCJHL team/club that registered him in the current playing season. The NCJHL team/club reserves the right to sign this player for the second (2<sup>nd</sup>) time as the same one (1) Junior A signing (this second (2<sup>nd</sup>) signing of the same Junior A player does not constitute an additional Junior A player registration).
- f) If a player has been registered with a Junior A team/club at any time during the current playing season, this player is considered a Junior A player. This player may be signed to a NCJHL team/club during the same playing season, as long as that Junior A player has been officially released from the

Junior A team/club and provided that the above paragraphs 1) through 5) are considered and/or met.

- g) If a Junior A player is on any NCJHL team/club roster at the end of the current playing season, this player may be re-signed the following season and will not be considered as a Junior A player. This player's rights will remain the property of the NCJHL team/club.
- h) If a Junior A player is NOT on any NCJHL team/club roster at the end of the current playing season, this player may be re-signed the following playing season and will be considered as a Junior A player the following playing season. This player's playing rights will remain the property of the NCJHL team/club.

**8.7 LEAVE OF ABSENCE:** Players from a member team/club that has been granted a one (1) year leave of absence will be dealt with as follows:

The rights of these players by the other teams/clubs in the NCJHL shall be determined by a dispersal draft to be held on the call of the President as soon as possible after the team/club in question has been granted a leave of absence. The order of selection of such draft shall be the reverse order of finish by teams/clubs during the preceding regular playing season. These players must return to their original NCJHL team/club should that team/club resume operation after a one (1) year leave of absence without any type of compensation being owed to the team/club for which they played during that one (1) year of absence.

**8.8** Player trades must be approved by the President of the NCJHL and the Executive Director of HEO before the player is allowed to participate in the NCJHL.

**BY-LAW 9 ABSENTEEISM**

- 9.1** Unless granted leave of absence by the Executive Council, or for reasons of health, any member who absents himself from two (2) consecutive Executive Council meetings, may have his office declared vacant by a simple majority vote of the Executive Council.

**BY-LAW 10 SUSPENSION OF MEMBERS**

- 10.1** Suspensions, expulsions or discipline may be assessed for such actions as infringement of the playing rules; conduct unbecoming to hockey; refusing to accept and obey rulings of the League's Executive Council; for notorious and continued foul play; unfair, unsportsmanlike and ungentlemanly/unladylike conduct; for making racial slurs, obscene gestures towards players, team/club representatives, officials, fans, etc., individually or collectively, on the ice or in

any rink where a NCJHL hockey game is being played or at any meeting or gathering in the interests of the game; for persistent infringement of the laws of the game or the rules of HEO and such other actions as the League may from time to time determine. Any suspensions are subject to the usual Right of Appeal.

## **BY-LAW 11            PROTESTS AND APPEALS**

- 11.1** All protests/appeals involving League games, or involving suspensions or fines levied in accordance with this Constitution, shall be submitted in writing to the President within forty-eight (48) hours of the game/suspension/fine being protested/appealed and shall be accompanied by a One Hundred Dollars (CA\$100.00) appeal fee.
- 11.2** When the decision of the Appeal Committee is in favour of the appellant, half (1/2) the appeal fee will be returned. In the event that the appeal is not won, the League will retain the appeal fee in full.
- 11.3** All protests/appeals shall be heard by the Executive Council. Decisions rendered by the Executive Council and Discipline and Appeals Committee shall be communicated in writing to all NCJHL teams/clubs.
- 11.4** All protests/appeals after the League has rendered the decision shall be submitted in writing to the HEO Chairperson, Junior Council within seventy-two (72) hours accompanied by the HEO appeal fee (as per the procedure outlined in the HEO Handbook).

## **BY-LAW 12            DISCIPLINE AND APPEALS COMMITTEE**

- 12.1** The Discipline and Appeals Committee shall be comprised of not less than three (3) and not more than five (5) members of the incumbent Executive Council with the Vice-President chairing this committee. The Vice-President shall submit a written report on each committee decision to the Executive Council.
- 12.2** The Discipline and Appeals Committee shall:
  - a)** Have the authority to hold Discipline and Appeals Hearings.
  - b)** Have the authority to suspend any team/club official and player for any incident or behavior detrimental to hockey.
  - c)** Responsible for drafting League rules and rule amendments that will foster and promote the objectives of the League; such rules and rule amendments are to be presented to the Executive Council for approval.

