



2018 National Aboriginal Hockey Championships

May 5 - 12, 2018: Membertou First Nation, Nova Scotia

TECHNICAL PACKAGE (Final version)

All PTASB Teams participating in the NAHC must be registered members, in good standing with the Aboriginal Sport Circle (ASC).

The Technical Package is a crucial part of the National Aboriginal Hockey Championships (NAHC). It guides the selection of athletes by clarifying the age and eligibility requirements, assists the organizing committee by detailing tournament formats and scoring procedures, assists team coaches and managers in verifying eligibility, helps with budgeting by describing the number of participants permitted, advances coaching certification by stating minimum requirements and contributes to athlete development by identifying each Province and Territories display of elite Male and Female Aboriginal Hockey players.

Every National Aboriginal Hockey Championships Provincial/Territorial representative, coach, manager and trainer has an obligation to read and understand every aspect of the Technical Package. Failure to do so could inadvertently cost an athlete his or her eligibility for the NAHC or could affect the final standings or the conduct of the competition. If someone does not understand an aspect of the Technical Package, he or she should seek clarification from their P/T Representative or the ASC NAHC Working Group.

The Technical Package is a standing document that is reviewed and revised as required, every August prior to the upcoming NAHC. Revisions are generally in the form of rule/guideline clarifications.

2018 National Aboriginal Hockey Championships (NAHC) Technical Package

For any 2018 NAHC inquiries and exemption applications, please contact
Kelsey Dayler (ASC Event Coordinator) at kdayler@aboriginalsportcircle.ca

NAHC DEADLINES

TEAM REGISTRATION	JANUARY 31, 2018
ONLINE PLAYER, TEAM, STAFF REGISTRATION	APRIL 15, 2018
EXEMPTIONS: PLAYER, COACH AND TRAINER	APRIL 15, 2018
FINAL TEAM ROSTER	APRIL 15, 2018
TEAM ROSTER ANNOUNCEMENT	MAY 5, 2018
ONSITE ACCREDITATION	MAY 5, 2018
TEAM ROSTER CHALLENGE	MAY 12, 2018

TABLE OF CONTENTS

<u>SECTION</u>	<u>PAGE NUMBER</u>
1. PARTICIPANTS	3
2. CLASSIFICATION	3
3. ELIGIBILITY	4
4. COMPETITION	6
5. OFFICIALS	7
6. GAME SCORING	7
7. TIE GAME	8
8. TIE BREAKING POINTS PROCEDURE	8
9. MEDALS	9
10. COMPETITIVE UNIFORM	9
11. EQUIPMENT	10
12. RULES AND DISCIPLINARY COMMITTEE	10
13. DAILY COACHES MEETING AT 7:00AM	10
14. TEAM PRACTICE	10
15. MEDIA RELATIONS	11
16. NAHC TEAM REGISTRATION	11
17. NAHC PROTOCOLE	11
18. AWARDS	11
19. ONLINE FORM DETAILS and APPENDICES	11
A. COMPETITOR ELIGIBILITY DETAILS	13
B. HOCKEY CANADA CONCUSSION CARD	14
C. MINIMUM SUSPENSION GUIDELINES (HkyCan BULLETIN A1133)	17
D. DECLARATION OF ABORIGINAL ANCESTRY FORM	19

1. PARTICIPANTS:**FEMALE**

Competitors: Max 24 PLAYERS (18 skaters/2 goaltenders) and (1 alternate goaltender/3 alternate skaters – SEE APPENDIX A for Alternates Eligibility)

Staff: 1 General Manager
1 Head Coach
2 Assistant Coaches and
1 Trainer / Equipment Manager

One of the Coaches must be Female

MALE

Competitors: Max 24 PLAYERS (18 skaters/2 goaltenders) and (1 alternate goaltender/3 alternate skaters – SEE APPENDIX A for Alternates Eligibility)

Staff: 1 General Manager
1 Head Coach
2 Assistant Coaches and
1 Trainer / Equipment Manager

One of the Coaches must be Male

2. CLASSIFICATION:**MALE**

Competitors must be Bantam/Minor Bantam or Midget age for the competitive 2017/2018 season

Year of Birth: 2000 to 2004 inclusive

FEMALE

Competitors must be Bantam/Minor Bantam or Midget age for the competitive 2017/2018 season

Year of Birth: 2000 to 2004 inclusive

Note: *Effective this year 2018 NAHC in the Female Category there are no longer overage players.*

This is direct reference to the original scope and vision for the National Aboriginal Hockey Championships to be a Bantam / Midget Championship.

