



Rules and Regulations

February 2023

PREAMBLE:

These Rules and Regulations (hereinafter referred to as “R&R”) are issued as per terms detailed inside the League’s By-law Number One and may add to, but not conflict with, that By-Law nor the By-Laws, Rules, Regulations, and/or Codes of Discipline of any governing bodies (Hockey Canada, Hockey Eastern Ontario (HEO), HEO Minor Council, etc.).

In these Rules and Regulations, interpretations shall be the same as those already posted in the Corporation’s Bylaw Number One, unless the context otherwise requires.

INTERPRETATION

In these playing rules:

“League Executive” means the Executive Committee of the HEO ‘AAA’ League.

“AAA League” or “the League” means the HEO ‘AAA’ League, generally or the Board of Directors of the HEO ‘AAA’ League according to its Constitution and By-Laws.

R&R 1 – APPOINTED MEMBERS OF THE BOARD OF DIRECTORS

1. The following board positions appointed by the Executive committee must be approved by the Board of Directors at the next scheduled meeting following the appointment;
 - Director of U12/U13 Divisions (Voting Position)
 - Director of U14/U15 Divisions (Voting Position)
 - Director of Risk & Safety (Voting Position)
 - Director at Large (Voting Position)
 - Referee-In-Chief (Voting Position)
2. The Director of U12/U13 Divisions and Director of U14/U15 Divisions shall be responsible for setting up, monitoring and tracking hockey related activities of a division for the complete hockey season. They will establish and identify team representatives with each member association and associate members. They will assist in the creation of the regular season and playoff schedules and input them on the league website. They will also assist in coordinating the reschedule of any league games in the event of a request or cancellation due to inclement weather. They shall receive all

scoresheets for all team's exhibition, regular season, playoff, and tournament games played throughout the year and upload them into the league website when required. They shall verify and validate all team rosters and all suspendable infractions to ensure accuracy. They will present the team and individual awards to the regular season champions, playoff champions, and playoff finalists.

3. The Director of Risk and Safety shall coordinate the Risk, Safety and Conduct Management within the league by providing member associations advice and direction, in regards to Risk and Safety issues, specifically communication and identifying to them any or all risks which have been determined to be connected with the league activities. They may recommend to the Board of Directors any specific courses or training that should be offered or mandated to players and/or team officials. They may represent the league at all HEO Risk and Safety meetings as requested.
4. The Director at Large shall be responsible for any activities, committees, or events that is assigned to them by the League President.
5. The Referee-in-Chief (RIC) shall be responsible for administering all on-ice officiating activities in the League, as well as any other areas authorized by the Board of Directors. He shall ensure that all on-ice Officials are properly registered, certified, supervised, and evaluated, while keeping with the intent of the Hockey Canada Officiating Program (HCOP), Hockey Canada's Official Playing Rules, the HEO Code of Discipline and the R&R of the League.
 - a. The Referee-in-Chief or their Alternate shall appoint Supervisors to carry out the supervisions of on-ice Officials, which are required by HEO and the policies within.
 - b. The Referee-In-Chief shall be responsible for submitting to the Assignor of Referees and Linesmen, the League President and the HEO Referee-in-Chief, a list of all qualified on-ice Officials, indicating their appropriate levels of certification, and ensuring all games played are assigned.
 - c. Attend all League Regular and Annual General Meetings, as well as any committee meetings as requested by the President.
 - d. Attend League Discipline Hearings and Appeal Hearings, as requested by the President or 1st Vice-President.
 - e. Investigate all discipline matters involving Referees and/or Linesmen, with full authority to discipline or dismiss any Referee or Linesman deemed incompetent.
 - f. Ensure that Referees submit, within 24 hours, clear and fully complete game sheets and game incident reports for all games resulting in suspensions.
 - g. Be responsible for the dress, disposition and conduct of all officials under his jurisdiction.
 - h. Be available, and not on the ice, for all League tournament and play-off games.
 - i. Complaints which are submitted from the League and/or Member Association regarding the on-ice officiating of a game, shall be investigated by the RIC. All such complaints shall be answered within seven (7) days of receipt.
 - j. The required number of Officials is as dictated by the Rules & Regulations. Games are to be played if there is one less Official in attendance than is normally required for the level. The Coach of the Home Team is responsible to advise the Division Director immediately after the game, any time there is one or more Officials missing for a game.
 - k. The Referee-In-Chief, Referees, Linesmen, Supervisors and Assignor of Referees and Linesmen shall all be paid in accordance with a fee schedule approved by the HEO. The invoice from the HEO Officiating Program shall detail the information for games worked, including Date, Time, Level, Arena and Game Number.

