

## NBC HOCKEY LEAGUE RULES & REGULATIONS 2022-2023

1. The NBC Hockey League is designed to promote competitive, recreational hockey for its members while promoting the development of good health, moral character and fellowship and trying to accommodate the registration wishes of returning players. Players of Over 40 Division may register to play in both Divisions.

2. The League will be governed by the CAHA rulebook, plus the special adopted rules of the League. All rules subject to Executive review.

3. Any Major, Misconduct, Game Misconduct, Gross Misconduct or Match Penalty may also include a suspension to the player(s) involved. All suspensions will include regular, playoff or games in the next season played by said player(s). All Suspensions will be assessed after consultation with the Executive and the Referees within forty-eight (48) hours. All suspensions will be Division specific.

#### 4. MINIMUM SUSPENSIONS FOR MAJOR PENALTIES:

**(4.1)** A Major Body checking penalty will be a five (5) minute Major plus a minimum one (1) game suspension.

**(4.2)** A Major Checking From Behind penalty will be a five (5) minute Major plus a minimum five (5) game suspension.

**(4.3)** A Major Butt ending or Sparring penalty will be a five (5) minute Major plus a minimum two (2) game suspension.

**(4.4)** A Fighting penalty will be a five (5) minute Major plus a five (5) game suspension. A definite instigator situation will result in a minimum five (5) game suspension for the instigator and a minimum two (2) game suspension for the non-instigating player.

5. Any player in the Open Division receiving twenty (20) penalties during the regular season and playoffs will be suspended for the balance of the regular season and playoffs. In the Over 40 Division the number will be fourteen (14) penalties.

Any player receiving three (3) penalties in the same game will be suspended for the remainder of that game. If a player receives three (3) penalties in the same game, three (3) times in the same season, the Executive will determine the appropriate suspension.

In the Over 40 Division ONLY, all Major penalties will count as three (3) in the player's penalty total.

Any goaltender receiving three (3) or more penalties will not be suspended for the remainder of that game. Instead, a teammate will serve the penalty time and the opposing team will also be awarded a penalty shot on each of the extra penalties. A goal scored on any of these penalty shots will not cancel the penalty time. The penalty shot will be taken by a player on the ice at the time of the penalty.

6. All players in the Open Division must be at least 19 years of age. All players in the Over 40 Division must be at least 40 years of age. *Rule takes effect for the 2019-2020 season, any player who was registered in the Over 40 division for the 2018-2019 season will be grandfathered into the Over 40 Division.* October 1<sup>st</sup> will be the age determining date. Players 40 or older may register in both Divisions. All new players must provide proof of age.

7. No player will be allowed to play in any other league, at the level of Intermediate or above, during the current season.

8. Coincidental penalties will not result in the teams playing short-handed. No one will serve the penalty if a goaltender is involved or if it is the third penalty for either player, in coincidental situations only. Single Majors, 3<sup>rd</sup> penalty minors and all multiple player penalties must be served.

9. The teams will be ready to play at the scheduled times. The Referees will allow a three (3) minute warm up as set on the clock after the ice machine has left the ice. The Referees will assess a Delay of Game penalty for failure to be ready to play. The Captain or designate will serve the penalty time.

10. All appeals or protests must be received by the Executive, in writing, within 48 hours after notification.

11. There will be NO REFUNDS after the Christmas Break. There will be NO REPLACEMENTS after the 15th game. If a team loses a player for the balance of the season for any cause at any time, the player is entitled to a refund at the discretion of the Executive and the team will be assigned a replacement player from the reserve list. **The replacement player can not be protected, but the lost player may be.** It will be the player's responsibility to request the refund by informing the Executive.

12. Equal ice time will be given to all players. The team Captain will be responsible and may be suspended for one (1) game.

13. All teams will have fourteen (14) identical sweaters and socks, approved by the Executive.

14. A Substitute goalie shall be defined as "any player not registered and drafted as a goaltender". Any goaltender playing in the League may substitute for any other goaltender in any division, however **Goaltenders in your Division must be contacted first.** Exceptions must be made to the Executive. Additionally, any player drafted as a goaltender is eligible to play "out" in the playoffs. The team Captain is responsible for the arrangement of the substitute goaltender. The Timekeeper will note the substitute goaltender on the game sheet. In the playoffs, a substitute goaltender may play only one game per round. No substitute Goaltender can play more than one game in the semi or finals for the same team. Goaltenders work telephone numbers should be made available if agreed to by the goaltender.

15. Any player who cannot complete the season for medical reasons shall be allowed to register the following year as a returning player and may be included on his team's protected list.

16. Any player wishing to move to another division may register as a returning player, provided Rule Six (6) is followed.  
If a player misses a season, he must register as a new player except under Rule Fifteen (15). (*Exempt for 2021/22 COVID year*)

17. Each team must designate a Representative and an Alternate to act as a liaison with the Executive and the other teams. One (1) Representative only from each team may attend any meetings of the Executive and take part in discussions but will not be entitled to or be present for any votes.