Note: BOTH CATEGORIES - as a developmental measure, it is **recommended** that each team carry a minimum of three (3) players from the birth years 2003 and/or 2004, for the 2018 NAHC.

3. ELIGIBILITY:

3.1 ANCESTRY:

Teams must be comprised of players and coaches who are of Aboriginal ancestry. Every player and coach **must carry (bring with) with him/her**, documentation that verifies his/her Aboriginal ancestry. Picture identification **and** a Provincial Metis Card, Certificate of Indian Status card or Territories Health Card will be acceptable.

If the athlete does not have a card, a parents'/ grandparents card **accompanied by a certified P/T ANCESTRY FORM – APPENDIX E** - must be attached.

If the player and or coach is non-status (Indian) a detailed ANCESTRY FORM - APPENDIX E must be completed to prove Aboriginal ancestry. The ANCESTRY FORM will document their lines of decent. It will be authenticated and endorsed by the parent(s) or guardian(s), Head Coach and the Provincial/Territorial Aboriginal Sport Body (P/TASB).

All ANCESTRY forms plus required back up MUST be submitted by April 15, 2018.

3.2 COACHES:

- a) The Head Coach must be fully certified at the Developmental 1 NCCP Level
- b) Assistant coaches must be fully certified at the Coach 1 NCCP Level
- c) It is mandatory that **all** team officials have taken the Hockey Canada “Speak Out” or “Respect in Sport” course (whichever is mandated in their P/T)
- d) Each team must have one (1) team staff that has completed the Hockey Canada “Safety Program” certification.
- e) Each team must have one (1) team staff that has current certification in “Emergency” First Aid/CPR (higher certification is recommended) **on the bench at all times**
- f) It is recommended that all team staff (General Manager, Head Coach, Assistant Coaches, Trainer and Manager) have taken the Aboriginal Coach Modules (ACM) workshop.
- g) Each Female team is required to have a *minimum* of one (1) female coach (Head or Assistant) **on the bench at all times**.

Proof of certification for all team officials (as listed above) must be submitted by April 15, 2018.

NOTE: Should teams experience difficulties securing a fully certified head coach of Aboriginal Ancestry or in the case of Female teams, any Female Coach, (Head or Assistant), the PTASB must apply to the ASC NAHC Working Group for special exemption by April 15, 2018 for consideration and approval.

3.3 “TRAINER”:

Should teams be unable to bring a coaching staff that has *current* First Aid Certification, they must submit a written request to the ASC NAHC Working Group for a special exemption that would enable them to bring a certified - NON Aboriginal - Athletic Trainer or certified Paramedic or a medical Doctor. The request for exemption must be submitted by April 15, 2018.

IMPORTANT

It is Mandatory that all NAHC Team Staff (coaches, managers, trainers, and chaperones) have a current (dated within one year of the NAHC attending) Criminal Record Check (CRC) and CPIC or Vulnerable Sector search completed prior to the event. To be submitted with the Team Roster, at the Team Roster Deadline (April 15, 2018).

3.4 COMPETITORS:

- a) Male teams *may not* select players who have played 10 regular season games (cumulative), or currently play, Major Junior Hockey. (WHL, OHL, QMJHL);
- b) Female teams *may not* select players who have played 5 regular season games (cumulative), or currently play, U Sports or University/College Hockey in the USA.
- c) Teams *may not* select players who have played, or currently are, on a National team (Canada or USA). This includes all level of National teams (ie Senior National team, U22, U18, etc)
- d) Teams *may not* select players whose club teams are competing at a Hockey Canada Regional or National Championship held on dates that coincide with the 2018 NAHC;
- e) **All players and coaches must be registered, and in good standing with their Hockey Canada Branch, on or before the April 15, 2018. Each P/T team must submit a NAHC roster form signed off by their **Hockey Canada Branch** (ie. Hockey Alberta) by April 15, 2018.**
- f) All players participating in the 2018 NAHC **must be** enrolled in - and attending- school and/or have completed the necessary requirement for their high school diploma (or the equivalent).

A letter of verification (registration and attendance) from the school (for each player) **must be included** when the final team roster is submitted at the roster deadline of April 15, 2018.

