

NORTHSTAR YOUTH HOCKEY LEAGUE RULES AND REGULATIONS MAY 1, 2016 – APRIL 30, 2017

1. General:

- A. The Organization will be known as the “NorthStar Youth Hockey League” (NYHL) and will consist of the following levels: Pee Wee, Squirt, and Mite.
- B. The Board of Directors of Northborough Youth Hockey Program, Inc. (N.Y.H.P) has sole and final decision making authority in regards to all teams which participate in the NYHL.
- C. The league office will handle day to day issues, schedules, assignments, discipline, etc. This office has ultimate decision making powers up to but not beyond the Board of Directors of N.Y.H.P., Inc.
- D. The league and/or management will not be responsible for accidents or injuries to any player participating in any league-sponsored event or to any person attending any such events.

2. League Directors:

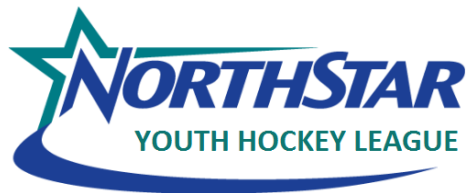
- A. The League Director’s Board will consist of one representative from each program in the league. They will be the governing body for the League and will help to determine policies, rules, and regulations of the league. Each program will deliver to the league office the name, address and telephone number of its President, League Director, Program Treasurer, and all coaches participating in the league. They will ultimately report to the (through the league office) Board of Directors of Northborough Youth Hockey Program, Inc. (N.Y.H.P.). The Board of Directors have sole and final decision making authority in regards to all activities at the NorthStar Ice Sports.
- B. All league matters will be handled directly through the each youth program’s League Director.
- C. The league will hold Directors meetings throughout the year. These meetings will be held in the conference room located upstairs at the rink. All programs “**Must**” be represented at the Annual League Meeting held the first week of June each season.

3. League Rules & Guidelines:

- A. The current USA Hockey Rule Book will guide all playing rules and penalty violations. Any and all exceptions to these rules are listed in this document. League rules may be adopted by an amendment to the current “Rules & Regulations”. Program requesting a change, must do so in writing to the commissioner. A special meeting of the League Directors Board may be called to vote on the requested change. Along with the notification of the meeting, the commissioner will send a copy of the proposed change. Only those members present at the meeting will be able to vote. All rule changes must be submitted and voted on by the League Directors at the annual league meeting in June.

4. Player & Team Eligibility:

- A. All Players, Coaches & Teams must be registered with USA Hockey.
- B. USA Hockey registration season membership period is September 1 – August 31 for each season (ex. 2016-17)



5. Coaching Eligibility:

- A. All coaches must be USA Hockey registered and be up to date with all USA Hockey Coaching requirements. Its responsibility of each program to check their own coaching staffs proper coaching requirements.
- B. In order to participate as a coach in the NorthStar Hockey League, the Head coach of all the teams registered in the league must attend one of the scheduled meetings, for the purpose of reviewing the league rules. (It is recommended that assistant coaches also attend these meetings) If a new head coach is appointed after the season has started, a meeting with the league office is mandatory. This meeting must be held within 1 week of the new coach taking over.
- C. A coach and three assistant coaches (total of 4) are the only persons allowed on the bench in addition to the fully uniformed players. Injured players may be allowed on the bench, he or she must wear team jersey and approved helmet and face mask. Any team that does not dress a minimum of six (6) players for a game will forfeit the game. Any player or coach suspended due to a USA Hockey or League violation is not allowed to be on the bench or in the bench area when serving their suspension.

6. League Standings:

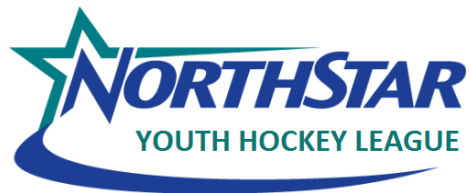
- A. League standings will be updated and posted to the League Athletics site on weekly basis. (<http://northstar.assn.la/Standings.asp?org=northstar>) This site will serve as the "Master" location for all league standings during the 2016-17 season. A printed copy will also be posted in the lobby on a weekly basis following each weekend of games.
- B. If teams are tied for first place they will be declared regular season Co-Champions. To determine first place for seeding purposes only, the USA Hockey tiebreaker rules will be used. If a team needs to play an additional game to receive their points for final standings, another team will be required to play but the results of this game will only count towards the team who needs their required league game (28 total).
- C. All regular season champions will be presented individual team awards for winning the league. Individual team awards will also be presented to winners and runner-ups of the playoffs.

