



NORTHSTAR SENIOR HOCKEY LEAGUE RULES AND REGULATIONS SEPTEMBER 1, 2022 – AUGUST 30, 2023

1. League Rules, Game Format & Guidelines:

- A. All Players **MUST** have a valid 2022-23 USA Hockey registration. Registration period is (Sept 1 – Aug 31) for each season.
- B. All Players **MUST** individually register on the League's web site www.northstar.assn.la by entering their USA Hockey number & signing the electronic liability waiver to be eligible to play in games. This provides coverage to the players in case of injury.
- C. USA Hockey Rule Book will guide all playing rules and penalty violations.
 - NO Check (All Divisions).
 - Players must be (18) years old to participate. Veterans Division players must be (40) years or older.
 - No Slapshots (above the waist) in the Veterans Division *ONLY*.
 - All games will be three (12) minute stop time periods.
 - No Time Outs are allowed during the regular season. Playoffs each team is allowed (1) Time Out per game.

*League Office reserves the right to assess supplementary discipline & suspend players from league play, pending a hearing for penalties deemed inappropriate. ***VIEW ALL SUSPENSIONS ON WEBSITE www.northstaricesports.com

2. Schedules & League Standings:

- A. League schedules will be emailed to Team Managers as well as posted to the League Athletics web site www.northstar.assn.la under the "Teams" tab for each 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".
- B. League standings will be updated and posted to the League Athletics www.northstar.assn.la site on weekly basis. This site will serve as the "Master" location for all league standings during the 2022-23 season.
- C. Final standings (total points) are calculated based on each team's first (20) games (Winter) and the first (14) games (Summer). Divisions with odd numbers of teams will require some teams to play an extra game to get each team in their division the required number of games.

3. 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. Check the scrolling banner at the top of the rink's home page www.northstaricesports.com for rink status updates and/or game cancellations.
- B. 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 are played, and their league financial obligations have been fulfilled.
- C. 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 may be assessed a fine of \$200.00.

4. Roster Control:

- A. Team 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. Preliminary team rosters must be submitted **BY E-MAIL** to JoAnne Bliss (jbliss@northstaricesports.com) at least (5) five days prior to first game. Score sheet without players names/numbers must be handwritten in until a roster form is submitted.
- B. Game sheets must be verified prior to every game. Only those players present and playing must be listed. (Rosters can be corrected prior to the game (i.e. scratching out missing players). Teams must verify their rosters.



- C. 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. All roster changes (additions/deletions) must be submitted using official league "Roster Change Form".

5. Playoffs:

- A. 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 if this occurs. It's Team's responsibility to ensure game sheets are correct and accurately reflect who played each game.
- B. In order to participate in the playoffs, a player must have played **approximately 60% of the eligible games**. Appeals on this rule may be made in writing for playoff participation. Exceptions: injury, illness, and extenuating circumstances. 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.
- C. Overtime Format will be Sudden Death during the playoffs if the game is tied at the end of regulation. Twelve (12) 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. All playoff games must have a winner.
- D. Tie-Breaker Rule – 1. Head to Head (Wins/Losses, Goals For/Goals Against). 2. Percentage of points acquired in games Vs teams involved. 3. Winning Percentage Vs other Playoff/Playoff potential teams. 4. Number of Wins. 5. Goals For/Goals Against Vs other Playoff/Playoff potential teams. 6. Goals For/Goals Against Regular Season (Forfeit counts as 1-0). 7. Coin Toss if for strictly determining position (not getting into playoffs). 8. If time permits and is for getting into the playoffs Vs Not (Game to be played out at league discretion but if otherwise Coin Toss).

Winter League Format

- All teams will qualify for the playoffs except in the Senior A Division. Only the Top 4 teams in the regular season standings will participate in the playoff rounds at this level. 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.

Summer League Format

- Only the Top 4 teams from each division in the regular season standings will qualify for the Championship Game. The winning team of that game will be declared Champions.

6. Locker Room Control:

- A. Home team players use locker room one (1) or two (2). Visiting team players use locker rooms three (3) or four (4). Locker room assignment list will be available in the Key room and lobby area. Teams will be held responsible for the cleanliness of the locker room area and to keep the door locked at all times.