



# James Bay Minor Hockey League

## RULES AND POLICES FOR 2023-2024

*Given that teams from the JBMHL compete in federated events, and the league champions move on to the HAT regionals, the majority of our rules now mirror those set by Hockey Quebec. This is to ensure that teams are accustomed to playing within the Hockey Quebec rules and guidelines.*

### 1. ZERO TOLERANCE ON ALCOHOL AND DRUGS

- a) JBMHL shall apply zero tolerance on drugs and alcohol use in all events including games, galas, tournaments, play-offs, Conference and League Championships and EISRA activities.
- b) If a player/coach is caught under the influence, he/she shall be suspended until further review from the Disciplinary committee.

### 2. GAME TIME REGULATIONS\* will be played as followed:

- a) **U11** - All 3 Periods will be 12 minutes stopped time.
- b) **U13** - All 3 Periods will be 12 minutes stopped time.
- c) **U15** - All 3 Periods will be 13 minutes stopped time.
- d) **U18** - All 3 Periods will be 13 minutes stopped time.

There will be running time should there be a 6-goal difference after the 2<sup>nd</sup> period in all categories.

**\*The period lengths (and whether it is stopped or straight time) can also be at the host community's discretion depending on their ice time availability. As per Hockey Quebec rules, no games can start beyond 10:00 pm on any given night (p.98 in Administrative Rules).**

### 3. MINIMUM NUMBER OF PLAYERS TO START A GAME:

Each team is required to have 6 Players plus 1 Goalie in order to start the game otherwise the game shall be considered a forfeit. *This is in accordance with current Hockey Quebec regulations.*

### 4. ONE THIRTY (30) SECOND TIME-OUT PER GAME

Each team will be allowed a maximum of 1 time-out of thirty seconds per game.





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## 5. 2-HOUR REST PERIOD BETWEEN GAMES

There shall be a minimum 2-hour rest period between games for each team. A team should not have a scheduled game until there is a 2-hour lapse following the conclusion of their previous game.

## 6. STICK PENALTY RULE

In accordance with Hockey Quebec rules, any player who is penalized for three (3) stick infractions shall result in that player being expelled from the remainder of the game. Stick infractions include:

- High sticking
- Slashing
- Hooking
- Cross-checking
- Spearing, unless this infraction is a major penalty which results in an automatic expulsion from the game.

## 7. THREE-GAME RULE\*

A player can take part in a maximum of three (3) games per day, including games played as an affiliate. **While Hockey Quebec's rule is a maximum of two games per day, we have an agreement with HAT who allow us to stretch it to three games given our region's realities, specifically with travel distances.** \*However, please be advised that for federated tournaments, within our region or beyond, the 2-game rule comes into effect. The three-game rule is only permitted within our league, including championships.

## 8. AFFILIATED PLAYERS

- Affiliated players may be called to play an unlimited number of games before January 10, 2024.
- Affiliated players can only play in 5 games after January 10. Should a player play the 6<sup>th</sup> game after the aforementioned date they can no longer be sent down and must remain with the team that he is affiliated with. However, an official letter from the local association must be issued to the league coordinator stating that the affiliated player in question will partake in a 6<sup>th</sup> game. Failure to do so will forfeit each of the team's games that affiliated player partakes in.
- The '6-game' rule applies only for league games. Games played at federated tournaments do not count.





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- Affiliated players can only be used if players are not able to play due to illness, injury, suspensions and school policy rules that may come into effect. Under no circumstances can a team use an affiliated player for any other reasons or simply to fill their roster.
- Affiliated players must be properly identified on a scoresheet by adding an 'A' at end of the player's name.
- As per Hockey Quebec rules, players can be affiliated on two (2) separate teams but of two (2) separate categories.

## 9. COACHES/SAFETY ATTENDANTS CERTIFICATIONS

For any league game, every team is required to have at least one fully certified coach on their bench at all games. Given our travel realities, it is understandable if there are issues with abiding by Hockey Quebec's rule of having a minimum of two certified coaches. However, we also mandate all teams, in the event that only one certified coach can attend league games, that they bring in an additional coach on their bench, certified or not. Moreover, at least one coach must be present on the bench that has their safety attendant certification.

