

NCHL Rule Book (Sept. 16, 2011)

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1. League Management

- 1.1 The President and Team Representatives will constitute the League Management. The offices of Secretary, Treasurer, and Statistician may be filled by Team Representatives or by Persons-at-large.
- 1.2 The President and Team Representatives will have voting privileges. Each team is entitled to one vote and the President will only vote in event of a tie.
- 1.3 The office of the President will be filled by a Person-at-large. The President is empowered to:
 - ✗ Call league meetings as required
 - ✗ Chair all league meetings
 - ✗ Establish the agenda for each league meeting
 - ✗ Administer discipline in accordance with the objective, intentions, and rules of the League
 - ✗ Arbitrate all disputes
- 1.4 The Vice-President will be responsible for assisting the President in Managing the League.
- 1.5 The Secretary will be responsible for keeping minutes of all League meetings. The Secretary will make minutes available to all members of the league management within two weeks of a meeting.
- 1.6 The Treasurer will be responsible for all financial transactions and records of the League. This information will be made available at each League meeting.

- 1.7 The Statistician will be responsible for receiving and recording statistics for all players and teams. This information will be made available on a weekly basis during the playing season.
- 1.8 The League Management shall deal with any unusual circumstances and occurrences not covered in this Rules and Regulations.
- 1.9 A League Convener may be appointed to conduct all actions on behalf of the League.
- 1.10 Any team has the right to request a League meeting to resolve any disputed issue not satisfactorily resolved by the Convener.
- 1.11 A League meeting will be held immediately after the last regular season game to set playoffs and vote for individual trophies.

2. Team Obligations and Responsibilities

- 2.1 All teams will provide Representatives for League meetings. Each team will designate a Representative and an Alternate. Communications between the League and teams will be through these Representatives. **Failure to attend any League meeting will result in a \$50 fine.**
- 2.2 The League will provide two officials from a recognized Referee's Association.
- 2.3 The League is responsible for maintaining the score sheet and time clock during the course of the game. Upon completion of the game both officials must sign the score sheet. The Score Keeper will forward the white copy of the score sheet to the Statistician as soon as possible.
- 2.4 Teams are allowed a maximum of **20 skaters** and any number of goaltenders on their final roster. The final roster is to be set after the 5th game of the regular season.
- 2.5 Teams are allowed to dress **20 skaters** and any number of goaltenders for a game. **The goaltender may be a skater if he is one of the 20 skaters on the final roster.**
- 2.6 Each team representative is responsible for their own teams first aid kit.

3. Player Eligibility

- 3.1 All players must sign waiver form before the 7th game and submit to President/Vice-President via their Team Representative
- 3.2 All players must sign game sheet prior to the 3rd period of the game. If all players do not sign the offending team will default and be awarded a loss
- 3.3 A player must play a minimum of 5 games during the season to be eligible for the playoffs.
- 3.4 The 5 games can be played anytime during the regular season
- 3.5 Goalies are exempt from Rule 3.4

- 3.6 From the 5th game of the season, until Christmas, a new player (i.e. not on roster list) will be eligible only if he/she has been approved by League Management and from that point forward no new players will be eligible.
- 3.7 Carded players are not eligible to play in the League
- 3.8 **Player age eligibility is 18 and up.** All players under the age of 19 must have a special waiver signed by a parent.
- 3.9 If there is a player that is in question the president has the authority to request ID. If the player does not have ID, they have 48 hours to produce it or show it at the next game. (Failure to do so will result in the offending team forfeiting their last game)

4. Regular Season and Playoffs

- 4.1 All games will be played with stop time and consist of two 12 minute periods and a 15 minute period. Each game will be completed within one hour and fifteen minutes. This time will include pre-game ice cleaning, warm-up, and a one minute break between first and second period and a three minute break between second and third period. These breaks may be waived if game is running behind schedule. There will be no overtime played in any regular season game.
- 4.2 The regular season schedule is to be established by the League Management prior to each season.
- 4.3 Cancellation of a scheduled game for any valid reason must be made a minimum of two hours before game time.
- 4.4 Teams will be awarded two points for a win and one point for a tie for determination in League standings. In the event of a tie in the standings at the conclusion of the regular season, the following tie-breakers will be used as required to determine the higher place finish:
 - ✗ Most wins in head-to-head competition.
 - ✗ Largest goal differential in head-to-head competition.
 - ✗ Least number of penalties over the entire season.
- 4.5 Playoff format will be determined at the start of each season.