R&R 2 – MEMBER ASSOCIATIONS POWER AND DUTIES

1. The Member Associations will maintain financial independence and have authority to fund their operations as they see fit as per their District's Constitution, By-Laws and Rules and Regulations.
2. The Member Associations will be responsible for the local administration of their respective hockey teams which includes registration of Players, provision of Coaches and Managers and solution of local problems.
3. Member Associations shall provide two sets of sweaters to each of their teams, white for home games and an alternate colour for away games.

R&R 3 – MEMBER ASSOCIATIONS BOUNDARY LINES

1. The boundary lines for each Member Associations in League, as well as any outside Associations participating, are as authorized by the HEO.

R&R 4 – BENCH PERSONNEL

1. All bench staff which includes head coach, assistant coaches and trainers must be duly registered on the team roster or a registered member of another AAA team within the same association to be eligible to be on the bench for any AAA regular season, playoff or special sanctioned event games. HEO must approve all team members and thus entered into the Hockey Canada registration database before he/she is eligible to be on the bench in any capacity for any AAA team. No persons are permitted to be on any AAA team bench without being properly registered.
2. A maximum of five (5) and minimum of two (2) team officials, each qualified in accordance with HEO and/or Hockey Canada requirements specific to their position, must be present on the bench at all games. One of the minimum 2 team officials must be a qualified trainer.
3. The Head Coach of the Home Team is responsible for reporting within 24 hours to the relevant Division Convenor, whenever an On-ice Official is missing or late for a game.
4. Head Coach of every team is entrusted with the responsibility to ensure that the official game sheet reflects the actual bench staff that are present for any AAA game. Bench staff that are not present for a game, shall not have their names listed on the official game sheet.
5. Head Coaches are responsible for reporting and uploading game sheets which include suspendable offences inclusive of major penalties and misconducts (ten minute, game, match, gross etc.) for Players and Team Officials, inclusive of those received in Tournaments and Exhibition games, within 24 hours to both Pointstreak and the Discipline Data Base on the League website. Head Coaches are subsequently responsible to upload game sheet(s) within 48 hours of the Player(s) or Game Official(s) having served the suspendable offence to myTTM. Uploading of game sheets when attending out of town tournaments, shall be within 24 hours of returning to HEO. Failure to comply will result in:
6. Head Coaches are responsible to follow-up, confirm with their Association Discipline Representative, and communicate with the Player and the Parents, as to the required time and/or game suspension(s) posted in the HEO Code of Discipline.
7. Head Coaches are responsible to ensure that the suspensions served are reported properly on the following official game sheets (e.g. John Doe Suspension 1 of 2) and that these game sheets are then uploaded through the League website.
8. Head coaches are responsible for the actions of their team, with respect to any damages or breach of rules/policies set by the facilities that are being used at any game or practice.
9. As per the HEO's Code of Discipline and all HEO 'AAA' Rules and Regulations, the head coach is responsible for all administrative tasks and actions for his team members. Failure to comply will result in the head coach incurring a minimum suspension of 2 meaningful games and any additional violations will result in a formal hearing before the HEO 'AAA' Hockey League's discipline committee. In addition, the offending AAA association will be assessed a fine of \$250.00 for each violation of said policy.

R&R 5 – WEBSITE AND DISCIPLINE DATABASE

1. The online Pointstreak system employed by the league is our main tool for communicating game results to our members and the general public at large. The home team will be required to input the game results in the Pointstreak system on the day the game is played or no later than 11.00 a.m. the following day.
2. Effective the 2022-23 season, individual stats will no longer be advertised to our members and the general public at large. Individual stats will still be inputted after all league and playoff games from the home team manager but will not be viewable. The League Executive Committee and Division Convenors will be the only members with access to the individual stats, and will provide the data to Elite Prospects on May 31 of each calendar year.
3. The online myTTM system employed by the league is our main tool for communicating suspendable infractions and affiliations to our members and their Districts. The offending team will be required for reporting and uploading game sheets which include suspendable offences inclusive of major penalties and misconducts (ten minute, game, match, gross etc.) for Players and Team Officials, inclusive of those received in Tournaments and Exhibition games, within 24 hours to both Pointstreak and the Discipline Data Base on the League website. Teams are subsequently responsible to upload game sheet(s) within 48 hours of the Player(s) or Game Official(s) having served the suspendable offence to myTTM. Uploading of game sheets when attending out of town tournaments, shall be within 24 hours of returning to HEO.
4. Failure to comply with R&R 5.1 and 5.3 will result in the offending team's association being penalized \$250.00 for each occurrence.