## 10. SHOOTOUT

A shootout will take place if there should be a tie in regular season games. Start with 3 players followed by 1 shooter until a winner is declared. No player shall shoot twice unless all players have been used. Any player still in the penalty box after the regulation game will not be allowed to shoot.

## 11. OVERTIME IN PLAYOFFS

There will be continuous sudden death overtime during playoff games until a winner is declared and will be as followed:

- a) **U11** - 12 minutes
- b) **U13** - 12 minutes
- c) **U15** - 13 minutes
- d) **U18** - 13 minutes





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## 12. CHAMPIONSHIPS

- Conference playoffs: February 23-25, 2024
  - Inland: Ouje-Bougoumou
  - Coastal: Chisasibi
- League Championships
  - Host: Eastmain
  - March 1 to 3, 2024

### Divisional playoffs Format

- Double elimination Format
- Season standings will be used
- If tie persists, a mini match of 1 regulation period (non-sudden death) will be played. Continuous sudden-death overtime shall then be played until a winner is declared following the regulation period.

### League Championship Format

- 3 Teams, consisting of:
  - Champions of each divisional playoffs
  - Host
- Double elimination Format
- If tie persists, a mini match of 1 regulation period (non-sudden death) will be played. Continuous sudden-death overtime shall then be played until a winner is declared following the regulation period.

## 13. SCORE SHEETS

- a) All game sheets/score sheets must be sent to the league office (EISRA staff) within 48 hours of the conclusion of the last game.
- b) Teams are required to present their T-112 at each event through their **team binder**. *This is to help our teams become familiar with the requirements when participating in a federated event either within or outside our district.*

## 14. "FAIR PLAY" POINT IS AWARDED IN ACCORDANCE WITH HOCKEY QUEBEC RULES AND POLICIES.

- Please see attached grid for the Fair Play Points ("Franc Jeu" Points)
- It is the minutes and not the number of penalties that you have to keep in mind.





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- If a major penalty is assessed, the team automatically loses their fair play point for that game, regardless of the total number of minutes assessed for that game (Hockey Quebec policy).

## The Official 'Franc Jeu' Grid

A single and unique 'Franc Jeu' grid is used by Hockey Quebec.

Division	Class	Game Score			Franc Jeu Points	
		Win	Tie	Loss	Penalty Minutes	Points
Novice	Single-letter	2	1	0	8 minutes or less	1
					9 minutes or more	0
Atom	Single-letter	2	1	0	10 minutes or less	1
	Double-letter				11 minutes or more	0
Pee-wee	Single-letter	2	1	0	12 minutes or less	1
	Double-letter				13 minutes or more	0
	Triple letter					
Bantam	Single-letter	2	1	0	16 minutes or less	1
	Double-letter				17 minutes or more	0
	Triple letter					
Midget	Single-letter	2	1	0	20 minutes or less	1
	Double-letter				21 minutes or more	0
	Espoir					
Junior	Single-letter	2	1	0	22 minutes or less	1
	Double-letter				23 minutes or more	0

**Note: A.** It is important to note that the very nature of the 'Franc Jeu' tool implies that 'Franc Jeu' points must be taken into account during the regular season in the general standings as well as in playoffs.

**B.** A team that does not take part in a game does not obtain its 'Franc Jeu' point.

## 15. REFEREES AND OFF-ICE OFFICIALS FEES

- 2-Man System (\$20-\$20) Total \$40.00
- 3-Man System (\$15-\$15-\$20) Total \$50.00
- 4-Man System (\$15-\$15-\$20-\$20) Total \$70.00
- Time Keeper - \$15
- Score Keeper - \$15
- Refund of a maximum of \$50 per game

## 16. FAILURE TO SHOW FOR JBMHL SCHEDULED GAME(S)

- First offence: \$400.00 fine per game.
- Second offence: \$600.00 fine per game plus losing the right to represent at Hockey Abitibi-Temiscamingue Regional Championships.





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- c) Failure to notify league coordinators and host community within 48 hours to indicate a team is/are not available to attend coming events shall result in a \$1000.00 fine. The only acceptable reasons regarding this rule are as follows:
- Deaths – Tragic events (that affect the team)
  - Weather
  - Health
  - Acts of God
- d) Fines must be paid in full prior to the next league game. Failure to do so will result in the team remaining suspended from league play until the fines are paid, which can also incur the second offense for failing to participate in a league game without a valid reason.
- e) The Disciplinary Committee reserves the right to act on an issue of non-payment of fines.