- d) Hear complaints and/or protests from any player, team/club official or game official in respect to unfair treatment or any other relevant matter.
- e) Review and report on all matters of rule violations or conduct contrary to the League's requirements whether by player, team/club official or game official where warranted.
- f) Responsible to the Executive Committee for investigating without undue delay all disciplinary matters involving League player(s), team/club official(s), on-ice official(s) and off-ice official(s).

### **SECTION III – RULES AND REGULATIONS**

1. All rules and regulations of the League shall be strictly enforced.
2. Teams/clubs will abide with the Discipline Directives as stipulated in the League's Code of Discipline. If any discrepancy occurs, the Hockey Canada rules and regulations shall govern.
3. The League playing rules shall be as per the Official Rule Book of Hockey Canada for the current playing season and any additional rules that may be prescribed by HEO, from time to time.
4. The League will honour all penalties or suspensions handed out by Hockey Canada or any of its Branch members and no player, coach, manager or trainer shall actively participate in the League while under suspension.
5. The Management of each team/club shall be responsible for the enforcement of player eligibility regulations (see BY-LAW 8 – PLAYER ELIGIBILITY & TRANSFER POLICY). The penalty for a violation of any of these regulations shall be a fine of Three Hundred Dollars (CA\$300.00) and the loss of points gained in team/club standings while playing an ineligible player. The coach of the offending team/club will be suspended immediately until a hearing by the League Discipline and Appeals Committee is held. The result of the game will be recorded as a win for the non-offending team/club. The individual player statistics will count; however, the non-offending team/club will not receive any points in League standings.
6. It is the responsibility of each team/club to register players with HEO.
7. ROOKIE OF THE YEAR: To be eligible and considered for the Rookie of the Year Award, a player must be in his first (1<sup>st</sup>) year in the League and signed to a NCJHL player's registration certificate and must have played at least two-thirds

(2/3) of the total number of games in that season schedule. Example: in a 30-game schedule, the player must play twenty (20) games (these players cannot have played for any other Junior teams/clubs of a higher level).

8. DRESS CODE: All players in uniform must wear the same coloured team/club sweaters and, except for the goaltenders, must wear the same coloured team/club socks, or the offending team/club will be fined Fifty Dollars (CA\$50.00) for the first (1<sup>st</sup>) offence, and this fine will increase by Fifty Dollars (CA\$50.00) for each additional offence (the referee is to be asked to indicate on the game sheet or in his game report, which team/club did not comply with the League's Dress Code as to proof that this situation occurred).
9. During the part of the schedule prior to the first (1<sup>st</sup>) day of January of the current playing season, teams/clubs will wear light-coloured uniforms for home games and dark-coloured uniforms for away games. During the part of the year after the thirty-first (31<sup>st</sup>) day of December of the current playing season, teams/clubs will reverse the procedure. If there is a colour conflict, then the home team/club is responsible for changing of the uniforms.
10. It is the responsibility of the home team/club to provide crowd control for their home games.
11. Each home team/club must supply one (1) timekeeper and one (1) official scorer, who are mature and competent for all regular home games and all playoff home games. The visiting team/club will be allowed to have one (1) representative in the penalty box.
12. At the beginning of the game, each team/club must have nine (9) players of which one (1) must be a goaltender in uniform for each scheduled League game (including the playoffs). Each team/club shall be permitted to dress and play a maximum of twenty (20) players, of which two (2) must be goaltenders for each League game. Failure to have the minimum number of players in uniform shall result in the offending team/club being assessed a fine of Two Hundred and Fifty Dollars (CA\$250.00) for the first (1<sup>st</sup>) offence and adding Fifty Dollars (CA\$50.00) to a total of three (3) times (for example, 1<sup>st</sup> offence will be CA\$250.00; 2<sup>nd</sup> offence will be CA\$300.00; 3<sup>rd</sup> offence will be CA\$350.00). After the third (3<sup>rd</sup>) time, the team/club must meet with the Executive Council and be subject to further disciplinary action, if required.

