



IMPORTANT INFO – PLEASE READ!

Welcome to the 2026 FYHA SHIFT Auto Group summer hockey program!

As mentioned in the registration package, this program is being designed to bring together players of both recreational and competitive calibers to play in a relaxed, safe, and FUN hockey environment. Fair play will be in place, and there will be no league standings or scoring races.

League Executive

Members of the league executive are as follows:

- John O'Toole (Executive Director)
- Eric Drummie (U18 Division Coordinator)

Questions and/or concerns about the league can be directed to John O'Toole at 451-1333, or by email at edfyha@bellaliant.com

Teams

We will have four (4) teams in U11, U13 & U15 and three (3) teams in U9.

Teams will be formed with the assistance of various people familiar with most of the players (level coordinators and coaches from the past season). The goal is to have parity and balance between teams as much as possible. We feel that this is necessary in order to make the program a success, and FUN!

The league executive, in consultation with coaches, may move players to other teams to achieve balance. All decisions made by the executive are final.

Uniforms

All players will receive a 2026 FYHA SHIFT Auto Group 'Summer Hockey' jersey **that they will keep**. A jersey pick-up date will be announced as we approach the start date of July 6th – families will be expected to **pick up their jersey in advance** of the league start date.

All players are responsible for supplying their hockey socks. Colors do not matter.



Player Attendance - Very important

If there are times in the schedule that a player is unable to make a game, that is not a problem at all. However, players should notify the coach in advance when they will not be attending a game.

Player Positions

While most players have a preference of which position they play, it is impossible to guarantee one position to any player in our program. All players should understand that they may be asked by the coach to play various positions. This may mean that forwards may be asked to play defense, and defense may be asked to play forward.

Please remember, our program is based on FUN. If the above is not acceptable to any player or parent, then our program is not the right place for you.

Game Format

Warm-ups will be 3 minutes in length, followed by two (2) 25 minute straight-time periods for the games. Ice will be flooded after each game. Minor Penalties will be 2 minutes, Double-Minor penalties will be 4 minutes and Majors/Matches Penalties will be 5 minutes. No overtime.

Coaches will be looking for parent volunteers to help run the score clock and fill out the game sheets for each game. Please let your child's coach know if you are willing to help.

Thank you to all the volunteers who are making it possible for us to offer this program. We hope it is a fun experience for all involved.



Rules and Regulations

The games will be officiated with a 2-man system by HNB certified officials. Games will be officiated as per the *2024-26 Hockey Canada Playing Rules* with the exception of what is listed below. Additionally, HNB MHC (Minor Hockey Council) Minimum Standards will be followed for any player receiving a penalty that calls for a suspension. The league executive retains the right to increase the length of a suspension beyond the minimum standards.

Note: Players receiving suspensions are not eligible for refunds of any amount. Our program is meant to be FUN. Rules and regulations that we have in place are to ensure the safety of all participants, and to encourage fair play and sportsmanship.

Rule Changes

Body Checking – full contact body checking is not allowed at anytime during a game.

- A Body-Checking penalty, which the referee deems to be deliberate, will be called as a 5-minute Major penalty and a Game Misconduct. A minimum 2-game suspension will be assessed, as per the HNB Minimum Standards Guidelines.
- A substitute player will not be required to sit in the Penalty box when a major penalty has been assessed.

Body Contact – body contact is permitted in the following situations:

- Incidental contact that, in the opinion of the referee is not intentional, through the actions of competing for the puck, where players may fall down from time to time, is acceptable.
- Accidental contact or collisions.
- A player may “rub out” an opponent who is carrying the puck by angling them towards the boards. The player must be skating/moving in the same direction of the opponent, with acquiring possession of the puck being the main goal and their actions may not result in them hit or propel the opponent into the boards.
- Intentional “Pinning” or holding a player against the boards is not permitted.

Game Ejections – any player who receives 4 minor penalties, or 3 stick infraction penalties or 3 Head Contact penalties, will be assessed a Game Ejected penalty and must leave the game. Game Ejection penalties do not result in suspensions, but the Executive reserves the right to review any incident of a Game Ejection for supplemental discipline.

Minor Penalties – If a player is assessed a Minor or Double-Minor penalty, that player will sit in the Penalty box for the applicable amount of time. The player will be substituted for and the teams will continue to play at full strength (5 on 5). The player will be released from the penalty box at the first stoppage of play after his penalty has ended.

Slapshots – Slapshots will only be permitted at the U15 level. If a player in U9, U11 or U13 should take or attempts to take (fake or misleading attempt) of a slapshot, the play will be stopped. The face-off will occur in accordance with HC’s guidelines for ‘Face Locations’.

Timeouts – Timeouts are not permitted at any level.

Fighting – any player who is assessed a fighting penalty will be assessed a minimum of a 3-game suspension.

Three Goal Rule - We will be using a 3-goal scoring cap (Hat Trick) rule for players. This is being done to manage the various abilities of all players involved and to help spread the scoring around. If a player scores a 4th goal it will result in that player serving a Minor penalty for Unsportsmanlike Conduct. In addition - the goal will be disallowed. However, there is no limit on assists!

Bench Volunteers – All coaches that have been approved to volunteer in our Summer Hockey Program must have completed a Criminal Background Check/ Vulnerable Sector Check. Persons not listed as coaches on our team rosters are not permitted on the player's benches at any time (not even to open/close the bench doors).

Code of Conduct

Coaches Conduct – Coaches are expected to always maintain a positive and professional attitude. Encouraging players and changing lines are the main responsibilities on the bench. Fun and equal ice time for all are two key principles of the program.

Shouting at officials or criticizing players will not be tolerated.

Parent Conduct - Being a positive role model for your son/daughter and encouraging sportsmanship by showing respect and courtesy and by demonstrating positive support for all players, coaches, officials and spectators at every game is welcomed and appreciated.

- Parents should not approach coaches, or anyone involved with the function of the game regarding personal concerns. Issues can be addressed by contacting a league executive member.
- Parents are reminded that players will not be permitted on the ice without complete and safe equipment.
- Should a player withdraw from the program after being placed on a team, registration funds are forfeited and will not be returned to the parent or the player.

Player Conduct – Players are expected to always follow the guidelines of Hockey Canada's Fair Play initiative, which includes:

- Respect the rules, your opponents & teammates and the officials
- Maintain self-control at all times.
- Foul language will not be tolerated by players at any time.
- Players staying on the ice too long will be subject to sitting out a shift.
- Bullying will not be tolerated.
- Wrestling, throwing objects and related behaviour is unacceptable in the locker room.

***Players not abiding by the rules of the program
may be permanently removed from participating.
Registrations monies will be forfeited in such cases.***