R&R 6 – DISCIPLINE

1. As a minimum, all penalties shall be served in accordance with the HEO Code of Discipline and Hockey Canada Rules & Regulations, as well as the following due to the actions being detrimental to the League;

- a. Second Misconduct in a season for M20 and/or M21 = 2 meaningful game suspension, mandatory Respect-In-Sport course completed, and a mandatory education meeting with the League Referee-In-Chief
 - b. Third and subsequent offences in a season for M20 and/or M21 = Suspended from all hockey activities pending a League hearing (Unless hearing is being held by the home association's District)
 - c. Third Misconduct in a season = 1 meaningful game suspension
 - d. Fourth Misconduct in a season = 2 meaningful game suspension
 - e. Fifth & subsequent offences in a season = Suspended from all hockey activities pending a League hearing (Unless hearing is being held by the home association's District)
2. Teams will be required to record and report all suspendable infractions in myTTM.
 3. It is the responsibility of the head coach to ensure without further notice from anyone that the players serve the suspensions as outlined in the HEO Code of Discipline and HEO 'AAA' Rules and Regulations.
 4. Effective the 2022-23 season, the League Referee-In-Chief is required to review all Match Penalties assessed during all regular season and playoff games. The Referee-InChief will advise the League President if the infraction is upheld, reduced, or removed within 72 hours of being notified of the infraction. The League President will then notify the Division Convenor and the two participating Associations. The League will then keep track of the statistics for reporting. For the purpose of this rule, the term review is to be defined as, but is not limited to, speaking to all officials present to the infraction, reviewing video if applicable, and initiating discussions with Association Presidents for potential witnesses.
 5. Effective the 2022-23 season, any Association President or Associate Representative may submit a Video Review on any suspendable infraction, with the exception of Match Penalties, to the President and League Referee-In-Chief within 72 hours of the infraction. Any request will be accepted alongside a cheque payable to the HEO 'AAA' Hockey League for \$150.00 per review. Any suspendable infraction reduced or removed will be refunded the \$150.00 fee.

R&R 7 – DISCIPLINE HEARINGS

1. Based upon review of game incident reports as mandated by the HEO Code of Discipline, or at the instruction of the League President, Discipline Hearings not already covered by HEO shall be convened by the 1st Vice-President in a timely manner.
2. Discipline Hearings will be heard by the 1st Vice-President and a 3 or 5 Member panel, comprised of voting members of the Board of Directors with no conflict of interest on the matter.
3. At the discretion of the 1st Vice-President, the Player and/or Team Official (whose attendance is mandatory, as determined by the 1st Vice-President) may invite one Parent, Team Officials, and/or directors from their home Association as appropriate.
4. Hearings will generally proceed as follows;
 - a. All comments, questions and responses will be addressed through the Chair.
 - b. The Chair will introduce the Panel Members and will describe the events that led up to this hearing.
 - c. The Player or Team Official will be allowed to state his case without interruption.
 - d. Parents, Teams Officials, and others in attendance will be allowed to make substantiated statements. No hearsay evidence will be allowed.
 - e. Panel members may ask clarifying or supplementary questions at the conclusion of a person's statement.
5. At the conclusion of all statements and questions, all those who are not members of the Discipline Panel shall be excused and the Panel members will deliberate until reaching a decision to either uphold the minimum suspension as described in the HEO Code of Discipline, or increase the suspension due to the situation being detrimental to the league.
6. The Chair of the meeting has no vote on these panels.
7. The 1st Vice-President will notify the Player or Team Official and the appropriate Member Association's President of the decision within 24 hours.
8. The President shall perform the duties of the 1st Vice-President in the latter's absence or at his request.

