

Discipline, Risk & Safety Year-End Report – 2025-2026 Season

Metcalfe District Hockey Association



Overview

As Vice-President, Discipline, Risk & Safety, my role is to support the Executive by overseeing discipline-related matters, ensuring player safety, and supporting the consistent application of MDHA, GHA, HEO Minor, and Hockey Canada rules and regulations as they relate to conduct, suspensions, and safety. This role operates within the authority of the MDHA Executive as defined in the Constitution and By-Laws, with particular linkage to Regulation 1 (Teams) and Regulation 4 (Conduct, Ethics & Confidentiality).

Throughout the 2025–2026 season, the focus remained on fair, consistent discipline processes, player safety, and maintaining alignment with governing-body standards, while supporting team officials, players and families through the discipline process.

Discipline & Safety Activity Summary

House League Teams

- A total of **23 discipline records** were documented relating to MDHA House Players
- Discipline activity was **concentrated primarily at the U18 level**, particularly within U18 B and A categories.
- The most frequent infraction categories were:
 - **Checking from Behind**
 - **Unsportsmanlike Conduct**
 - **Head Contact / Body Checking violations**

These infractions reflect a mix of safety-related contact penalties and behavioural conduct issues, consistent with trends seen across minor hockey at competitive adolescent age groups.

All House-level suspensions with defined minimums were either fully served or determined to require no additional discipline, **with the exception of two U21 situations** that remain open and are formally tracked as **carry-over suspensions** into the next reporting cycle. These carry-over cases are known, documented, and aligned with Regulation 1 requirements.

B-League Competitive Teams

- The Competitive stream reflected **44 discipline records** across multiple age groups.
- Dominant infraction categories were:
 - **Checking from Behind**
 - **Boarding**
 - **Unsportsmanlike Conduct**
 - **Head Contact**
- All Competitive suspensions were fully served

More serious infractions such as **attempt to injure, boarding (5+GM), fighting, and discriminatory language** were infrequent but resulted in appropriately elevated suspensions under applicable rules and regulations.

Risk & Safety Observations

Across both House and Competitive programs, season-long discipline trends point to the following key observations:

- **Player safety infractions involving dangerous contact** (checking from behind, head contact, boarding) continue to be the primary driver of higher-level discipline.
- **Behavioural conduct issues**, including unsportsmanlike conduct and abusive behaviour, remain an area requiring continued messaging, education, and consistent enforcement.
- **Repeat infractions** tended to cluster at older age groups, reinforcing the importance of coach leadership, bench management, and early intervention.
- **Injury and concussion reporting visibility gap:** season-long injury tracking (including concussions) relies largely on trainer discretion and does not produce consistent, association-wide statistics, limiting oversight and trend analysis (see next section).

No systemic breakdowns in discipline procedure were identified.

Process & Governance Alignment

Throughout the year:

- Discipline matters were handled in alignment with Regulation 1 – Article 2 (Suspensions) and Regulation 4 (Conduct, Ethics & Confidentiality).
- Total Team Management (TTM) was used consistently as the official suspension-tracking and communication mechanism, ensuring transparency and record retention.
 - It was noted that TTM does not provide any tracking injuries or events where the referee has not identified an incident (i.e. non-call) identifying a gap in process oversight.
- Where required, matters were escalated appropriately to District or League levels, and outcomes were communicated back to the MDHA Executive.
- Microsoft M365 for non-profit was implemented last year however process changes to leverage OneDrive for sensitive document handling has not been started

Looking Ahead

For the upcoming season, recommended areas of continued focus include:

- Ongoing **education and reinforcement** around dangerous contact standards.
- Continued emphasis on **respect toward officials and opponents**, particularly at U18 and U21.
- Recommend piloting a board-level **Trainer Mentor** role to support trainers and support improve injury tracking, similar to the existing **Coach Mentor** position.
- Recommend forming a **concussion safety and injury-tracking** sub-committee to identify efficient, cost-effective club-level initiatives and longer-term improvements, and report recommendations to the Executive.
- Early identification and monitoring of **repeat behavioural trends**, with support provided to coaches and convenors as needed.
- Moving to One-Drive for sensitive document handling, specifically maintaining clear documentation and carry-over tracking to ensure discipline continuity between seasons.