*Note: As per Hockey Canada, game may start if the team has six (6) players.*

13. During the regular season, League games will consist of three (3) twenty (20) minute stop-time periods with an intermission between each period. If a tie exists

at the end of regulation play, teams/clubs will play a ten (10) minute sudden victory overtime period with three (3) players versus three (3) players, except where teams/clubs have been penalized going into the overtime period: in this case, the non-penalized team/club will add a fourth (4<sup>th</sup>) player to proceed with four (4) players versus three (3) players until the penalty is finished.

If a winner is determined, the winning team/club will receive two (2) points and the losing team/club will receive one (1) point.

If after the ten (10) minute sudden victory overtime period the score is still tied, each team/club will receive one (1) point.

14. If the referee for any reason stops any regular season game, up to a sixty (60) minute time limit is set to continue the game. After this time lapses, the referee must make a decision on the continuation of the game. If the game cannot be continued, it will be considered a complete game if at least forty (40) minutes have been played.
15. If the referee for any reason stops any playoff game **and** at least forty (40) minutes have been played:
  - a) The game will be considered completed IF the score differential is four (4) or more goals – the leading team will be awarded the win;
  - b) The game will have to be replayed IF the score differential is three (3) or less goals – no individual statistics will count.
16. The League playoff format will be decided at the beginning of each season during the League's first (1<sup>st</sup>) meeting:
  - a) Each team/club making the playoffs must obtain ice time five (5) days prior to the start of each series and must include at least one (1) weekday time slot other than their regular night.
  - b) In the playoffs, League games will consist of three (3) twenty (20) minutes stop-time periods with an intermission between each period. If a tie exists at the end of regulation play, teams/clubs will play a ten (10) minute sudden victory overtime period without changing ends with five (5) players versus five (5) players, except where teams/clubs have been penalized going into the overtime period. If a tie still exists after the ten (10) minute overtime period, teams/clubs shall convert back to twenty (20) minute stop-time sudden victory overtime periods with intermissions and alternating the net areas.
17. In the event that there is a tie in the League standing, for any position, at the conclusion of the regular season, the tie-breaking formula shall be as follows:

- a) The team/club to be awarded the higher position will be the team/club having the better record (more wins) as compared to the team/club with which the tie exists;
  - b) If a tie still exists, then the higher position will be awarded to the team/club having won the series between the tied teams/clubs;
  - c) If a tie still exists, the higher position shall be awarded to the team/club with the better “goals for” and “goals against” record as compared to the team/club with which the tie exists;
  - d) If a tie still exists, then the higher position shall be awarded to the less penalized team/club.
18. It shall be the responsibility of the home team/club to report the game result by phone or email within one (1) hour after the conclusion of the game to the Statistician and submit a copy of the game sheet within three (3) hours of its completion. Failure to abide with this rule will result in a fine of Twenty-Five Dollars (CA\$25.00).
19. It shall be the responsibility of both teams/clubs’ management to notify the Vice-President and the Statistician by telephone or email within three (3) hours after any Game Misconduct, Gross Misconduct, Fighting Major or Match penalty has been assessed to any member of their team/club, or be subject to a minimum Fifty Dollar fine (CA\$50.00) and to further disciplinary action.
20. Both teams must approve any change in any regular scheduled, playoff, cancelled or postponed game. Any changes/cancellations **must be scheduled within ten (10) days** and must be played prior to the conclusion of the League schedule.
21. In the event that the team/club involved in re-scheduling a game is not able to agree on a suitable time and date, or on a playoff series, or if their proposal is not acceptable to the League President, then the Executive council or the President shall decide the hour and date and this decision will be final.
22. In the event of severe weather conditions preventing safe travel, either the home or visiting home/club must notify the other team/club and the President or his designate **no later than three (3) hours before** the game start time. The President or his designate will notify the referee assignor of the cancellation. If this is not done, the win shall be awarded to the team/club who did not ask for the rescheduling of the game and a loss will be awarded to the other team/club.



23. In the event that a team/club does not appear for a scheduled game for reasons other than weather conditions, then that team/club shall be responsible for all expenses incurred by the home team/club up to a maximum of one-Thousand Dollars (CA\$1,000.00), payable to the League within seven (7) days of the advertised date and time of the game. The League will then reimburse the home team/club. The game shall be forfeited to the non-offending team/club, which shall be awarded the win. In the event that the offending team/club fails to pay within the seven (7) days, then that team/club shall be suspended until the amount so stipulated is paid in full.