R&R 8 – APPEALS AND COMPLAINTS

9. The 1st Vice-President is responsible for review and assessment of all League Appeals and Complaints and convene hearings as needed.
10. League Appeals and Complaints must be submitted in writing to the President and 1st Vice-President, within 72 hours of the game, discipline hearing or complaint decision being appealed, along with a cheque payable to the HEO 'AAA' Hockey League for \$250.00 per appeal. Appeals/Complaints which are successfully upheld will be refunded 50% of this fee.

11. Any person, team or association subject to a suspension, fine or other disciplinary action under the HEO 'AAA' Hockey League's Constitution & By-Laws, and Rules & Regulations may appeal said fine or suspension to the Discipline and Appeals Committee of HEO. All appeals made under this provision must be received by the Secretary, HEO Discipline and Appeals Committee together with the appropriate fee, no later than 72 hours following written notification of the fine, suspension or other disciplinary action by the appropriate disciplinary body of the HEO 'AAA' Hockey League. The right to appeal does NOT entitle the appellant to a waiver of the suspension, fine or other disciplinary action pending the result of the appeal.
12. Grounds for Appeal/Complaints would include:
 - a. New evidence not used in the original hearing/decision which may have an effect on the decision.
 - b. Clearly stating the grounds upon which the appeal is being made and what aspect of the game is being appealed.
 - c. Disclosure and delivery of the written appeal/complaint and all evidence received by the League will be forwarded to the defending party (ie) 72 hours prior to a League hearing taking place.
 - d. The league will not hear "timing" protests unless the protesting team had a representative in either the timekeeper's or penalty box.
13. Attendance is at the discretion of the Chair, but would normally include;
 - a. Appellant(s) or Offender(s) – Attendance is Mandatory;
 - b. 3 or 5 Member Appeal Panel, comprised of Voting Members of the Board of Directors with no conflict of interest on the matter;
 - c. Team Officials or On-ice Officials as warranted;
 - d. Witnesses, as approved by the Chair beforehand;
 - e. Member Association representative;
 - f. Parent or Guardian where a minor is involved.
14. Hearings will generally proceed as follows:
 - a. The nature of the appeal will be summarized by the Chair who may call upon any witnesses to give testimony;
 - b. Each side will be permitted to have someone present who can offer evidence or support;
 - c. All comments, questions and responses will be addressed through the Chair;
 - d. Each person scheduled to appear will be allowed to state their case without interruption;
 - e. No hearsay evidence will be allowed. Written and signed statements by persons who are not able to attend may be accepted at the discretion of the Chair;
 - f. If a prepared statement is read, the original copy is to be submitted to the Chair after being presented;
 - g. A short rebuttal is allowed each person after all the witnesses have made their initial statements;
 - h. Only Committee members may ask clarifying or supplementary questions at the conclusion of a person's statement;
 - i. At the conclusion of all statements and questions, all those who members of the hearing Committee are not shall be excused and the Committee members will deliberate and make their decisions;
 - j. Voting by the Committee Members will take place, in camera, at the conclusion of the hearing. A simple majority will determine the outcome;
15. The 1st Vice-President or designate will notify the appellant/complainant in written form, the respondent and the appropriate Member Association's President(s) of the decision within 24 hours. Copies will also be forwarded to Committee Members, League President and the Vice-President of Administration of the League.
16. When the decision of the Appeals Committee is in favour of the appellant, one half of the appeal fee will be returned. If the appeal is not won, the appeal fee will be retained by HEO 'AAA' Hockey League.
17. Complaints forwarded directly to the League President without a Member Association involvement or resolution will be forwarded to the applicable Association President to render a decision first before a League complaint hearing would be convened.

R&R 9 – BRANCH REPRESENTATIVE AT PROVINCIAL CHAMPIONSHIPS

1. To determine Branch Representatives, the following order of precedence applies;
 - a. Playoff Winner;
 - b. Playoff Finalist;
2. Associate teams are ineligible to represent the branch at any Provincial Championships.
3. If two associate teams qualify for the final series, the League will commence a play-off series to declare a Branch Representative.