5. Awards and Trophies

- 5.1 The reciprocating Championship Trophy will be awarded to the winning team of the Play-off Championship Series.
- 5.2 Individual trophies will be awarded on the basis of regular season statistics to the goaltender(s) of the team with the fewest goals against and to the player accumulating the greatest number of scoring points (goals and assists).
- 5.3 Individual trophies will be awarded to players judged to be:

- ✖ The best defenseman
- ✖ Most valuable player
- ✖ Most sportsmanlike

Each team will nominate candidates to these categories from among its players. Each team, through its Representative, will select a first, second, and third choice with 5, 3, and 1 point awarded respectively. The winner will be the candidate with the greatest number of points. In the event of a tie the procedure will be repeated with only the tied players remaining as candidates.

6. Penalties and Discipline

- 6.1 The President may and will suspend any player who conducts himself contrary to the Rules and Regulations or in an unsportsmanlike manner in any arena, on or off the ice. A committee including the President, Vice-President and 3 Team Representatives will determine discipline not covered in rule book
- 6.2 Any player assessed a **Match Penalty** for intent to injure (kicking, butt-ending, spearing, or for reasons noted in the Referee's Report) will be suspended for **4 games and fined \$75**. For a **second infraction**, the player will be suspended for the **balance of the season and Playoffs**. The player will be reviewed by the League Management after each infraction and additional penalties may be assessed.
- 6.3 Any player assessed a **Gross Misconduct will be ejected from the hockey game, serve a 2 game suspension and be fined \$50**. Upon the referee's discretion, the instigator or aggressor may be assessed an extra game. For a **second infraction in the same season the player will be ejected from the game, serve a 5 game suspension and be fined \$50**. For a **third infraction in the same season the player will be ejected from the game and be suspended for the balance of the season and Playoffs**. The player will also be reviewed by League Management and additional penalties may be assessed
- 6.4 Any player assessed a **Fighting Penalty will be ejected from the hockey game, be suspended for the next 2 games, and fined \$25**. Upon the referee's discretion the instigator or aggressor may be assessed an extra game. For a **second infraction** in the same season the player will be ejected from the game, be suspended 5 games, and fined \$50. For a **third infraction**, the player will be ejected from the game and be suspended for the balance of the season and Playoffs. The player will be reviewed by the League Management and additional penalties may be assessed.
- 6.5 A player assessed **any 5 minute major** will be ejected from the hockey game, serve a 1 game suspension and be fined \$25. **For a second**

infraction in the same season, the player will be ejected from the game, serve a 2 game suspension and be fined \$50. The player will be reviewed by league management and additional penalties may be assessed.

- 6.6 Any player assessed a **Game Misconduct** will be **ejected for the balance of that game.**
- 6.7 Mistreatment or non-physical abuse of Officials as noted on the Referee's Report will result in a 3 game suspension and a \$25 fine. For a second infraction the player will be ejected from the game and be suspended for the balance of the season and Playoffs. The player will also be reviewed by League Management and additional penalties may be assessed
- 6.8 The threat or act of physical assault on Officials will result in an indefinite suspension. The League Management will review the infraction and establish an appropriate penalty.
- 6.9 **Verbal abuse and swearing will result in a minor penalty.** The **second infraction** will result in an **10 minute misconduct** and a **third infraction** will result in a **game misconduct and be reviewed by League Management.**
- 6.10 Only the player(s) designated as Captains will be allowed to inquire from any game official - whether referee, linesmen, or scorekeeper. A 10 minute misconduct will be assessed to any player and or bench that does not comply. Repeated or continued unacceptable behavior will result in the addition of a game misconduct.
- 6.11 Any player under the influence of alcohol or drugs will, at the discretion of the Referees, be ejected from the game. This should be noted in the Referee's Report. The League Management will consider this a Gross Misconduct and the appropriate discipline will be applied.
- 6.12 When an ineligible player has been dressed for a game, the game will be defaulted in favour of the non-offending team that a protest has been filed in accordance with Rule 3.2.
- 6.13 The League Management, due to unusual or exceptional circumstances, may waive imposition of penalties, fines, and suspensions outlined in these Rules and Regulations.
- 6.14 When players are assessed co-incidental minors, these penalties will be offsetting, and therefore teams will continue to play as they were prior to the co-incidental minors.
- 6.15 A player when being assessed his 3rd penalty during a game will automatically be ejected from the game and the penalty will be served by a player on the ice at the time of the penalty. *Note: A double minor penalty is considered two penalties.*
- 6.16 All teams must play under the rules of "Clearing the Zone".