7. Game Format:

- A. All games will be three (12) minute stop time periods.
- B. Running time will be used in the third period when the losing team has a five (5) goal deficit, or the penalties exceed (16) sixteen (excluding misconduct's). If the goal deficit becomes less than (5) the clock will return to stop time period.
- C. In a running time situation, all penalties will be regular stop time penalty. Time-Outs are not allowed during a running time situation. Note: the league office reserves the right to limit any game to one (1) hour. (Especially lower level Mites & Squirts at the beginning of the season)

8. Schedules:

- A. Regular season games are scheduled (September thru March).
- B. League schedules will be posted to the League Athletics (www.northstar.assn.la) for each round of games during the 2016-17 season. The "Master" schedule for all the divisions will be located on the NorthStar Ice Sports home page (www.northstaricesports.com) under the tab "Schedules & Standings."



- C. The league will play games typically on Saturday & Sunday (all day) and on State and National holidays, excluding Thanksgiving, Christmas and Easter Sunday. Games may be scheduled on Friday nights if necessary. There will also be games scheduled on Halloween, the day after Thanksgiving, and Super Bowl Sunday. Games will begin starting at 5:00 PM on Good Friday. Regular season games will be scheduled during **ALL** School Vacation weeks.
- D. Team Conflict Forms should be completed **PRIOR** to the parity meeting to avoid potential conflicts. Team Conflict Forms must be submitted 30 days prior to the conflict. Once the schedules are issued, **NO** changes will be allowed without completing the Conflict Resolution procedure below.

Conflict Forms Due: **Round 1 (Sept. 10 – Oct. 21) must be submitted by Friday, July 15, 2016**
 Round 2 (Oct. 22 – November 27) must be submitted by Tuesday, October 11, 2016
 Round 3 (November 28 – March 19) must be submitted by Monday, November 14, 2016

CONFLICT RESOLUTION (The following options are available to resolve conflicts submitted after schedule publication)

1. Coach may use the on-line game swap website
 2. Reschedule the game on your own ice; contingent on opponent’s approval.
 3. Forfeit (before forfeiting, please check to see if NorthStar has any available ice for rescheduling);
 4. Make-up game for opponent: If a team forfeits, we cannot guarantee, but will try to have the game made up at the end of the season. (Most likely with a different opponent)
- E. The NorthStar Youth Hockey League **MUST** be considered as the primary league for scheduling purposes. Team Conflict Forms will not be accepted for game conflicts that arise due to participation in another youth hockey league.
 - F. All games must be played at NorthStar unless approved by the league office prior to the game date.
 - G. If a team decides not to play a scheduled game, they must notify the league office two (2) weeks prior to the date game was to be played. The league office will have sole right to ask another team to take their place. (To play a fill-in game). The team requesting postponement will forfeit the game, and will not make it up. If a team requests to cancel a game with less than two (2) weeks to game time, it will be fined \$200.00. *Exception:* Game will be rescheduled to accommodate a team going to the state or national finals. The league **will not** schedule around any local or in state tournament games, district play downs, or other district activities.

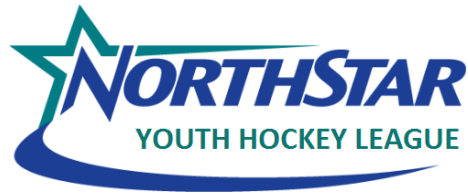
9. Parity Process:

- A. There will be two league meetings to deal with team movement, for the purpose of balancing the league divisions. The proposed dates for the league meetings are October and November of each season. New schedules will be effective October 13, 2015 and November 30, 2015. Each Program must provide a representative. If no representative is present, the board will take final action on all movements. Team movement as of November 30th is final.