3.5 RESIDENCY:

- a) Players must play in the Province or Territory where their parent(s) or **legal** (court appointed) guardian(s) **permanently** reside. Proof must be available and provided upon request (Provincial Health card or court document).
- OR**
- b) Players registered at a **Full Time (Complete year) Hockey Academy** (Pursuit of Excellence (BC), Notre Dame (SK), Balmoral (MB), Banff Hockey Academy (AB)) may participate in the Province they are attending school in. These players must fill out the Academic Residency Form Appendix B.

Coaches must hold permanent residency in the P/T for which he/she competes. Exceptional circumstances may be submitted to the ASC NAHC Working Group by April 15, 2018.

3.6 P/T TEAM EXCEPTIONS:

The three (3) Provinces of NFLD, NS and PEI may jointly field two teams (1 Male and 1 Female) and register as **Team Atlantic**. The three (3) Territories may jointly field two teams (1 Male and 1 Female) and register as **Team North**. Ontario may register 4 teams (1 Male North, 1 Male South, 1 Female North and 1 Female South).

If a P/T is not entering a team in the 2018 NAHC:

- a) The players in that P/T may *request to try out* in the closest P/T to their residence.
- b) They will first contact their P/TASB and **the P/TASB will contact the closest P/T on their behalf.**
- c) If the closest P/T does not require or is not accepting additional players, **the P/TASB**, may then contact the next closest P/T.
- d) There is no guarantee that a P/T will be found for all players.

Akwesasne Mohawk Territory athletes - please refer to Appendix A for further details on residency and competitive eligibility.

4. COMPETITION:

The National Aboriginal Hockey Championships will be played using the Hockey Canada Official Rules (2016 - 2018) applicable for Minor Hockey with the exceptions as listed below.

- a) A maximum of *twenty (20) players* may dress for each game and the coaching staff shall be allowed to have *four (4) members* (Head Coach, 2 Assistant Coaches and Trainer with first aid qualifications) permitted on the bench. The game rosters shall consist of eighteen (18) skaters and two (2) goaltenders.
- b) An official team, according to Hockey Canada, for Championship play is comprised of thirteen (13) skaters. You must have a minimum of thirteen (13) registered on the roster to start the event.
- c) **FIGHTING MAJORS** - Zero tolerance, players will be expelled from the Championship Immediately. All other suspensions will be as per the Hockey Canada Bulletin A1133 dated February 9, 2011 – Minimum Suspensions for ON-ICE Infractions (Appendix C)
- d) **ZERO TOLERANCE RULE – ALCOHOL, DRUGS AND TOBACCO** (*cigarettes, E cigarettes and chewing tobacco*). For any infraction of the zero tolerance rules that occurs during or at a Championships event, the identified participant (player or coaching staff) **will be immediately expelled from the Championships** and may also receive further sanctions from his/her P/TASB.
- e) **OBSCENE LANGUAGE or RACIAL SLURS – Zero tolerance.** Any participant (player or coaching staff) caught using obscene language or racial slurs **will be immediately suspended** and the NAHC Discipline Committee will review the infraction. If guilty of an infraction the participant will be expelled from the Championships and may also receive further sanctions from their P/TASB.
- f) **CODE OF CONDUCT.** The NAHC Code of Conduct will be used for all on-ice and off-ice infractions. This code has been established by the ASC, which used Hockey Canada's Code of Conduct as a minimum standard.

4.1 TEAM FORMAT

Teams will be seeded based on the final standings from the 2017 NAHC. Teams that did not participate in the previous year's NAHC will be placed at the bottom of the rankings.

4.2 COMPETITION SCHEDULE

The preliminary round schedule will be posted by February 14, 2018, after the Team Registration deadline of January 31, 2018.

4.3 COMPETITION FORMAT

The 2018 NAHC game schedule will start on May 6th and end on May 12th with the Bronze and Gold Medal games, followed by the NAHC Awards presentation.

Each Team will be guaranteed a minimum of 5 games.

4.4 HOME and VISITING TEAM

During the Round 1 and Round 2, the home team shall be the higher ranked Team from the 2017 NAHC. During the Quarter Finals, Placement, Semi Final and Medal Games, the home team shall be the team ranked higher after the Round Robin.

4.5 GAME FORMAT

- Warm up will be 15 minutes.
- All regulation time games will consist of three (3) stop-time periods of twenty (20) minutes. The ice will be resurfaced following the 1st, 2nd and 3rd periods. An intermission of 15 minutes will be set on the score clock.
- Each team will be allowed (1) one - (30) second time-out in a game.