Closing

I would like to thank the Executive, convenors, coaches/team officials, players and their families for their cooperation and professionalism throughout the discipline process this season. The shared commitment to player safety, fairness, and accountability remains essential to the MDHA's ability to deliver a positive hockey experience for all participants.

Regards,

Roshan Abraham

**Vice-President, Discipline, Risk & Safety
Metcalfe District Hockey Association**

Appendix A: House Discipline Stats

Team	Game Date	Infraction Type	Infraction	Minimum Suspension	Games Served
METCALFE JETS U21 B1	2026-04-08	GAME MISCONDUCT	(HEO) Abusive Behaviour - 11.2 (e)	3 game suspension	0
METCALFE JETS U21 B1	2026-04-08	GAME MISCONDUCT	(HEO) Head Contact (5+GM) - 7.6 (b)	2 game suspension	0
METCALFE JETS U18 B3	2026-02-22	MATCH PENALTY	(HEO) Attempt to Injure, Headbutting, Kicking - 7.1 (c)	3 game suspension	3
METCALFE JETS U18 A1	2026-02-21	GAME MISCONDUCT	(HEO) Checking from Behind (2+GM) - 7.5 (a)	3 game suspension	3
METCALFE JETS U18 B2	2026-02-20	GAME MISCONDUCT	(HEO) Head Contact (5+GM) - 7.6 (b)	2 game suspension	2
METCALFE JETS U13 C1	2026-02-15	GAME MISCONDUCT	(HEO) Check From Behind (5+GM) - 7.5 (b) (e)	3 game suspension	3
METCALFE JETS U18 B3	2026-02-12	MISCONDUCT	(HEO) Unsportsmanlike Conduct - 11.1 (d)	1 game suspension	1
METCALFE JETS U18 A1	2026-02-07	GAME MISCONDUCT	(HEO) Checking from Behind (2+GM) - 7.5 (a)	2 game suspension	2
METCALFE JETS U18 B1	2026-02-07	GAME MISCONDUCT	(HEO) Checking from Behind (2+GM) - 7.5 (a)	2 game suspension	2

METCALFE JETS U18 A1	2026-02-06	GAME MISCONDUCT	(HEO) Checking from Behind (2+GM) - 7.5 (a)	1 game suspension	1
METCALFE JETS U15 B2	2026-02-05	MATCH PENALTY	(HEO) Checking from behind - 7.5 (c)	4 game suspension	4
METCALFE JETS U18 B3	2026-01-09	MISCONDUCT	(HEO) Unsportsmanlike Conduct - 11.1 (d)	No additional disciplinary action necessary	0
METCALFE JETS U18 B3	2026-01-09	MISCONDUCT	(HEO) Unsportsmanlike Conduct - 11.1 (d)	No additional disciplinary action necessary	0
METCALFE JETS U18 B3	2026-01-09	GROSS MISCONDUCT	(HEO) Travesty of game - 11.2 (f)	3 game suspension	3
METCALFE JETS U15 B1	2025-12-13	GAME MISCONDUCT	(HEO) Body Checking (5+GM) - 7.3 (b)	1 game suspension	1
METCALFE JETS U18 B3	2025-11-30	MISCONDUCT	(HEO) Unsportsmanlike Conduct - 11.1 (d)	No additional disciplinary action necessary	0
METCALFE JETS U18 B3	2025-11-30	MISCONDUCT	(HEO) Unsportsmanlike Conduct - 11.1 (d)	No additional disciplinary action necessary	0
METCALFE JETS U18 B3	2025-11-30	GAME MISCONDUCT	(HEO) 2nd misconduct of game - 4.7 (c)	1 game suspension	1

METCALFE JETS U15 B1	2025-11-29	GROSS MISCONDUCT	(HEO) Discriminatory Slur - 11.4	5 game suspension	5
METCALFE JETS U18 A1	2025-11-25	GAME MISCONDUCT	(HEO) Unsportsmanlike Conduct - 11.1 (e)	3 game suspension	3
METCALFE JETS U15 B2	2025-11-14	MATCH PENALTY	(HEO) Attempt to Injure, Headbutting, Kicking - 7.1 (c)	3 game suspension	3
METCALFE JETS U18 A1	2025-10-16	GAME MISCONDUCT	(HEO) Body Checking (5+GM) - 7.3 (b)	2 game suspension	2