B. **PARITY MEETING DATES:** **OCTOBER 11, 2016** **NOVEMBER 14, 2016**

10. Game Cancellation:

- A. No game will be cancelled due to inclement weather unless notified by the rink. (Hockey is a winter sport, snow is expected). A team that decides not to travel must notify the league office. Teams requesting postponement will be assessed a loss, until game is made up. Teams requesting postponement will make up the game at their expense. Ice time at NorthStar is not guaranteed.
Note: Postponement may only be granted due to extreme bad weather if rink is closed. Please check the NorthStar Ice Sports web site for rink status updates and/or game cancellations. www.northstaricesports.com

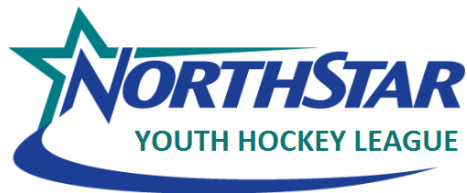


11. No Show:

- A. No show will be an automatic forfeit, and carry an automatic fine of \$200.00. No teams will be allowed to participate in playoffs, unless all league games have been played, and league financial obligations have been fulfilled.

14. Roster Control:

- A. League directors must submit each team's preliminary roster on the league provided team roster form at least one week prior to their first game. Rosters **MUST BE** provided on league provided "Preliminary Roster Form" (available on league web site) and should include the player's full name **and** jersey number. All preliminary team rosters must be submitted **BY E-MAIL** to JoAnne Bliss (NorthStarbliss@aol.com). Any score sheet without players names/numbers must be handwritten in until a revised league roster form is submitted.
- B. Program Directors must submit an official "Final" league roster for each of their teams to the league office no later than by **Wednesday, December 21, 2016**. Each team's **Stamped USA Hockey Roster** form must be used for this purpose. If any team has made roster changes (adding or subtracting of players, jersey number changes) since submitting their preliminary roster, a league "Roster Change Form" must be submitted with their stamped USA Hockey roster.
- C. Teams not submitting their USA Hockey rosters by the above day will result in a possible suspension of the head coach. Once placed on the suspension list, the coach will serve at least a one game suspension. The coach will receive an additional game for every game his team plays until their final roster has been submitted. A coach who decides to ignore the suspension will receive additional suspensions.
- D. "Final" rosters must be submitted to JoAnne Bliss in the league office. If Final roster is not received by **December 31st**, the team will be suspended from all further league games until the final roster has been received.
- E. Game sheets must be verified prior to every game. Only those players present and playing must be listed. Score sheets are to be left in their dedicated area; Scorekeepers will bring all sheets out for games. (This means **DO NOT** take score sheets from where they are hanging even for a minute, bring your information to them) At the end of the second period, the referee's will compare game rosters versus number of players present and playing. (Rosters can be corrected at this time, i.e. scratching out missing players.) The coach must then verify his roster with his signature. If a coach suspects an illegal player, he must request the signature and DOB of the player in question thru the referee prior to the start of the third period. If a player refuses to sign, he will be assessed an automatic game misconduct. The coach will be automatically suspended until further notice by league office.
- F. No player may enter the game after the end of the second period. Any coach found falsifying any game roster could receive a one-year suspension and further disciplinary action by Mass Hockey. After every game please check your score sheet. Make sure that all information is correct (i.e. players actually played, penalties, etc.) Should a question come up at the end of the season, we go by score sheets that we have on file.
- G. All league roster changes (additions/deletions) must be submitted using the provided "Roster Change Form" prior to any player being moved permanently to another team. An official USA Hockey supplemental roster form will then be required by the league office. Any player being borrowed from a lower level team needs to have their name written in on the score sheet for that game.
- H. A player may be moved up from a lower designated team as long as a roster bearing this player's name is on file in the league office. The coach must list this player in the proper section of the game sheet. A player from a lower classification may play up in only four games. If he plays in 5 games, he will no longer be allowed to play for the lower classification team, and a USA Hockey supplemental roster form must be submitted prior to the player's next game. No



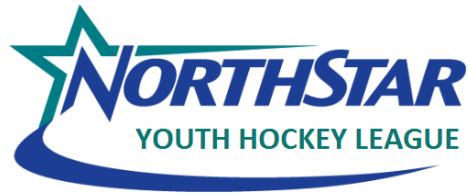
players are allowed to play down without a written appeal to the commissioner. Authorization may only be granted for a period of time. Any coach violating the player movement system may receive a one year suspension.