4.6 MERCY RULE

If there is a difference in score of five goals or more at any point in a game, then the time shall run. If that difference becomes three or less, then the time shall become stop time again. If at any point a five-goal lead is once again attained, then the clock shall continue running.

5. OFFICIALS

MALE - Referees shall have a **minimum** of Level IV Certification, while the linespersons shall have a minimum of Level III Certification

FEMALE - Referees shall have a **minimum** of Level III Certification, while the linespersons shall have a minimum of Level II Certification. Female games will be officiated by female officials when and where possible.

All reasonable efforts will be made to ensure that referees and linesperson have the minimum levels of certification as stated in this rule, for all games played during the NAHC. In the event that such referees and/or linespersons, for any reason, whether foreseeable or otherwise, or as a result of any action or omission of the ASC NAHC Working Group or the NAHC Host Society, are not available to officiate any or all games of the NAHC, a game shall be officiated by an available referee or linesperson having the next highest level of certification.

6. GAME SCORING:

2 points for the WINNING team at the conclusion of regulation time
 1 point for both teams at the conclusion of regulation time if the game is TIED
 0 points for the team losing the game in regulation time.

7. TIE GAME

7.1 Round Robin Games will remain a tie.

7.2 Quarter-Final and Relegation Round Games

If, at the end of the three regulation twenty-minute periods the score is tied, The Rules of Hockey Canada shall apply:

- a) The puck shall be "faced-off" at centre ice and play shall continue for a ten-minute stop time "sudden victory" overtime period, with the first goal ending the game.
- b) If the score is still tied after the sudden victory ten minute overtime period, the game will be decided by a shootout.
- c) Teams will select five (5) different players to alternately shoot on the opposing goaltender. If there is still a tie *after all five shooters have completed their shots*, then there will be a sudden victory shootout.
- d) Each team will select one shooter (*different from the previous five*) to shoot on the opposing goaltender. If a tie exists, this sudden victory continues with different shooters until only one team scores and the other misses. Note: The number of different shooters is determined by the team with the least participants for said game.

7.3 Semi-final games, Gold and Bronze Medal Games

- a) In case of a tie after regulation time, the teams will remain at the same ends and commence one (1) twenty minute (20) sudden victory stop time period.
- b) The game shall be declared over with the first goal being scored.
- c) If still tied after 20 minutes, the two teams will retire for ice resurfacing, change ends and then commence sudden victory overtime periods of twenty minutes (20) each, with the first goal winning the game.

Note: Any overtime period shall be considered part of the game and all unexpired penalties shall remain in force.

If either team declines to play in the necessary period(s), the game shall be declared a loss for that team.

8. TIE BREAKING POINTS PROCEDURE (Conclusion of Round 1 and Round 2)

If two or more teams are tied at the conclusion of the Round 1 and Round 2, then the following tie breaking procedure will apply until the tie is broken.

- a) The result of the round-robin game involving the tied teams gains the higher position
- b) The team with the most wins in the round robin gains the higher position
- c) If teams are still tied after a) and b) have been applied, then the team with the best goal average gains the higher position. The goal average of a team is to be determined in the following manner:
Total number of goals for divided by total number of goals for and against.

The goal ratio shall be for games amongst the tied teams only.

Example: for = 10 goals; against = 4 goals;

$$\text{Percentage} = \frac{10}{10+4} = .714$$

A maximum of a 7 goal difference in any one game will be used in the calculation of the goal ratio. This is calculated using the actual "goals for" of the losing team in this particular game.

Example: Final score is 15-5; the score considered in goal ratio calculation is 12-5.

- d) If teams are still tied after a), b) and c), then the team to gain the higher position would be the one that scored the first goal in the game between the two teams.

NOTE: Should there be 3 or more pools and/or 3 or more teams tied then they shall advance to (e).

- e) If teams are still tied after (a), (b), (c), and (d) then the team to gain the higher position would be the team that received the least number of minutes in penalties throughout the round robin.
- g) If teams are still tied after all previous methods have been applied, the higher position shall be determined by a single toss of a coin.
- h) Should there be 3 or more teams tied after all previous methods have been applied, the higher position shall be determined by a draw where each team's name shall be entered.

9. MEDALS:

GOLD	30 (one for each member of the team and the P/TASB)
SILVER	30 (one for each member of the team and the P/TASB)
BRONZE	30 (one for each member of the team and the P/TASB)

NOTE: Only those that are on a Team Roster will receive a medal.