- 6.17 On-ice officials will be given instructions that the hurry up face off process should be used and teams that do not comply after a first warning will be assessed a delay of game.
- 6.18 **Any player joining an altercation will be assessed a 10 minute misconduct.**
- 6.19 A Bench Minor penalty shall be assessed to any goaltender who shoots the puck over the glass. Any puck shot directly over the glass without making any contact with another player, boards, glass, net etc. by a player in his defensive zone will be automatically assessed a minor penalty for delay of game. The defensive zone will be deemed as within his teams half of the ice, or his side of the centre red line. The location of the puck/shot will be determining factor for this call, not the player's feet. This penalty will be called based on the shot location and not where the puck leaves the playing surface. The player's benches and penalty box area will have an imaginary line drawn to height of the surrounding glass to act as a reference. **Please note:** A minor penalty may still be called against any player who deliberately shoots the puck out of the playing surface regardless of ice location at the discretion of the referee per the CAHA rule book.
- 6.20 **Any team found to have alcohol in the dressing room will be fined \$200 and forfeit 2 points.** The offending team will be responsible for the payment of the fine. For a second infraction, the offending team will be reviewed by league management.
- 6.21 Any player receiving a game misconduct or a 10 minute misconduct with less than 10 minutes left in the game, will be suspended for the next game and no fine.
- 6.22 Any player accumulating a total of 20 infractions throughout the regular season will be suspended for 2 games. The suspensions carry into the playoffs as well.**

7. Miscellaneous

- 7.1 CHA rules will apply except where these Rules and Regulations override or otherwise alter CHA rules. The current rulebook can be found at the [CHA website](#).
- 7.2 No offside will be assessed for a 2-line pass. Red-line will still be used to determine icing.
- 7.3 Hurry up face-offs include a 15 second break for player change, a whistle blown after 15 seconds and the puck dropped 5 seconds from the whistle blowing.

- 7.4 All regular season and playoff games will be played under “No Body Contact” rules.
- 7.5 **Game protests and/or suspension appeals must be in writing and be accompanied by a \$50 bond.** Suspensions may only be appealed if they are under or over the amount which are outlined in this rulebook. **The losing team in a protest case will pay the \$50.** A protested game must be indicated on the score sheet by either the Referees or both teams. The President must be notified within 48 hours of any protested game. A protest initiated after completion of a game will be considered only if it can be shown that the grounds of the protest were not evident during the course of the game.
- 7.6 Team members will not be allowed in the other team’s dressing room immediately before, during, or immediately after a game.
- 7.7 All defaulted games will be scored 3-0 in favour of the non-offending team.
- 7.8 CSA approved helmets are required for each player.
- 7.9 CSA approved face/eye shields are strongly recommended to be worn by all players during practices and games.

Appendix: Procedures and Guidelines

The following statements are procedures and guidelines for teams and officials. While not a formal part of the Rules and Regulations, they are, however, considered to be binding on all teams.

- A. Each team is responsible for ensuring its players are aware of all rules and regulations.
- B. *Only* the game clock will finish the game. If, during the course of a game, it appears that the remaining ice time will not allow completion of a regulation length game, at the first available whistle:
 - 1. If the goal differential is 2 or more, the scorekeeper will at first stoppage of play notify the referee (who will in turn notify both benches) that the game will revert to running time until end of game. Service for penalties will remain unchanged. Delay tactics will be eliminated by the hurry up face off and potential delay of game penalties already associated with it.
 - 2. If goal differential is 1 or less, the score keeper will notify the referee (who in turn will notify both benches) that the game will now only allow changes on the fly. This should result in only a minimal overrun on game ice time.
- C. All scorekeepers must be knowledgeable and competent. They are expected to fill out the score sheet correctly and completely to and to keep

- time accurately. Instances of incompetent scorekeeping should be reported to the League Management.
- D. Each team is responsible for filling out the score sheet. This must be done neatly and legibly. Prior to the start of the third period, the coaches or managers must ensure that players not dressed for the game are stroked off the score sheet.
 - E. The Treasurer must receive all fines before the offending player is allowed back on the ice.
 - F. The offending player's team will be held responsible for the payment of any fines. All suspensions will take effect immediately after the infraction and continue uninterrupted until the entire term of suspension has been served. A suspended player may not be on the team's bench during the course of the game.
 - G. Referees should write a report in the space provided on the score sheet if a Match Penalty, Fighting Penalty, or Gross Misconduct has been assessed before, during, or after a game. The report should indicate the circumstances surrounding the infraction and the actions of the offending player. Any score sheets with a Referee's Report concerning a major and/or misconduct penalties must be forwarded to the President within 48 hours. In addition, the President must be notified by telephone within 48 hours by the coaches or managers of all major infractions.