18. *The Executive* will consist of the President, the Secretary, the Treasurer, One (1) Open Division Representative and One (1) Over 40 Division Representative. The Executive will negotiate the Referees and Timekeepers fees and be responsible for all scheduling. Referees used in the playoffs must have worked the regular season. All rules are subject to the discretion of the Executive in order to promote the spirit and intent of the League. The President, Secretary and Treasurer shall receive an honourarium equal to the current year's registration fee.

19. There will be one (1) thirty (30) second time out per playoff game.

20. All games will be two (2) thirty (30) minute periods. The last ten (10) minute of the second period will be stop time.

If one team is **leading by four (4) or more goals, there will be NO stop time**. Running time will continue UNLESS the **score gets within 2 goals. It will then be stop time** unless a FOUR (4) goal spread is reached at which running time will resume.

No stop time at last minute of first period.

Goalies will not have to switch end between periods.

Ice times are 8:30 pm and 9:45 pm - no floods between periods, 2 min break between periods.

21. Slap shots in the Over 40 Division will be allowed to the knees on the back swing. A minor penalty will be assessed any offenders. Full slap shots will be allowed in the Open Division.

22. The League will no longer allow new sponsor representatives but the current representatives will become protected until they choose otherwise.

23. All players will wear CSA approved helmets and chinstraps.

24. Face shields, although not mandatory, must not be altered from their manufactured and CSA approved condition.

25. If a goal is scored on a delayed penalty, the penalty will be recorded on the score sheet and count towards the player's total.

**26. OT and Tie breakers.**

Regular Season games - ties will result in 1 point for each team.

**Tiebreakers Standings - Regular season**

1. Head-to-Head,
2. Differential (between teams that are tied)
3. Total goals against (all regular season games)
4. Total goals for (all regular season games)
5. Coin Toss

**Tiebreakers Playoff Round Robin Games**

Round robin ties will be decided by a 3-man shoot out - followed by sudden death shoot out with different shooters until there is a winner. No player may shoot twice until ALL players on his team has shot regardless of who is shooting for the other team.

- Example: If a team has 13 skaters dressed and the other team has 10 skaters dressed ALL 13 must shoot even though the other team went through all 10 and have started using players twice.

1 point will be given to each team with the winner of the shootout getting an extra point. Both teams will shoot at the same time.

**Tiebreakers - Standings Playoffs after round robin**

1. Head-to-Head (only if 2 teams are tied, if 3 teams are tied go to tiebreaker #2)
2. 2 Differential (between teams that are tied)
3. 3. Total goals against (all Round Robin games)
4. 4 Total goals for (all Round Robin games)
5. 5. Coin Toss

**27. OT in final series only.** One 15 min sudden death period.

If still tied 3-man shootout then sudden death shootout using different shooters.

28. All players must complete and sign the current years registration form.

29. **In BOTH Divisions the Red Line is eliminated for off-sides and icing.** Icing calls will be from far blue line, not the red line.

30. No replacement player (recruited after the draft) can play as a replacement player in two consecutive years for the same team.

### **NBC Hockey League – Drafting Rules – Open Division**

1. Any player(s) who drafts for his team must be listed on his team’s roster before drafting commences.
2. Each team must protect a minimum of four (4) players and a maximum of eight (8) from their previous years roster.
3. If this is not possible, the team(s) in question will pick players from the unprotected returning players list in reverse order according to last years regular season standings until each team has an equal number of protected players
4. Players that have answered “NO” to the question on the registration form may not be chosen to fill protection list.
5. Teams then begin drafting in reverse order until each team has thirteen (13) skaters and one (1) goaltender. Any player that drafts for his team must be a protected player.

### **NBC Hockey League – Drafting Rules – Oldtimers Division**

1. Any player(s) who drafts for his team must be listed on his team’s roster before drafting commences.
2. Each team must protect a minimum of five (5) and a maximum of seven (7) players, **of which three (3) must be at least forty-five (45) years of age**, from the previous years roster. These players must be listed in positions 1 – 5, 6 or 7. If this is not possible, the team(s) in question will pick players from the unprotected returning players list until the aforementioned is achieved.
3. Any returning player(s) over 65 can be unconditionally placed in the 14<sup>th</sup> draft position. If there are 2 players on the team over 65 the other player can be unconditionally placed in the 13<sup>th</sup> draft position and so on. (Rule 2 does NOT apply to players 65 years and older)
4. **After the 5-player minimum is fulfilled** (as specified in Rule 2) any player fifty - five (55) years of age or older may be listed on his team’s roster starting at position 12 upward.
5. Players who have answered “NO” to the “would you play for the same team again” question on the registration form may not be chosen to fill protection list.
6. Position 13 and 14 must be filled from the unprotected players' list unless occupied by players 65 years old or older.
7. Teams then begin drafting players in reverse order according to last season’s standings until each team has thirteen (13) skaters and one (1) goaltender.