10. COMPETITIVE UNIFORM:

Provincial/territorial colors must be worn. Each team must have two (2) sets of Official Jerseys (light and dark in colour) and matching socks. One set of Official Jerseys must be white (light) as the home team wears white. If there is a conflict, the visiting team changes.

For the 2018 NAHC Team Jerseys:

Front crest - the Provinces / Territories may use either the Official National Aboriginal Hockey Championships (NAHC) logo or the Provincial / Territory logo or name.

Shoulder - the Official NAHC Logo must appear on one or both shoulders. The "PTASB" logo may go on the other shoulder or sleeve if applicable. Other logos may appear on the second shoulder with NAHC-WG review and approval by April 15, 2018.

Back – the Provinces / Territories name on the back nameplate above the player number and if applicable the Sponsor logo(s) must go below the player number on the back and may not be larger than 2 inches in height.

For the 2019 NAHC

Front crest - the Provinces / Territories must use the Provincial / Territory logo or name.

Shoulder - the Official NAHC Logo must appear on one or both shoulders with the "PTASB" logo on the other shoulder or sleeve if applicable.

Back – the Provinces / Territories name on the back nameplate above the player number and if applicable the Sponsor logo(s) must go below the player number on the back and may not be larger than 2 inches in height.

Final approval of Team jerseys will be submitted as part of the Team Registration process due on January 31, 2018.

11. EQUIPMENT:

Athletes provide their own hockey equipment.

All equipment must be as required by the Minor Hockey governing body in their P/T.

CSA approved helmets will full facemasks and a BNQ approved Neck Guards are mandatory for all Teams.

Mouth Guards are mandatory at all times if they are mandatory in the respective players PT. Mandatory mouth guard rules for the 2017-2018 program year are Manitoba, Newfoundland, Hockey Northwestern Ontario and the OMHA.

Sanction for not wearing mandatory equipment, will be immediate removal from the Game until the equipment has been put on. Then they may proceed back to the Game.

12. RULES AND DISCIPLINARY COMMITTEE

Prior to the Championship, a Rules Committee and a Disciplinary Committee (members of ASC NAHC Working Group) will be formed to accept and rule on protests arising from competition. The Committees will not be comprised of individuals directly involved with the hosting of the 2018 NAHC or a participating team.

13. DAILY TEAM REP MEETINGS @ 7:00am

Each morning there will be a meeting conducted between the Team Staff, the ASC NAHC Working Group and the NAHC Host Committee. The meetings will update teams on the events of the Championships. These meetings will also deal with suspensions and sanctions that have or may occur.

It is mandatory for each team to be represented by at least one (1) of the following every morning (Manager, Head Coach, Assistant Coach or the P/TASB Representative). Teams that fail to attend will face sanctions.

1 meeting missed : Head Coach sits out 1 game

2 meeting missed : Head Coach sits out 2 additional games

3 meeting missed : All Team Staff sit out 3 additional games

14. TEAM PRACTICE:

Teams will be provided (by the Host) a minimum of one (1) hour of practice time prior to the start of the NAHC. During the practice, all players **are required to wear full equipment** and coaching staff are required to wear helmets and gloves.

Should teams require additional ice time, they must contact the 2018 Host Organization to make the necessary arrangements *at their own cost*.

15. MEDIA RELATIONS:

Media information is required to increase media attention and further develop the National Aboriginal Hockey Championships (NAHC) web site. Appendix D details the required information for all players **due by April 15, 2018.**

16. NAHC TEAM REGISTRATION

All P/TASB's must have their Team Registration form *and \$1500 entry fee* submitted to the NAHC 2018 HOST, **no later than January 31, 2018. NO later entries will be accepted.**

E transfers will be sent to: Membertou First Nation c/o Jennifer Deleskie
jenniferdeleskie@membertou.ca

17. NAHC PROTOCOL

- a) All teams must be in attendance for the NAHC opening ceremonies.
 - b) All teams must attend the Social Function (May 10th), dress code is business attire or semi-formal and Awards Presentation (May 12th) in Team uniforms.
 - c) An opportunity will be provided for all teams to have a team photograph taken. This will occur at a pre-scheduled time and date as allocated by the Host Committee.
 - d) All teams, including the Host province team(s) must stay at the Championship hotel(s). Any teams that choose not to will not receive airport pick up, or hotel to rink transportation during the duration of the NAHC.
-