## **SECTION IV- CODE OF DISCIPLINE**

### **1. GENERAL**

- a) Team/club officials are responsible for being familiar with the League's Discipline Directives, outlined in this Code of Discipline, and ensuring that suspensions assessed to members of their teams/clubs are served as directed.
- b) No player(s) and/ or team/club official(s) who are under suspension may participate in any way during the game in which they are suspended, including being in the dressing room prior to or during the game including between periods on or near the player's bench or act as an off-ice official.
- c) Any suspension(s) assessed under the Discipline Directives outlined in this Code of Discipline will not automatically terminate with the completion of the current playing season. Any suspension(s) assessed and not fully served during the regular playing season will be carried into playoffs and into the next playing season.
- d) However and only applicable to pre-season games, suspensions assessed to individual player shall not be registered in the player's file for the current playing season of the involved player.
- e) In cases where a game is won or lost by forfeit (in other words, not played), and points in the standings are awarded, the suspensions in effect for said game will be considered as having been served.
- f) Game officials accused of molesting or abusing carded member(s) of a team/club shall be suspended indefinitely pending a hearing by HEO Junior Council, and any possible further disciplinary actions.
- g) When an incident occurs where a newspaper article has made derogatory remarks about an on-ice official, the Vice-President, Rules and Officials, should determine

if such remarks are attributable to quotes from any team/club officials or coaches. If such comments are a result of quotes, the Vice-President, Rules and Officials, should turn the information including the article over to the appropriate Director (Junior A, B or C). The Director will first advise the Vice- President, Junior, of the incident and then turn over the information to the appropriate League President. The League will carry out an investigation of the incident including where necessary, holding a hearing with the coach or team/club official(s). Should the League determine that the remarks made were attributable to quotes made by the coaches or team/club official(s) then the suspension listed below will be imposed. In the event that it is determined that the coach or team/club official(s) has been misquoted, the League President should then report such findings in writing to the appropriate Junior Director who in turn will advise the Vice-President, Junior that the matter is complete. In the event that it is determined that such remarks are made by a League President, the incident shall be reviewed by the Vice-President, Junior, for appropriate action/fine.

#### SUSPENSIONS:

1 <sup>st</sup> Offence	one (1) game
2 <sup>nd</sup> Offence (within two (2) years)	three (3) games
3 <sup>rd</sup> Offence (within two (2) years)	hearing by the Junior Council

*Note: Suspensions for all other infractions will be assessed as per Hockey Canada Minimum Suspension Chart. Hockey Canada reserves the right of the League to strengthen any of the offenses at its discretion.*

---

## 2. FIGHTING INFRACTIONS

*Hockey Canada Rule 7.10: “A Major penalty plus a Game Misconduct penalty shall be assessed to any player who fights”.*

Note: definition of fighting: two (2) or more blows or attempted blows shall constitute a fight.

- a) In the event where the instigator and aggressor infraction has not been assessed, any player incurring a Major Penalty plus a Game Misconduct for Fighting during the last ten (10) minutes of regulation time or any time thereafter shall receive an automatic **one (1) game suspension.**

- b) In the event where the instigator and aggressor infraction has been assessed – Rule 7.11
- i. A player who was assessed a penalty for being the instigator and/or aggressor in addition to incurring a Major Penalty plus a Game Misconduct for Fighting at any time during the game shall receive a **two (2) game suspension**.
  - ii) A player who was not assessed a penalty for being the instigator and/or aggressor shall not receive any suspensions. In addition, the number of fights for the non-instigating/non-aggressing player shall remain unchanged.
- c) ACCUMULATION: Any player that is assessed the third (3<sup>rd</sup>) Game Misconduct for Fighting during the same playing season (including regular season and playoffs) will be suspended for the balance of the current playing season (including any playoffs).
- d) Any player who is assessed a penalty for Leaving the Player's Bench to join or start a fight shall receive a **six (6) game suspension** (in addition to any other suspension(s) incurred by this player).
- e) Any player who is assessed a penalty for Leaving the Penalty Bench to join or start a fight shall receive a **six (6) game suspension** (in addition to any other suspension(s) incurred by this player).