R&R 10 – SOCIAL MEDIA

1. SOCIAL NETWORKING is defined as Internet services that allow users to build profiles, share information, videos, images, blog entries, music etc. Social networking platforms focus on building online communities of people who share interests and / or activities.
2. This R&R encompasses public communications through such Internet mediums and websites including; but not limited to; Facebook, Twitter, Instagram, Snapchat, TikTok, LinkedIn and any other social media network.
3. It is applicable to all individuals involved in the operations of any teams and or Associations that are within the HEO 'AAA' Hockey League. The team and / or individuals include: Players, Parents, Coaches, Assistant Coaches, Managers, Trainers, Team PR Reps, Executive and Administrative Staff.
4. The League understands and appreciates the importance of social networking; the immediate and public forum provides unique opportunities for updates, networking and promotion. However, it also provides an unsupervised medium for inappropriate conduct to occur; conduct which can be detrimental to the welfare of the League, the Association, our teams and or individuals.
5. The League holds its teams and / or individuals, which use or participate in social networking, to the same standards as it does for all forms of media including television, radio and print. Its teams and / or individuals should always act in a professional manner since they always represent the League. Of note, that once published online, comments are on record and cannot be retracted. All teams and or individuals are accountable for their comments and or actions.
6. The following are examples of conduct through social media and networking mediums that are considered violations of this policy and which will be subject to disciplinary action by the Board of Directors;
 - a. Comments or statements of an inappropriate nature which are detrimental to the league, its programs, employees, on-ice or off-ice officials, players, coaches, arena staff, sponsors or any other actors;
 - b. Divulging confidential information that may include but is not limited to the following: medical history (injury or other), game plans or strategies and any other information that is deemed confidential or sensitive in nature;
 - c. Sharing or divulging photos, videos or comments which promote negative influences, cyber bullying or criminal behavior, including but not limited to, drug use, alcohol abuse, public intoxication, sexual exploitation, etc.
7. Any league member that violates this set R&R will be suspended pending a League hearing. Member associations, teams, team officials, officiating officials, players, parents, guardians or members of the Board of Directors are all responsible to adhere to the League Social Media R&R.

R&R 11 – LEAGUE RULES

1. Any team members, team, association or league official before, during or after any 'AAA' League playoff or special event game that conducts themselves in a manner that is deemed to be detrimental to the 'AAA' League, may be subject to suspension if the League Executive deems such action is necessary.
2. All teams participating in the league are subject to the rules included within these Rules and Regulations, the League's Constitution and By-Laws, Hockey Canada's Official Playing Rules and the HEO Code of Discipline. Team officials who do not adhere to these conditions may face disciplinary action.
3. The Board of Directors will approve the duration and format of both the league regular season and playoffs for each division, prior to September 1st of the current season.
4. The regular season for each division will consist of 16 home games and 16 away games for each team.
5. No team will be required to play a league game during the following times;
 - a. Thanksgiving Weekend (Thursday until Monday inclusive)
 - b. Monday following their participation in a tournament
 - c. Christmas Break
6. The home team, including goaltenders, must wear the distinctive light-coloured sweaters issued by the minor hockey association that it represents. The visiting team, including goaltenders, must wear the distinctive dark-coloured sweaters issued by the minor hockey association that it represents. In the case of matching or confusing colours, the home team must change.
7. Unless otherwise directed by the referee for safety or disciplinary reasons, the handshake shall take place at the conclusion of each game played.