Appendix B: Competitive Discipline Stats

Team	Game Date	Infraction Type	Infraction	Minimum Suspension	Games Served
U16 CASTOR RIVER CANUCKS	2026-03-03	MISCONDUCT	(HEO) Unsportsmanlike Conduct - 11.1 (d)	No additional disciplinary action necessary	0
U18 CASTOR RIVER CANUCKS	2026-02-23	MISCONDUCT	(HEO) Not Proceeding to Penalty Bench – 11.1 (d) / 2.3 (c)	No additional disciplinary action necessary	0

U15 CASTOR RIVER CANUCKS	2026-02-16	GAME MISCONDUCT	(HEO) Check From Behind (5+GM) - 7.5 (b)(e)	2 game suspension	2
U14 CASTOR RIVER CANUCKS	2026-02-04	GAME MISCONDUCT	(HEO) Unsportsmanlike Conduct - 11.1 (e)	2 game suspension	2
U14 CASTOR RIVER CANUCKS	2026-02-04	GAME MISCONDUCT	(HEO) Boarding (5+GM) - 7.2 (b)	5 game suspension	5
U18 CASTOR RIVER CANUCKS	2026-02-02	MATCH PENALTY	(HEO) Attempt to Injure / Headbutting / Kicking - 7.1 (c)	3 game suspension	3
U18 CASTOR RIVER CANUCKS	2026-02-01	GROSS MISCONDUCT	(HEO) Discriminatory Slur - 11.4	5 game suspension	5
U15 CASTOR RIVER CANUCKS	2026-01-30	GAME MISCONDUCT	(OMHA) Checking from Behind (Minor + GM) - 7.5 (a)	2 game suspension	2
U18 CASTOR RIVER CANUCKS	2026-01-25	GAME MISCONDUCT	(HEO) Checking from Behind (2+GM) - 7.5 (a)	1 game suspension	1
U18 CASTOR RIVER CANUCKS	2026-01-25	GAME MISCONDUCT	(HEO) Unsportsmanlike Conduct - 11.1 (e)	2 game suspension	2

U14 CASTOR RIVER CANUCKS	2026-01-22	MISCONDUCT	(HEO) Unsportsmanlike Conduct - 11.1 (d)	No additional disciplinary action necessary	0
U14 CASTOR RIVER CANUCKS	2026-01-18	GAME MISCONDUCT	(HEO) Unsportsmanlike Conduct - 11.1 (e)	3 game suspension	3
U14 CASTOR RIVER CANUCKS	2026-01-18	MATCH PENALTY	(HEO) Spearing - 9.4 (c)	3 game suspension	3
U16 CASTOR RIVER CANUCKS	2026-01-11	GAME MISCONDUCT	(HEO) Checking from Behind (2+GM) - 7.5 (a)	1 game suspension	1
U18 CASTOR RIVER CANUCKS	2026-01-08	OTHER	(HEO) Club / Association Disciplinary Hearing	1 game suspension	1
U18 CASTOR RIVER CANUCKS	2026-01-04	GAME MISCONDUCT	(HEO) Charging (5+GM) - 7.4 (b)	1 game suspension	1
U15 CASTOR RIVER CANUCKS	2026-01-02	GAME MISCONDUCT	(HEO) Boarding (5+GM) - 7.2 (b)	1 game suspension	1
U14 CASTOR RIVER CANUCKS	2025-12-19	GAME MISCONDUCT	(HEO) Checking from Behind (2+GM) - 7.5 (a)	1 game suspension	1

