



**Balanced Ice Time**

# BIT

What is BIT and why? - **Balanced Ice Time**

As applied within NWHL

- Balanced does not mean equal, but it does mean equitable.
- While there may be inequities within an individual game, these should even out over a number of games.
- Acceptable discrepancies
  - Discipline / In game occurrence
  - Best procedure is to document on back of score sheet.

## Northwest Hockey League **Balanced Ice Time Policy**

All coaches will be required to follow BIT policies at all times.

There are 4 defined points for BIT.

- a. No power play lines
- b. No penalty kill lines
- c. Even line rotation though out the **entire game**.
- d. BIT for goalies will be based on alternating full games, alternating periods or equal periods per number of goalies.

## **Northwest Hockey League**

# **Balanced Ice Time Policy**

All coaches will be required to follow BIT policies at all times.

Enforcement of BIT. If after a formal investigation, the R&C committee determines that there was a willful violation of BIT the following suspensions will be issued to the head coach.

- a. 1st offense – 2 games
- b. 2nd offense – 4 games
- c. 3rd offense – remainder of the season including the NWHL tournament.

## Northwest Hockey League **Balanced Ice Time Policy**

The greatest discrepancy for the number of players at any one of the 5 positions and all other positions cannot be more than 1, excluding the goalie.”

Example: (excluding goalie) – If you have 12 players 3 of the 5 positions must have 2 players and 2 positions have 3 players.

Another way to look at it is that it is unacceptable to have 3 players at one position and 1 at another, or 4 at one position and only 2 at another. This **DOES** include between forwards and defense.

## **Northwest Hockey League**

# **Line Up Cards**

We utilize the Line Up Cards during the NWHL Tournament.

This is meant to be a visual tool for the coach to see that they are starting with a balanced line up. It's pretty hard to have balanced ice time with an un-balanced line up.

Where there are discrepancies (3 at wing – 2 at center) the NWHL advises that the discrepancy shifts either period by period or game by game. That way the same players aren't always seeing less shifts. This is where the balance is truly realized.

## Not BIT

Wing		Center		Wing	
#	Name	#	Name	#	Name
10	Craig	20	Don	18	Danny
7	Rick	11	Gil	14	Rene
16	Peter			4	Jerry
21	Bri			9	Rick

Defense		Defence	
#	Name	#	Name
14	Billy	6	Jimmy
22	Jocelyn	5	Lee

OK

Wing		Center		Wing	
#	Name	#	Name	#	Name
10	Craig	20	Don	18	Danny
7	Rick	11	Gil	14	Rene
16	Peter			21	Bri

Defense		Defence	
#	Name	#	Name
14	Billy	6	Jimmy
22	Jocelyn	5	Lee
4	Jerry	9	Rick

# Not BIT

	Wing		Center		Wing
#	Name	#	Name	#	Name
10	Thomas	19	Terry	20	Cris
88	Kevin	82	John	81	Sammi
91	Sidney	11	Mike		

	Defense		Defense
#	Name	#	Name
2	Tes	4	Kieth
6	Will		