16. Player Control:

- A. Players must wear the same number all season. If a player is not wearing his rostered number, the coach must put the number the player is wearing for that game in parenthesis next to his name. A coach that violates this rule may be subject to a five game suspension.
- B. Teams must be ready to play (5) five minutes prior to the scheduled game time. Any team that is not ready to play at the end of the three minute warm up may forfeit that game. The clocks at the end of each rink are the times that will be used for game time. If your team fails to come out at its appropriate time and the warm up clock has been started you get what's left and no extra time will be added. In the last 30 seconds of your team's warm up, horn will be sounded and your team will pick up pucks.
- C. When the home team players from locker room one (1) or two (2) enter onto the ice, they must do so by using the door located on the bench side. When the visiting team from locker rooms three (3) or four (4) enter onto the ice, they must use the opposite door.
- D. There will be NO huddles around the net at the end of the warm up, all players will report to the player's bench immediately at the sound of the horn. All players will be ready for the opening face-off 30 seconds from the final buzzer. There will be a 30-second break at the end of each period. No huddles at the bench, just players getting on and off the ice for the start of the next period and Goalie water break only.
- E. Whistling from the bench by players or coaches is not allowed during play. (i.e. whistling for line changes not allowed)
- F. Hand Shake Format: At the conclusion of the game, both teams will go directly to their respective bench (goalie included). Teams will wait at the bench until the referee gives instructions to line up and shake hands. (This rule means no emptying of the bench's at the buzzer.) Those players on the bench must stay there and those on the ice will immediately skate to their bench. Each Coach will teach their players the proper technique on hand shaking. (Remove glove from right hand and grasp hand of opposing player and shake. This means no punching at hands or slapping). Goalies do not need to be "first" in line, in fact, they should be last!
- G. All teams must have a designated person off the ice with the locker room key. At the end of the game he or she will be responsible to immediately open locker room door. Both teams will be directed to the proper exit door by the referees and both teams will go directly to their locker rooms. The designated key person will supervise the players until one of the coaches is present. Coach will be held responsible for any off- ice altercation or verbal exchange after, before, or during game. Any player(s) or coach receiving a penalty after the game is over will be suspended from league play for three (3) league games. Suspension may be appealed by the Head Coach only to league office.
- H. Any player or coach caught by a referee using racial or ethnic slurs, or vulgarity towards an opposing player, coach, or referee, will be suspended from all further league games until a hearing is conducted to deal with the incident. Severe penalties can and will result from these actions.

17. Playoffs:

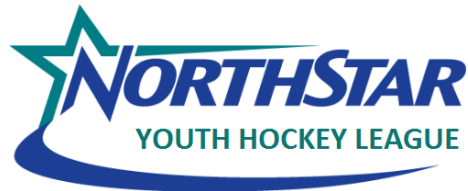
- A. All teams will qualify for the playoffs. League Playoff games will be double elimination UNTIL the Championship Game. The two teams who enter into the final game will only have that game to be declared Champions. The winning team of that game will be the Playoff Champion. There will be no "if needed" game.



- B. All teams are required to make all playoff games which they are scheduled for. Any team that fails to appear for a playoff game could be penalized with a monetary fine, a coach suspension and/or a program suspension that could carry over to next year.
- C. In order to participate in the playoffs, a player must have played approximately 60% (16 games) of the eligible games. No player (s) added to roster after December 31st of that season, from outside the home organization, will be eligible for the playoffs without the league's approval. Appeals on this rule may be made in writing for playoff participation. Exceptions: injury, illness, and extenuating circumstances. It is also your responsibility to make sure your players have played in the required number of games and the score sheets accurately reflect who played each game. If a player is challenged and we discover that player has not met the requirement, a forfeit will be issued to that team. This rule is strictly enforced.
- D. No player movement will be allowed unless requested. The league office may use their own discretion, on allowing player movement. If a player is allowed to move up, he/she will not be allowed to return to his/her league roster team without the leagues permission. There will be no player movement from a team who has completed their playoff series.
- E. Players are not allowed to play on two separate teams except per request to the League Office in writing. Exception - girls who play on an all girls team and a home town mixed team.
- F. Running time will be used throughout the playoffs. The Squirt/Pee Wee method will be used for all Divisions. **GAME ENDS @ (7) SEVEN GOAL DIFFERENTIAL IN 3RD PERIOD! (PLAYOFFS ONLY)**
- G. Prior to the playoffs, Program Directors will receive each team's roster that is currently on file with the league office. It is the responsibility of each program director to verify all teams playoff rosters prior to the start of the playoff rounds. These playoff rosters must be signed and return to the league office prior the teams first playoff game. Only players listed on these rosters will be eligible to participate for this team during the playoffs. **No write in's will be allowed on game sheet during playoffs**, without prior approval of the League Office. Violators may forfeit the game and you will take full responsibility in regards to this issue. Make sure your paperwork is up to date and correct.
- H. Overtime Format: At the end of regulation time for each game that is tied, during the playoffs, the following standard will be used. Eight (8) minutes will be put on the time clock, each team will skate five on five (5 on 5 & goalies) with the exception of any team who has penalty time remaining on the clock. Those players will continue to serve their penalty during all overtime periods. If game is still tied at the end of the 8-minute over time, a sixteen (16) minute period will be put on the time clock. Each team will play four on four & goalies (4 on 4 & goalies) with exception to teams with penalties that still need to be served from prior period. Ice will be made at the end of this over time period and play will resume with the 4 on 4 format until we have a winning team.
- I. Be advised that during the playoffs every game must have a winner, so we do have the tendency to run behind. Please explain this to your players and parents that understanding and patience may be required. A sudden victory format for all playoff games will be run, which means you win or lose as a team!