U12 CASTOR RIVER CANUCKS	2025-12-11	GAME MISCONDUCT	(HEO) Checking from Behind (2+GM) - 7.5 (a)	2 game suspension	2
U15 CASTOR RIVER CANUCKS	2025-12-07	GAME MISCONDUCT	(HEO) Boarding (5+GM) - 7.2 (b)	3 game suspension	3
U18 CASTOR RIVER CANUCKS	2025-12-06	MISCONDUCT	(HEO) Unsportsmanlike Conduct - 11.1 (d)	No additional disciplinary action necessary	0
U14 CASTOR RIVER CANUCKS	2025-12-02	MISCONDUCT	(HEO) Unsportsmanlike Conduct - 11.1 (d)	No additional disciplinary action necessary	0
U14 CASTOR RIVER CANUCKS	2025-11-23	MISCONDUCT	(HEO) Unsportsmanlike Conduct - 11.1 (d)	No additional disciplinary action necessary	0
U16 CASTOR RIVER CANUCKS	2025-11-23	MISCONDUCT	(HEO) Unsportsmanlike Conduct - 11.1 (d)	No additional disciplinary action necessary	0
U16 CASTOR RIVER CANUCKS	2025-11-20	GAME MISCONDUCT	(HEO) Head Contact (5+GM) - 7.6 (b)	2 game suspension	2
U18 CASTOR RIVER CANUCKS	2025-11-16	GAME MISCONDUCT	(HEO) Fighting - 7.10 (b)	3 game suspension	3

U14 CASTOR RIVER CANUCKS	2025-11-13	MISCONDUCT	(HEO) Unsportsmanlike Conduct - 11.1 (d)	No additional disciplinary action necessary	0
U15 CASTOR RIVER CANUCKS	2025-11-11	GAME MISCONDUCT	(HEO) Checking from Behind (2+GM) - 7.5 (a)	1 game suspension	1
U18 CASTOR RIVER CANUCKS	2025-11-09	MISCONDUCT	(HEO) Unsportsmanlike Conduct - 11.1 (d)	No additional disciplinary action necessary	0
U16 CASTOR RIVER CANUCKS	2025-11-06	GAME MISCONDUCT	(HEO) Checking from Behind (2+GM) - 7.5 (a)	1 game suspension	1
U15 CASTOR RIVER CANUCKS	2025-11-02	GAME MISCONDUCT	(HEO) Checking from Behind (2+GM) - 7.5 (a)	2 game suspension	2
U16 CASTOR RIVER CANUCKS	2025-11-02	GAME MISCONDUCT	(HEO) Check From Behind (5+GM) - 7.5 (b)(e)	2 game suspension	2
U14 CASTOR RIVER CANUCKS	2025-10-25	GAME MISCONDUCT	(HEO) Charging (5+GM) - 7.4 (b)	3 game suspension	3
U14 CASTOR RIVER CANUCKS	2025-10-19	GAME MISCONDUCT	(HEO) Checking from Behind (2+GM) - 7.5 (a)	1 game suspension	1

U18 CASTOR RIVER CANUCKS	2025-10-19	GAME MISCONDUCT	(HEO) Fighting - 7.10 (b)	3 game suspension	3
U18 CASTOR RIVER CANUCKS	2025-10-19	GAME MISCONDUCT	(HEO) Fighting - 7.10 (b)	5 game suspension	5
U18 CASTOR RIVER CANUCKS	2025-10-19	GAME MISCONDUCT	(HEO) Boarding (5+GM) - 7.2 (b)	1 game suspension	1
U18 CASTOR RIVER CANUCKS	2025-10-19	OTHER	(HEO) Coach Imposed 1 Game Suspension	1 game suspension	1
U14 CASTOR RIVER CANUCKS	2025-10-11	GAME MISCONDUCT	(OMHA) Head Contact (Major + GM) - 7.6 (b)	3 game suspension	3
U14 CASTOR RIVER CANUCKS	2025-10-10	GAME MISCONDUCT	(OMHA) Checking from Behind (Minor + GM) - 7.5 (a)	2 game suspension	2
U18 CASTOR RIVER CANUCKS	2025-10-01	GAME MISCONDUCT	(HEO) Head Contact (5+GM) - 7.6 (b)	2 game suspension	2
U15 CASTOR RIVER CANUCKS	2025-09-28	GAME MISCONDUCT	(HEO) Boarding (5+GM) - 7.2 (b)	1 game suspension	1

U16 CASTOR RIVER CANUCKS	2025-03-18	GAME MISCONDUCT	(HEO) Checking from Behind (2+GM) - 7.5 (a)	5 game suspension	5
U18 CASTOR RIVER CANUCKS	2025-02-18	GAME MISCONDUCT	(HEO) Checking from Behind (2+GM) - 7.5 (a)	2 game suspension	2