<b>Maltreatment – Rule 11</b>		
<b>Rule #</b>	<b>Type/Penalty</b>	<b>Suspension</b>
<b>11.2(e)</b>	Game Misconduct – Disrespectful and Abusive Behaviour	1 game
<b>11.2(f)</b>	Gross Misconduct – Disrespectful and Abusive Behaviour	2 games
<b>11.3(c)</b>	Match- Spitting	5 games
<b>11.4</b>	Gross Misconduct – Discrimination	5+ games
<b>11.5(c)</b>	Match – Physical Harassment of Officials	Indefinite
<b>Accumulation Sanctions – Player or Team Official</b>		
<b>11.2(e)</b>	Receives two (2) GMs under Rule 11.2 in a season	2 games
<b>11.2(e)</b>	Receives three (3) or more GMs under Rule 11.2 in a season	Indefinite

<b>11.4</b>	Receives two (2) or more GRMs under Rule 11.4 in a season	Indefinite
<b>Checking from Behind – Rule 7.5</b>		
<b>Penalty Options</b>		<b>Suspension</b>
Minor & Game Misconduct		No minimum
Major & Game Misconduct		2 games
Match		5 games
<b>Accumulations:</b> A player shall receive a minimum 2 game suspension upon receiving his 3 <sup>rd</sup> minor penalty for Checking from Behind in the same season. An additional 2 game suspension shall result for each subsequent minor in the same season.		
<b>Head Contact – Rule 7.7</b>		
<b>Penalty Options</b>		<b>Suspension</b>
Minor & Misconduct		No minimum
Major & Game Misconduct		2 games
Match		5 games
<b>Accumulations:</b> A player shall receive a minimum 2 game suspension upon receiving his 3 <sup>rd</sup> minor penalty for Head Contact in the same season. An additional 2 game suspension shall result for each subsequent minor in the same season.		
<b>Kneeing – Rule 7.8</b>		
<b>Penalty Options</b>		<b>Suspensions</b>
Double Minor		No minimum
Major & Game Misconduct		2 games
Match		5 games
<b>Accumulations:</b> A player shall receive a minimum 2 game suspension upon receiving their 3 <sup>rd</sup> double minor penalty for Kneeing in the same season. An additional 2 game suspension shall result for each subsequent double minor in the same season.		
<b>Clipping – Rule 8.7</b>		
<b>Penalty Options</b>		<b>Suspensions</b>
Minor		No minimum
Major & Game Misconduct		2 games

Match	5 games
<b>Accumulations:</b> A player shall receive a minimum 2 game suspension upon receiving their 3 <sup>rd</sup> penalty for Clipping in the same season. An additional 2 game suspension shall result for each subsequent minor in the same season.	

<b>Slew Footing – Rule 8.8</b>		
<b>Penalty Options</b>		<b>Suspensions</b>
Double Minor		No minimum
Match		3 games
<b>Accumulations:</b> A player shall receive a minimum 2 game suspension upon receiving their 3 <sup>rd</sup> double minor penalty for Slew Footing in the same season. An addition 2 game suspension shall result for each double minor in the same season.		
<b>All Other Infractions</b>		
<b>Infraction</b>	<b>Time of Infraction</b>	<b>Suspension</b>
<b>GM + Major</b>	At any time	1 game
<b>GM + Minor</b>	Last 10 minutes of regulation time, at any time in overtime, or after the conclusion of the game.	1 game
<b>GRM</b>	At any time	1 game
<b>Deliberate injury/molesting directed at an Official</b>	At any time	Indefinite
<b>Accumulations</b>		
<b>Infraction</b>	<b>Time of Infraction</b>	<b>Suspension</b>
<b>Other Misconduct/GM/GRM</b>	5 <sup>th</sup> infraction	1 game
	6 <sup>th</sup> infraction	2 games
	7 <sup>th</sup> infraction	Indefinite
<b>Misconduct or GM for Harassment of Official</b>	3 <sup>rd</sup> infraction	1 game
	4 <sup>th</sup> infraction	2 games
	5 <sup>th</sup> infraction	3 games
	6 <sup>th</sup> infraction	Indefinite

The following action will be taken if a player receives a MATCH PENALTY or a FIGHTING MAJOR in a nonessential season game (last game(s)) of season and his team cannot make the playoffs or the final game of his team's playoffs.

- If given to a 20-year-old player – the player cannot play as a 21-year-old the following season.
- If given to a 21-year-old player – the team will lose one (1) overage player for the following season.
- 

**\*\*All suspensions will be reviewed by the League\*\***