15. Locker Room Control:

- A. Home team will always use locker room one (1) or two (2) regardless of which rink they are playing on. Visiting team will always use locker room three (3) or four (4) regardless of the rink they are playing on. Coach, Assistant Coach, or a delegated authorized person will be the only ones allowed to request a locker room key. Locker room assignment list will be available in the Key room and lobby area.



- B. It is our policy and the policy of USA Hockey that all leagues have at least one responsible adult directly monitoring the locker room during all team events to ensure that only participants (coaches and players), approved team personnel and family members are permitted in the locker room and to supervise the conduct in the locker room. Any individual meetings between a minor participant and a coach in a locker room shall require a responsible adult be with the coach. All teams MUST have a coach or team manager in the locker room at all times when players are present.
- C. Teams will be held responsible to keep the locker room door locked at all times. Do not leave key in lock at any time! If a staff employee sees a locker room open, they will lock it! Teams will be held responsible for the cleanliness of the locker room area.
- D. Any player found vandalizing the rink will be expelled from the league. (Shooting the puck, golf balls, or anything against any wall could be considered a form of vandalism). Any team having players urinating in the shower will face league suspension by the league office.

12. Penalty Times: ALL LEVELS

- A. **Penalty times: 1:30 Minor 4:00 Major 7:30 Misconduct**
The following will be used to control penalty minutes in games. This standard will be used for every level. For every penalty any team player receives starting with the 9th Minor/Major penalty per team, will result in a misconduct to be added to that player's penalty time. (It does not matter if this player has or has not received any prior penalties) This will continue for each and every penalty after that. League imposed misconduct penalties will not count in the total penalties against Rule: 12C (Coach Suspensions) ***VIEW SUSPENSIONS ON WEBSITE www.northstaricesports.com
- B. Any player who receives **6 minutes** in penalty time will be given a Game Misconduct. Misconduct time does not count in these 6 minutes of penalty time. (Our rule is based on minutes not number of penalties).
- C. Coach Suspensions: A (13) penalty standard will be used for pee wee's (10 for mites and squirts). On the thirteenth (11th for mites and squirts) penalty the Head Coach will receive a game suspension. He does not have to leave the game at this time but the coach will then be suspended for his next league game. (This is a league imposed suspension)

13. Game Misconduct's:

- A. In the event that a player receives a game misconduct penalty, the players will be suspended as follows:
 - 1st Game Misconduct - that game plus one (1) league game.
 - 2nd Game Misconduct - that game plus two (2) league games.
 - 3rd Game Misconduct - league suspension pending hearing by League office. If the Game misconduct occurs with less than six (6) minutes remaining in the game, the penalty will double.
- B. The league reserves the right to suspend any player or coach from league play, pending a hearing for any penalties deemed inappropriate.
- C. In addition, any team official (coach) receiving a game misconduct will be suspended for five (5) league games. This suspension may be appealed by the Head Coach only, to the league office.
- D. The USA/Mass Hockey Guide Book will govern Match Game Misconduct's. Anyone receiving a Match penalty will be suspended from all team and league activities pending a hearing of the state district registrar and state disciplinary committee. This is a serious offence and anyone who does not adhere to the rule places themselves and program in jeopardy. Please note anytime you see the wording with intent written on a score sheet that is an automatic Match penalty. Please contact the proper people immediately in regards to this type of penalty.