8. Pre-Game activities that may impact the playing time of any league, playoff or special event games without prior written authorization by the league executive is not permitted.
9. Game start times will begin and end no later for the following divisions;
 - a. U12 Division will start no earlier than 5:30pm EST between Monday to Friday.
 - b. U13, U14, and U15 divisions will start no earlier than 5:30pm EST between Monday to Friday.
 - c. U12 and U13 divisions will start no later than 8pm EST on Saturday's and Sunday's.
 - d. U14 and U15 divisions will start no later than 8:30pm EST on Saturday's and Sunday's.
 - e. U12, U13, U14, and U15 divisions will start no earlier than 10am EST on Saturday's and Sunday's.
10. The official start time for all league regular season and playoff games are as published on the league's website. Should the game not start at the published time, the following steps are required for a game to commence;
 - a. Agreement is required from the home team, the visiting team and the officials.
 - b. Before the start of the game;
 - i. The agreed upon revised start time must be updated on the score sheet along with signoffs from a representative of the 3 parties
 - ii. The curfew time of the game must be amended with signoffs by a representative of each team
11. If a team does not agree with the above rule, it is their responsibility to inform the timekeeper and referee that a protest will be logged after the game and have this noted on the score sheet prior to the start of the game.
12. Games starting late or otherwise delayed for valid reasons (weather, arena problems, injury, etc.) must be played unless insufficient time exists to consider a game completed.
13. The arena clock is considered the official timepiece for determining the scheduled start of all league and playoff games.
14. All U12/U13 games will commence as follows;
 - a. Three (3) minute warm-up will commence at the scheduled start time of the game. After two (2) minutes of running time have elapsed, the timekeeper will sound the buzzer and allow teams to prepare and position themselves for the start of the game.
 - b. Periods will consist of 2-15 minute periods and 1-20 minute period (No Flood).
 - c. Playing time required is eighty (80) minutes at which time the game will be curfewed. In playoffs, home teams are responsible for providing sufficient ice time to allow for the curfew to be waived.
15. All U14 and U15 games will commence as follows;
 - a. Five (5) minute warm-up will commence at the scheduled start time of the game. After four (4) minutes of running time have elapsed, the timekeeper will sound the buzzer and allow teams to prepare and position themselves for the start of the game.
 - b. Periods will consist of 1-15 minute period, 1-20 minute period, a flood and then 1-20 minute period.
 - c. Playing time required is one hundred and ten (110) minutes at which time the game will be curfewed. In playoffs, home teams are responsible for providing sufficient ice time to allow for the curfew to be waived.
16. Time-outs are not permitted in any regular season games. One (1) thirty (30) second time-out is permitted during each playoff game.
17. The home association must provide trained and competent timekeepers and scorekeepers for all league games. The league further recommends the use of paid timekeepers and scorekeepers who are qualified and certified for this important off-ice activity.
18. The home association shall collect the game sheet upon completion of the game and provide one copy to the away association. Within 24 hours of the game being completed, all relevant information shall be inputted onto the league's website, and an electronic version/image of the game sheet shall be provided to their Division Director.
19. The Head Coach (or their designated team representative) are required to report all suspensions assessed to their team during any regular season, playoff, tournament or exhibition games to both their division Director and District Chair within 24 hours. This can be completed through Total Team Management (myTTM).
20. If the arena time clock fails, the referee must consult with the timekeeper to ensure that a stopwatch is used to complete the stop time of the game. If stop time cannot be recorded, the game will use running time with an adjustment to the penalties. Two (2) minute penalties become three (3), five (5) minute penalties becomes seven (7), and ten (10) minute penalties will remain ten (10) minutes. Should the clock fail at any time during the penalty, the remaining time will be multiplied by 1.5 and served at running time under the appropriate penalty rule.
21. All league, exhibition, and tournament games at all levels will require three (3) on-ice officials. If only two (2) qualified officials are available, the game will still commence. If only one (1) qualified official is available, the game will be postponed. All postponed games will be re-scheduled by the Division Director.

22. Should a game be postponed due to lack of sufficient on-ice officials noted above, the home team must immediately advise the Division Director and his/her Association President.
23. Should a game be postponed due to a team absent, the offending team will be responsible for replacing the ice and paying the officials for the re-scheduled game.
24. No team is permitted to be on the playing surface for the pre-game warm-up, or after the flood at the end of the 2nd period where applicable, until the officiating crew is on the playing surface.
25. All players and on-ice officials must wear the full list of safety equipment required by HEO.
26. A game is considered completed if a minimum of one half of the allocated stop time has been played in the regular season. In playoffs, a game is considered completed if two periods of stop time have been completed. Any game that is not considered a completed game will be classified as a suspended game and will be replayed in its entirety.
27. The timekeeper must note the stop times at the occurrence of the interruption and the reason. Any suspensions incurred during a non-completed game remain in effect and must be served in the team's next meaningful game. A suspension being serviced during a non-completed game is not considered as being served and must be served in the team's next meaningful game.
28. All scheduled games must be played regardless of whether the outcome of the game will affect the status of the league standings. Failure to complete all scheduled games will result in Head Coach being suspended from all hockey activities pending a league discipline hearing.
29. All divisions of the league must complete their regular league schedule by the final date determined by the Board of Directors.
30. Any league regular season or playoff game played by a team using one (1) or more ineligible players will be declared forfeited, regardless of the circumstances. The non-offending team shall be declared the winner and the score shall be recorded as per the Official Game Report if the non-offending team was in the lead at the time of the infraction, or as 2-0 if the non-offending team was not in the lead. The players on both teams shall be credited with all personal statistics earned up to the time the forfeit was declared.
31. The above rules are designed to ensure fairness to all teams and players. Failure to comply to any of the above rules in R&R 10 may result in a forfeit of game points, a fine to the team's home association, or a suspension pending a league hearing to the defendant.
32. If ties occur at the conclusion of the regular season in the standings, ties will be broken among the teams that are tied in the following order of precedence;
 - a. Team with the most wins overall.
 - b. Team with the most wins against the other tied teams.
 - c. Teams with the best plus/minus record (goals for – goals against = plus/minus rating).
 - d. Team with the most goals for.
 - e. Team with the most goals against.
33. Effective the 2022-2023 season, no team within the HEO 'AAA' League may have more than two (2) underaged players in the division of the age category they are playing in. Any team requesting to have more than two (2) underaged players must receive approval from the Board of Directors.