\*Notice: Fines are applied per game and not the weekend. If you have 3 games, it will be 3 times the amount fined. Additionally, the fines include fees for officiating, time keeping and ice rental fees that the host may incur.

## 17. FAILURE TO HOST JBMHL GAMES WITHOUT PRIOR NOTICE

Without prior notice of 48 hours to league coordinators the fine shall be \$2500.00. The only acceptable reasons regarding this rule are as follows:

- Deaths – Tragic events (that affect the team)
- Weather
- Health
- Acts of God
- Mechanical problems

## 18. SPECIAL CONSIDERATIONS FOR WHAPMAGOOSTUI

- a) There will be special treatment considered when dealing with Whapmagoostui, mainly for the fact that circumstances can occur that are exceptional for teams either traveling to Whapmagoostui or them trying to travel to another community. The Disciplinary Committee reserves the right to make decisions based on such exceptional circumstances.
- b) All teams travelling to Whapmagoostui are responsible for their own flight arrangements.
- c) For the purpose of flight arrangements, Whapmagoostui requires a four (4) day notice for teams to confirm whether or not they are





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travelling to Whapmagoostui, unless otherwise notified by either Whapmagoostui or the league coordinators.

## 19. RESPECT OF OTHER MINOR HOCKEY ASSOCIATIONS' RULES AND POLICIES.

- a) Each Association and or Community shall support decisions made by other communities or local associations in terms of local policies respecting terms of play and or eligibility to play and disciplinary actions taken. The fine for allowing ineligible players to participate in an event (Gala/Game/Tournament) are \$1000.00 for the first offence and:
  - b) \$2,000.00 for the second offence provided that the information is in place by the Monday following the event. The offending team must provide a valid reason for the cancellation and provide details to reschedule games.
  - c) When using an illegible player, the team's coach can incur disciplinary sanctions against him/her upon further review and at the discretion of the Disciplinary Committee.

## 20. DISCIPLINARY ISSUES MUST BE DEALT WITH WITHIN 48 HOURS OF THE SAID INCIDENT. A PLAYER, COACH AND/OR PARENT IN QUESTION IS SUSPENDED UNTIL THE ISSUE IS DEALT WITH AND RESOLVED BY THE DISCIPLINARY COMMITTEE.

- Disciplinary Committee will make the final decision on these matters
- Referee in Chief will also be included in decisions on any on-ice incidents.
- Protest must be issued in writing within 48 hours of the game in question to league coordinators.

## 21. CODE OF ETHICS

A Code of Ethics form will have to be signed by Players, Parents and Coaching Staff at the start of the season. The local associations are responsible for collecting the forms from each team.

Under Hockey Quebec regulations, Recreational level (single letter) coaches are encouraged to play all players throughout their game. However, they are given the **last five (5) minutes of the game** to use to their discretion as per the coaches' code of conduct.





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## 22. OFF-ICE INCIDENTS

ANY OFF-ICE INCIDENTS OUTSIDE FROM THE ARENA IS NOT THE RESPONSIBILITY OF THE JBMHL. However, teams/communities can issue a letter of complaint to the Disciplinary Committee for their consideration. They may or may not make an official decision pending the severity of the matter and if the league has any responsibility depending on the details of the incidents in question.

## 23. TEAM BINDER FOR EVERY LEAGUE TEAM

The team binder will become MANDATORY for all league games. Every team, including the hosts, must submit their team binder to the administrative personnel of league games. This exercise will be to ensure that we have transparency from all teams and to have their rosters checked to ensure that they match their T-112 registration. It will also be an exercise to have teams get used to having the team binder which is mandatory when attending federated tournaments, whether in our region and/or anywhere else.

## 24. DISCIPLINARY COMMITTEE

The disciplinary committee will be made up of the EISRA Executive committee, along with a representative from each Inland and Coastal divisions for any review required.

**For any further information or issue regarding any league matter, you may contact:**

Charly Washipabano, EISRA Programs Coordinator – [cwash@eisra.ca](mailto:cwash@eisra.ca) – 819-855-7105

Randall Wasipabano, EISRA Programs Technician – [rplash@eisra.ca](mailto:rplash@eisra.ca) – 819-855-7309