18. Awards

Individual awards (Male and Female) based on individual game play are as follows:

- a) Players of the Game

Individual awards (Male and Female) based on round robin play are as follows:

- a) Most Valuable Defense
 - b) Most Valuable Forward
 - c) Most Valuable Goaltender
 - d) Most Sportsmanlike Player
 - e) Most Sportsmanlike team voted upon by all Teams (Male and Female separately)
 - f) Most Sportsmanlike player on each team, voted upon by their respective team
-

19. 2018 NAHC FORMS TO BE COMPLETED ONLINE

[2018 NAHC Player Consent/Conduct Form](#)

[2018 NAHC Player Media/Stats/Residency Form](#)

[2018 NAHC Coach/Team Staff Form](#)

[2018 NAHC Team Roster Submission](#)

APPENDIX A – Competitor Eligibility Details

APPENDIX B – Hockey Canada Concussion Card

APPENDIX C – Hockey Canada Minimum Suspension Guidelines (Bulletin A1133)

APPENDIX D – Declaration of Aboriginal Ancestry Form

Competitor Eligibility – Appendix A: Page 1 of 1

1. Competitors must meet all eligibility requirements outlined in the 2018 NAHC GUIDELINES.
2. The 2018 National Aboriginal Hockey Championships are open to Aboriginal athletes that meet the requirements outlined in the 2018 NAHC GUIDELINES.
3. Any player from Akwesasne Mohawk Territory shall be permitted to choose between playing for either Team Eastern Door and the North (EDN) or Team Ontario South provided that they meet the following criteria;
 - a) They are a band member of Akwesasne – Canada or US territory, and
 - b) They hold permanent residency in Akwesasne – Canada or US territory.
This privilege is non-transferable.

Additionally, players that meet these criteria are required to complete a Player Declaration Form, which must be completed by the P/TASB and Player and then filed with the ASC NAHC Working Group by March 31, 2018.

4. In the instance of an Aboriginal player with permanent residency in Akwesasne who is not a band member, they are only eligible to compete for Team Ontario South if they reside on the Ontario portion of the reserve. If they reside on the Quebec portion of the reserve, they are only eligible to compete for Team Eastern Door and the North. Those residing on the US portion of the reserve are deemed ineligible to compete at the NAHC.
5. The eligibility of any athlete that is not clearly established by these rules or by the Technical Package shall be determined by the ASC NAHC Working Group. Head Coaches, General Managers or P/TASB must bring forward any unclear cases to the ASC NAHC Working Group by March 31, 2018.
6. Where a team (Province/Territory) or General Manager / Head Coach, wishes to challenge the eligibility of an athlete on another Province/Territory team, it is expected that such a challenge will be made as of May 12th, to the ASC NAHC Working Group.
7. Alternates:

Teams may carry a total of three (3) skaters and one (1) goaltender as alternates for the 2018 NAHC. The following process outlines the procedure and protocol for the use of alternates:

- Alternates must be registered as a member on the NAHC official Team Roster.
- Alternates must be registered with Hockey Canada.
- Alternates shall have all rights of regular roster players.
- Alternates must be present at all games.
- Alternates may be used by the discretion of the Head Coach.

APPENDIX B: Hockey Canada Concussion Card

CONCUSSION EDUCATION AND AWARENESS PROGRAM

Concussion in Sport

All players who are suspected of having a concussion must be seen by a physician as soon as possible. A concussion is a brain injury.

A concussion most often occurs without loss of consciousness. However, a concussion may involve loss of consciousness.

How Concussions Happen

Any impact to the head, face or neck or a blow to the body which causes a sudden jolting of the head and results in the brain moving inside the skull may cause a concussion.

Common Symptoms and Signs of a Concussion

Symptoms and signs may have a delayed onset (may be worse later that day or even the next morning), so players should continue to be observed even after the initial symptoms and signs have returned to normal.

***A player may show any one or more of these symptoms or signs.**

Signs

- Poor balance or coordination
- Slow or slurred speech
- Poor concentration
- Delayed responses to questions
- Vacant stare
- Decreased playing ability
- Unusual emotions, personality change, and inappropriate behaviour
- Sleep disturbance

Symptoms

- Headache
- Dizziness
- Feeling dazed
- Seeing stars
- Sensitivity to light
- Ringing in ears
- Tiredness
- Nausea, vomiting
- Irritability
- Confusion, disorientation

For a complete list of symptoms and signs, visit www.parachutecanada.org
RED FLAGS – If any of the following are observed or complaints reported following an injury, the player should be removed from play safely and immediately and your Emergency Action Plan initiated. Immediate assessment by a physician is required.