R&R 12 – PLAYOFFS

1. All rules in R&R 10 – League Rules apply to all league playoff games, except for the following;
 - a. In the U12/U13 division playoffs, the curfew after 80 minutes of running time is waived as all home teams are to provide sufficient ice time to cover the game in its entirety.
 - b. Each team is allowed to have one (1) timeout of 30 seconds in length per playoff game.
2. Divisions which are comprised of four (4) to seven (7) teams will see the top four (4) teams advancing to the playoff round.
3. Divisions which are comprised of eight (8) or more teams will see the top (6) teams advancing to the playoff round.
4. All playoff rounds will begin on the dates fixed by the League Executive Committee prior to December 31st of the current playing season, which will also specify the final date for the completion of each series. The Division Directors will be responsible to schedule all play-off games within his/her division with the ice provided by the associations and associate members.

5. All playoff games will be notified to the appropriate teams within thirty-six (36) hours before the scheduled time/date of the game. In extraordinary circumstances, notification may be less than thirty-six (36) hours. Teams waiting for a series to finish may be told by the division Director to be ready to play on a certain day, even though the team they are to play has not been named, nor ice time confirmed. Any Head Coach of a team who declines to play a play-off game as scheduled by the league may be suspended from all hockey activities pending a league hearing.
6. In any playoff series, the team that finishes higher in the final league standings for the regular season has "Home Ice Advantage". A team with home ice advantage is not automatically guaranteed the first game of a series on its home ice. Associations are required to provide home ice for playoffs in a timely manner. If an association cannot provide the required ice, the league will find ice and bill the responsible association.
7. All playoffs must be concluded by March 31st of the current playing season, except for the U13 and U15 divisions, where a winner must be declared seven (7) days prior to the start of the Provincial Championship Tournament.
8. The U13 and U15 divisions are required to play through March break to meet the commitments for their respective Provincial Championships. The U12 and U14 divisions are not required to play through March break. The Board of Directors can vote for the U13 and U15 divisions to not play through the March Break on a yearly basis once the Provincial Championships dates are confirmed.
9. The playoff schedule will be set as follows as per the final league standings for the regular season;

Home ice advantage goes to the highest team as per the league standing.

	Playoffs with 4 teams		Playoffs with 6 teams	
	SERIES	TEAMS	SERIES	TEAMS
Quarter Finals	None		QF1	3rd seed vs 6th seed
	None		QF2	4th seed vs 5th seed
Semi Finals	SF1	1st seed vs 4th seed	SF1	1st seed vs lowest seeded team from QF1 and QF2
	SF2	2nd seed vs 3rd seed	SF2	2nd seed vs 2nd lowest seeded team QF1 and QF2
FINALS	F	Winner SF1 vs Winner SF2	F	Winner SF1 vs Winner SF2

