



# Northwest Hockey League

2019-20



Welcome to the  
Franklin Park Centre at North Park.

Thank you to the Chicago Blackhawks for  
their continued support.





The NWHL would also like to thank those that have helped us through sponsorships and fundraising opportunities.

- TinType Photography
- Custom Promos (M&M Sports)
- Ultimate Tournaments
- Northwest Designs

# AGENDA

- USAH / AHAI
  - Registration (Coaches / Assistants / Managers)
  - CEP Requirements
  - Screening
  - SafeSport : All adults on roster and ALL Midgets 17 yrs at 12/31
- IHOA
  - Rule Updates
    - Icing while shorthanded (Mites/Squirt/Peewee/Bantam)
    - All faceoffs will occur at one of the nine dots on the ice
- NWHL
  - Club Rep's
  - BIT
  - Fair Play
  - R&E
- Concussion Awareness

# USA Hockey / AHAI

- Registration (Coaches / Assistants / Managers)
- CEP Requirements
  - CEP Level
  - Age Specific modules
  - SafeSport Training
- Screening
- Midgets – those that will be 17 years old on or before 12/31 must take SafeSport to be on roster



# I H O A

ILLINOIS HOCKEY OFFICIALS ASSOCIATION

IN ASSOCIATION WITH



- Rule Reminders

- Bantam and below – Icing to be called at all times through the game. Teams will no longer be allowed to ice the puck while shorthanded without there being a whistle and defensive zone face off.
- All faceoffs will occur at one of the nine dots on the ice.



# I H O A

ILLINOIS HOCKEY OFFICIALS ASSOCIATION

IN ASSOCIATION WITH



- Reminders
  - Additional penalties –the following penalties will also include a misconduct (for minor penalty) and a game misconduct (for major penalties)
    - Head Contact
    - Charging
    - Boarding
    - Check from Behind (no change)
  - Game misconduct for multiple misconducts in a game



# IHOA

ILLINOIS HOCKEY OFFICIALS ASSOCIATION

IN ASSOCIATION WITH



- Continued Points of Emphasis
  - Fair Play and Respect
    - Intimidation
  - Standard of Play and Rule Emphasis
    - Body Checking – **ONLY** to separate puck from puck carrier.
    - Restraining Fouls
  - No Checking at Peewee and below
    - Checking vs. Contact (mite to peewee)
    - Body position and angling



# NWHL Reps

NWHL is a membership driven organization.

Each club delegates a representative to act on the clubs behalf in NWHL business.

**The coaches (and parents) first contact when a league issue arises is their NWHL Rep.**

- BIT
- Blowouts
- Rules and Conduct
- Schedule issues

WE DESERVE TO PLAY

**BIT**

LET'S ROLL

# 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 unbalanced 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

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

	<b>Defense</b>		<b>Defense</b>
#	Name	#	Name
2	Tes	4	Kieth
6	Will		



# 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

# Blowouts

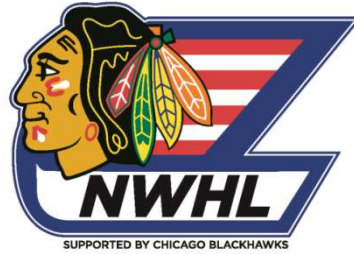
While the whole point of tiering is prevent blowouts, it still happens.

It is the **RESPONSIBILITY OF THE COACH** to pull the reins and try to restrain their team if they are blowing out another team.

NWHL monitors game scores and will contact team reps regarding blowouts.

If there are **repeated** violations of this policy the NWHL will have the coach appear before the Bit & Blowout committee and may face disciplinary action.

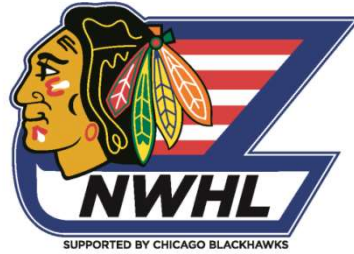
Running Clock – only 3<sup>rd</sup> period and if goal differential is 5 or greater. If differential falls below 5, then stop time resumes.



# Score Sheets

The score sheet is to represent the technical details of the game and should be legible for review:

- **Roster** – Number & Name of players
  - If a player is not there they should be indicated as ABS or INJ
- **Scoring plays** – who and when
- **Penalties** – who, what penalty, when, and how long
  - Separate penalties when there is an infraction and a misconduct
- **Major Penalties** – Game Misconducts
  - Score sheet **MUST** be sent to [nwhlrebecca@yahoo.com](mailto:nwhlrebecca@yahoo.com)
- At the end of the game if there are questions on the referees calls, ask them for clarification.



- **Score sheets should have the signature of each team's coach** — This is nothing more than agreeing that the info on the sheet to start the game is correct
- **Game Suspensions** — A player or coach who receives a penalty requiring sitting out a game shall be suspended for at least his/her team's next NWHL game. All USA Hockey, AHA and NWHL suspension requirements must be satisfied before the player or coach can resume play.

# NWHL Tiering

- Tiering Goal : balanced level of play
- Scheduling
  - Round 1 : 6 games - there is no tiering; teams are placed in groups in an organized random draw (try to keep teams from the same club from being in same draw)
  - Round 2 : 12 games - based on pre-tier results teams will be distributed in groups of 6-9 teams.
  - Round 3 : NWHL Tournament – based on both round 1 and round 2 (formula in tournament rules) teams will be tiered once again for the NWHL Tournament.

# NWHL Rules And Conduct

- If for any reason a player or coach gets a game misconduct the R&C will review the circumstances. If deemed necessary the player and/or coach will need to appear at a R&C meeting.

# Concussion Awareness

**Ask about prior concussions** : This should be done prior to the season beginning.

## What to look for:

- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy
- Feeling irritable, more emotional, or “down”
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness

## What to do:

- Seek medical attention right away
- Do not return to play until medically cleared

# NWHL Website

- SportsEngine Platform
  - Detailed instructions on [NWHLLeague.com](http://NWHLLeague.com)
  - You must 1<sup>st</sup> register with SportsEngine
  - You must become a member of [NWHLLeague.com](http://NWHLLeague.com)
  - Your club will supply NWHL with Name and email for each team
  - NWHL will match individual to the team



# THANK YOU

Good luck and have a great  
and enjoyable season.

