

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 unbalanced line up.

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	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		