10. The Quarterfinals will be a five (5) point series, unless otherwise approved by the League Executive Committee because of time constraints imposed by Provincial and Regional Championships. If a team wins a playoff game, they will receive 2 points, if a team ties a playoff game, they will receive 1 point, and if a team loses a playoff game, they will receive 0 points.
11. Semifinals and Finals will be seven (7) point series, unless otherwise approved by the League Executive Committee because of time constraints imposed by Provincial and Regional Championships. If a team wins a playoff game, they will receive 2 points, if a team ties a playoff game, they will receive 1 point, and if a team loses a playoff game, they will receive 0 points.
12. If after four (4) games for the Quarterfinals neither team has attained five (5) points, and after six (6) games for the Semifinals and Finals neither team attained seven (7) points, an additional game must be played with additional time allotted for sudden victory overtime. The first overtime will consist of a ten (10) minute stop time period. If no winner is declared, a flood will take place followed by a continuous twenty (20) minute stop time periods until a winner is declared.
13. In any series, the League Executive Committee may require a playoff game to be played on the first available ice slot regardless of where the game would normally be played. The normal home team will remain in effect.

R&R 13 – RE-SCHEDULING/SWITCHING GAMES

1. If the visiting association is requesting a game to be re-scheduled, they must first attempt to switch games with other visiting teams scheduled to play the same home team on a different date. Once the teams involved have agreed to switch a game, the division Director must be notified by the visiting team requesting the switch. The team requesting the switch will be responsible to inform the home team. The home team cannot refuse to play the switched team. Should a "visiting team switch" not be possible, then the game will be re-scheduled.
2. Teams requesting to have a game re-scheduled, must first submit to their division Director for consideration. Division Directors are entrusted with the authority to either approve or deny all requests upon their submission. No team will be allowed to engage with any other team to re-schedule any game without first receiving written approval from their division Director. This rule does not apply to inclement weather-related issues and symptoms of illness-related issues.
3. All regular season games must be published and appear on the league website by December 31st of the current season.
4. Teams are not allowed to re-schedule any league or playoff games due to team activities, player/coaches absence, game starting time, travel, or playing games on successive nights.
5. Any additional costs charged and associated to a re-scheduled or switched game will be billed to the team responsible for the game change.
6. Where a game must be re-scheduled due to inclement weather, or due to symptoms of illnesses, the head coaches of the teams shall work together before contacting their Division Director to select a new date to complete the game.
7. After both head coaches of the two teams discussed the cancellation due to inclement weather, or due to symptoms of illnesses, they must reach out to their Division Director to notify them of the game cancellation. If the Division Director cannot be reached, team officials must contact the League President to get the approval to postpone the game. The league official will then contact the Referee-In-Chief once the game is approved to be postponed and re-scheduled.
8. The Head Coach of any team that fails to report to a league regular season or playoff game shall be suspended from all hockey activities pending a league hearing.
9. Symptoms of Illnesses is defined as a team having less than 12 skaters and 2 goalies able to play due to being ill by any viruses they have contracted. The head coach of the team must demonstrate that they have exhausted all reasonable efforts to field a team within the roster rules.

R&R 14 – AFFILIATION

1. All players and goalies affiliated in the league must be approved by the team's member association's District Chair and division Director.
2. All players and goalies must only affiliate to teams within their Zone of operation. If the Zone team declines to affiliate any player, that player may affiliate to any other AAA team within another Zone.
3. At Regional/National Championship levels (U13 AAA and U15 AAA), all players may affiliate to a maximum of 10 meaningful games (Regular Season and Playoff games) with each team. At the U12 and U14 AAA levels, players may affiliate to a maximum of 15 meaningful games. Goalies have no limit on affiliated games.
4. If an affiliated player receives a suspensible infraction, they must serve their suspension with their non-affiliated team unless they are in a tournament with the affiliated team. The Head Coach of the affiliated player is responsible to ensure the non-affiliated team's coach is aware of the suspension received.
5. No team within the league may affiliate from a team within the same division or category.
6. All affiliations must be inputted into myTTM and Pointstreak and recorded on the official game sheet as "A/P" beside their name.

R&R 15 – TOURNAMENT PLAY

1. It is mandatory that all teams in each division submit electronic copies of all tournament game sheets to their division Director within five (5) days of completion of a tournament. Failure to comply may result in the suspension of the responsible coach.

2. No team will be permitted to enter any tournaments during the league's playoff time period.
3. Regular season, playoff or special league event games take precedence over tournaments and exhibition games. Teams that place a priority over games other than those in the league against the direction of the division Director will forfeit points and the responsible coach will be suspended.
4. No team will be required to play a league game on the Monday following participation in a tournament.