Concussion – Key Steps

- Recognize and remove the player from the current game or practice.
- Do not leave the player alone, monitor symptoms and signs.
- Do not administer medication.
- Inform the coach, parent or guardian about the injury.
- The player should be evaluated by a medical doctor as soon as possible.

- The player must not return to play in that game or practice, and must follow the 6-step return to play strategy and receive medical clearance by a physician.
- Neck pain or tenderness
- Severe or increasing headache
- Deteriorating conscious state
- Double vision
- Seizure or convulsion
- Vomiting
- Loss of consciousness
- Increasingly restless, agitated or combative
- Weakness or tingling/burning in arms or legs

Players

- Make sure your helmet fits snugly and that the strap is fastened
- Get a custom fitted mouthguard
- Respect other players
- No hits to the head
- No hits from behind
- Strong skill development

Coach/Trainer/Safety

Person/Referee

- Eliminate all checks to the head
- Eliminate all hits from behind
- Recognize symptoms and signs of concussion
- Inform and educate players about the risks of concussion

6-Step Return to Play

The return to play strategy is gradual, and begins after a doctor has given the player clearance to return to activity. If any symptoms/signs return during this process, the player must be re-evaluated by a physician. No return to play if any symptoms or signs persist. Remember, symptoms may return later that day or the next, not necessarily when exercising!

IMPORTANT – CONSULT WITH THE TREATING PHYSICIAN ON RETURN TO LEARN PROTOCOLS.

IMPORTANT – FOLLOWING A CONCUSSION AND PRIOR TO STEP 1 A BRIEF PERIOD OF PHYSICAL AND MENTAL REST IS RECOMMENDED.

STEP 1 Light activities of daily living which do not aggravate symptoms or make symptoms worse. Once tolerating step 1 without symptoms and signs, proceed to step 2 as directed by your physician.

STEP 2 Light aerobic exercise, such as walking or stationary cycling. Monitor for symptoms and signs. No resistance training or weight lifting.

STEP 3 Sport specific activities and training (e.g. skating).

STEP 4 Drills without body contact. May add light resistance training and progress to heavier weights.

The time needed to progress from non-contact to contact exercise will vary with the severity of the concussion and the player. **Go to step 5 after medical clearance** (reassessment and written note).

STEP 5 Begin drills with body contact.

STEP 6 Game play. (The earliest a concussed athlete should return to play is one week)

2018 National Aboriginal Hockey Championships (NAHC) – Technical Package

Note: Players should proceed through the return to play steps only when they do not experience symptoms or signs and the physician has given clearance. Each step should be a minimum of one day (but could last longer depending on the player and the situation). If symptoms or signs return, the player should return to step 2 and be re-evaluated by a physician.

IMPORTANT – Young players will require a more conservative treatment. Return to play guidelines should be guided by the treating physician.

Prevention Tips

Education Tips

HOCKEY CANADA CONCUSSION RESOURCES

www.hockeycanada.ca/concussion

PARACHUTE CANADA

www.parachutecanada.org

Revised May 2017. Item #55711

Minimum Suspension Guidelines – Appendix C: Page 1 of 2
--

Bulletin No.: A1128

To: Branch Presidents, Branch Executive Directors, Referee-in-Chiefs, Officers, Minor Council
Female Council, Life Members

Date: January 27, 2011

From: Ed Pupich, Officer, Hockey Canada and Terry Ledingham, Officer, Hockey Canada

SUBJECT: Hockey Canada Minor/Female Hockey Minimum Suspension Chart

The following minimum suspensions are not to be reduced; Branches, Association and Leagues may strengthen any of the listed offenses at their discretion.

