

NORTH VALLEY HOCKEY

HOUSE RULES

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Equal Playing Time and Line Changes

As per our mission statement and our philosophy towards the development of area youth through hockey, the following guidelines for playing time should be adhered to:

1. All players in each division will be in the game an equal number of minutes.
2. It is the coach's responsibility to develop the skills of ALL players on the team, WIN or LOSE.
3. Winning is fun BUT it is NOT everything in this league. Be mindful of this at all times.

This can be achieved by doing the following:

1. Structure your team into "Lines". Lines in hockey are groupings of players. Chemistry, ability and purpose are reasons for creating lines. Resting shifts for lines are as necessary as playing shifts. Coaches should use these rest periods as opportunities to coach and strategize with their players.
2. "Line changes" should be performed by removing from the floor the same numbers of players as are on the bench. Do not substitute one player at a time.
3. Changing lines "on the fly" between stoppages of play is the beginning of your next line change. A stoppage of play before all players on a "line" can be changed on the fly, is not a new line change but an opportunity to complete the line change your team is in the process of making. Complete your line changes.
4. Changing on the fly should be performed in clusters so that complete line changes can be made.
5. No player should be on the floor more than two consecutive line changes unless for that game there are less than six players present.
6. Players shifts should be up to 2 minutes duration each, 4 minutes for a double shift.
7. Weaker players are team members with the same status as stronger players. This is their sport also. Keep this in mind at all times.

Consequences for failure to adhere to the above guidelines shall be:

1. Complaints over playing time shall be made to any committee or board member and shall be brought to the attention of the Rec League Chairperson (Director) for review. The Director will then investigate the circumstances to determine if a First offense is applicable.
2. For a First offense the coach will be required to document the playing times and number of shifts of each player for the next two games. Failure to adequately document playing time shall result in a second offense. Failure to conform to the playing time requirements after the documentation period has expired will also result in a second offense.

3. A Second offense will result in a game misconduct for the coach or coaches involved which as per USA rules will result in a one game suspension. Additional game time documentation will be required for the remainder of the season.
4. A Third Offense will result in the removal of the coach or coaches of that team for the remainder of the season, including playoffs, with an additional one season suspension from acting as a head coach.
5. If during: a suspension period any coach is involved in any additional disciplinary action, that coach shall be removed from coaching until such a time as the NVHSC board can conduct a review. A new coach or coaches will be appointed by the Rec League Director
6. Coaches shall have the opportunity to appeal to the Rec League Director for review by the Rec Committee at any time after being notified of any disciplinary action. In the event there is not a functioning Rec League Committee then the NVHSC board will hear the appeal. All appeals will be heard within 2 weeks of a coach's written request during which time all games MUST be documented for playing time. If any game during an appeal period is not documented then no appeal shall be heard. If an appeal fails to be heard by the Committee or the Board, no disciplinary action shall be taken.

Equal playing time during the season can be demonstrated by:

1. Equal playing time can be calculated by dividing the total minutes to be played in each game by the number of lines in each team. For example; 8 players on a team equals 2 lines divided into a 44 minute game means each player should get approximately 22 minutes of playing time. Six players on a team equal 1.5 lines for a total of 29 minutes per player, and so on.
2. Changing lines as described in the first section will demonstrate a "Good Faith" attempt to provide all players with an opportunity to play equally throughout the game without "watching" the clock. Under this method of equal time distribution, players on teams with 2 full lines should have approximately 11 shifts. Players on teams with 6 players should have approximately 14 shifts and so on.
3. Large blocks of playing time should not be substituted for frequency of shifts. Keep the shifts short and frequent. Players will mentally and physically perform in the game better and will better benefit from the off floor coaching during resting shifts.

Equal playing time during playoffs:

1. Playoffs are not an excuse to display a "Win at all cost" attitude.
2. Just as during the regular season, each player has the right to participate in his or her team's victory or defeat. Those principles are all part of the "Development of Youth".
3. A coach may at critical times in the game reduce the playing time of weaker players, however that impact should NOT significantly change the principle of equal playing time. An example of this would include substituting for lesser players during a power play or penalty kill, or stacking the lines during the closing minutes of the game. It is not acceptable however to play an entire overtime period with a stacked line.

Player Shortage

Players:

During the regular season, a coach with five or fewer players, not including a goalie, for any game, is able to bring up a player(s) from a lower division to equal the number of players on the opposing team or a player from the same division with approval from both coaches.

The coach with five or fewer players is able to call an extra time out (2 instead of 1) per game, except in playoffs (3 instead of 2) per game.

During a playoff game, coaches may not bring up players from lower levels, but must play with the players who show up for the game.

Goalies:

During the regular season, a team with a dedicated goalie on the roster who is unable to participate can bring up a substitute goalie from the next lower level that is registered as a goalie in that division or a goalie from the same division with approval from both coaches. If a lower level registered goalie is not available or does not want to play, another player from the lower division may be allowed in goal.

During playoff games, a team with a dedicated goalie on the roster who is unable to participate in a playoff game may recruit a substitute goalie from the next lower division that is registered as a goalie in that division when the team has six or less players available to play in the game. If a lower level registered goalie is not available or does not want to play, another player from the lower division may be allowed in goal.

Note: If you draft a designated goalie he may skate out in the course of the season if the goalie desires, but must play goalie at playoffs.

Penalties

In the event a player gets three (3) penalties in a game it will result in a game misconduct (ejected from that game). It will also result in a 1 game suspension and review by the league. Fighting is an automatic 1 game suspension and review by the league. Any inappropriate language or actions to a referee or coach will result in a 1 game suspension and review by the league. The player must be present at their next game to serve the suspension by sitting out of the game and observing their team's game.

Playoffs

A 5 minute sudden death overtime will follow any tied playoff game. If OT remains tied, a shoot-out will follow with four players from each team and continue until a winner is decided. A team must use all players on roster before restarting shooters.