REMOVING HELMET INFRACTIONS	SANCTION
Any player who removes his chinstrap before or during a fight.	Game Misconduct + 1 Game
If a player removes his helmet and releases his chinstrap to fight and the opposing player doesn't, the former will be assessed an additional two-minute minor penalty.	Game Misconduct + 1 Game
Any player who removes an opponent's helmet or releases the opponent's chinstrap before or during a fight.	Game Misconduct + 1 Game
LEAVING THE BENCH RULE 9.5	SANCTION
Any player identified as the first to leave the players' bench during a fight. (Rule 9.5 (b))	2 Games
Any player identified as the first to leave the penalty bench during a fight. (Rule 9.5 (b&d))	3 Games
The Coach of the team whose player is penalized under the above two points.	3 Games
The Coach whose player left the player bench but is not identified as the first to leave the players or penalty bench during an on ice altercation. (Rule 9.5 (c))	1 Game
Any player identified as being the first to leave the players bench to start a fight.	3 Games
The Coach of the team whose player is penalized under the above two points.	3 Games
Instigator or Aggressor	
1st Offense	Game Misconduct
2nd Offense	2 Games
3rd Offense	3 Games
The Coach of a team whose player is penalized for a third offence of Instigator or Aggressor	3 Games
PRE-GAME/POST GAME ALTERCATIONS	SANCTION
Any player involved in pre-game or post-game altercations where Majors and Game Misconducts are assessed	2 Games
Coach of team whose players are so penalized	Indefinite Suspension
Any team involved in a pre-game or post-game brawl	Indefinite Suspension

Minimum Suspension Guidelines – Appendix C: Page 2 of 2
--

MATCH PENALTIES	SANCTION
Butt-ending (when a Match penalty is assessed)	3 Games
Deliberate Attempt to Injure	3 Games
Deliberate Injury	Indefinite Suspension
Grabbing the Facemask (when a Match penalty is assessed)	3 Games
Hair Pulling (when a Match penalty is assessed)	3 Games
Head Butting	3 Games
Kicking	3 Games
Molesting Officials	Indefinite Suspension
Spearing (when a Match penalty is assessed)	3 Games
Spitting at an opponent, team official or game official	3 games
Gross Misconduct	2 Games
Game Misconduct – Verbal Abuse of Official (Rule 9.2)	2 Games
Checking From Behind When a Major Penalty and Game Misconduct is assessed	1 Game
Checking From Behind When a Match Penalty is assessed	4 Games
Checking to the Head When a Major Penalty and Game Misconduct is assessed	1 Game
Checking to the Head When a Match Penalty is assessed	4 Games

Declaration Of Aboriginal Ancestry Form - Appendix D: Page 1 of 3

All competitors in the National Aboriginal Hockey Championship (NAHC) must be of Aboriginal ancestry.

Those who **do not** have their own:

- 1) Indian Status Card, or
- 2) Inuit Identification Card or
- 3) Provincial Métis Card

- **must complete this Declaration and Ancestral Chart, which provides a detailed and verifiable account of your ancestry.**

This form must be supported and endorsed by the appropriate team official **and** the P/T ASB.

I, (Athlete name) _____, hereby declare that I am of Aboriginal ancestry and eligible to compete in the 2017 National Aboriginal Hockey Championships. My Aboriginal ancestry can be officially directly traced back to the following lineage (on attached Ancestral Chart). Supporting documentation such as Birth Certificates may be required.

Team (print): _____

Player's Name (print): _____

Player's Signature: _____ Date: _____

Parent/Guardian's Name (print): _____ (Required if player is under 18)

Parent/Guardian's Signature: _____ Date: _____

Team Manager Name (print): _____

Team Manager's Signature: _____ Date: _____

P/TASB Representative Name: _____

P/TASB Rep. Signature: _____ Date: _____

NAHC ANCESTRY CHART

* Must be completed

Athlete Name
Province/Territory

1
Your name, maiden if female
b
p
m
p

2
Your Father's Name
b
p
m
p
d
p
3
Your Mother's (maiden) name
b
p
d
p

4
Grandfather's Name
b
p
m
p
d
p
5
Grandmother's (maiden) name
b
p
d
p

6
Grandfather's Name
b
p
m
p
d
p
7
Grandmother's (maiden) name
b
p
d
p

8
Great G-father's name
b
m
d
9
Great G-mother's (maiden) name
b
d

10
Great G-father's name
b
m
d
11
Great G-mother's (maiden) name
b
d

12
Great G-father's name
b
m
d
13
Great G-mother's (maiden) name
b
d

14
Great G-father's name
b
m
d
15
Great G-mother's (maiden) name
b
d

Legend:

- b = date of Birth
- p = place
- m = date of marriage
- p = place
- d = date of Death
- p = place

NAHC ANCESTRY CHART

Continued (if needed)

