

# NAHA Youth House League Rules

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## **8U REGULAR SEASON GAME RULES**

### ***Rink Setup – 3 teams per ice session***

1. Team Set Up
  - a. One team has a practice on one third of the ice (from borders in)
  - b. Two teams are playing a game on the other two-thirds of the ice
2. Net/Border Set Up
  - a. The borders are placed across the far blue line
  - b. For the game, one net is located on the goal line and the other is located about 4 feet in front of the barriers.
  - c. Both players' benches will be used with each team using one.

### ***Rink Setup – 4 teams per ice session***

1. Team Set Up
  - a. Two teams are playing a game on one half of the ice
  - b. Two teams are playing a game on the other half of the ice
2. Net/Border Set Up
  - a. The borders are across the rink on the red line (center ice)
  - b. For each game, one net is located on the goal line and the other is about 4 feet inside the center red line
  - c. Both teams will use the same bench (the one located on the half of the ice being used for the game) and will use the door on their side of the bench
    - i. The Home team and coach will be at the end of the bench farthest from the clock
    - ii. The Visiting team and coach will be at the end of the bench closest to the clock

### ***Pre-Game Preparation***

#### **1. Home team**

- a. Is responsible to run the clock for their games.
- b. There is no score sheet requirement for 8U games.

#### **2. Coaches**

- a. All coaches need to wear skates and helmet during games so they are prepared to act as referees during the games and move back and forth from their games to their practice (3 team format) during the 60 minutes of ice time

## ***In-Game Rules***

### **1. Game Time – 16 minutes run time**

- b. Clock never stops except serious player injuries
- c. 4 minutes between each game, no warm-ups, no timeouts, no penalties

### **2. Shifts**

- a. Players shift every 90 seconds on the buzzer (clock does not stop)
- b. Coaches are responsible to make sure *like skilled players are playing against each other on each shift (as best as possible)*
- c. All games are 4 on 4 or 3 on 3
  - i. In a perfect world, your 4 best players should be playing against their 4 best players and your weaker 4 players against their weaker 4.
  - ii. If both teams have fewer than 7 skaters in a particular game you may change it to 3 on 3. It is a maximum of 4 on 4 and minimum of 3 on 3 depending on numbers each team has that particular game. The number of players on the ice is determined by the team who has more skaters that game. This eliminates players sitting out more than one consecutive shift.

### **3. Referees = Coaches**

- a. There will be no official ref. Instead, one coach will be designated as the referee for each game
  - i. Prior to the game, coaches from both teams will designate one referee from either coaching staff
- b. Refs/Coaches are responsible for:
  - i. Blow whistles for goals
    - 1. Then line the players up for a face-off at the center face-off “dot”
  - ii. Blow whistles for penalties
    - 1. When a ref sees a penalty he will immediately blow the whistle, players will freeze and the ref will explain the infraction to the player(s)
    - 2. Then line the players up for a face-off at the nearest face-off dot
  - iii. Blow whistles for pucks out of play and player injuries
    - 1. Then line the players up for a face-off at the nearest face-off dot

### **4. Face-Offs**

- a. It’s important to drop the puck quickly, do not spend time lining the kids up perfectly. Once they are on the correct sides and you have two at the dot, drop the puck.

## 10U & 12U REGULAR SEASON GAME RULES

### *Mini-Game Rules*

1. These are exhibition games and do not count towards standings
2. These games are to help players learn positions, to use as a training tool for refs, and to make sure teams are divided fairly
3. If games are finished prior to the end of the allotted ice time the next game will start early
4. All regular season game rules will apply except for the following:
  - a. Game times are 5 minutes less than the game slot noted in the schedule
    - i. So, if a game slot shows 0:30 then the actual game time is 25 minutes
    - ii. The extra 5 minutes are to allow time for teams to rotate on/off the ice
  - b. There are no warm-ups
  - c. There are no intermissions/breaks during each game
  - b. Goals will not be posted on the score board, they are to be kept on the score sheet only

### *Pre-Game Preparation*

1. **Home team**
  - a. Is in charge of the score sheet for their game
  - b. Must provide a volunteer to occupy their team's penalty box for the duration of the game
2. **Visiting team**
  - a. Is responsible for running the clock for their game
    - i. If the score differential becomes more than 5 goals, discontinue putting the goals up on the scoreboard and continue to keep track of them on the score sheet only
  - b. Must provide a volunteer to occupy their team's penalty box for the duration of the game

### *Regular Length In-Game Rules*

1. **Game Time – 12 minute periods, run time**
  - a. Warm-ups - two minutes
  - b. Timeouts – each team gets one time out per game
  - c. Run Time Instructions
    - i. Clock stops for:
      1. Goals
      2. Penalty calls (penalties are 1 minute 30 seconds)
      3. Player Injuries
      4. Puck leaves the ice
      5. Final two (2) minutes of play when score differential is 2 or less (ex: 3 to 1; 5 to 4; 2 to 2; 2 to 4; etc...)
        - a. This means the clock IS stopped for icing and off-sides and anything not mentioned in point “i” above
    - ii. Clock does NOT stop:
      1. *During* a penalty except for events in point “a” above

2. Clock does NOT stop for icing or off-sides except for events in point “a” above

**2. Three Goal Limit**

- a. Each player may only score three goals in a game
- b. Please note: the way the referees run a game won’t change if a player scores more than three goals. Regardless of how many goals a player scores, the referee will report the goal and assists. It then becomes the scorekeeper’s responsibility to not enter the information on the score sheet.

***Post-Game Details***

**1. The Home team, in charge of the score sheet, must make sure the referees sign the score sheet**

- a. Complete the score sheet as the referee gives it to you! Parents may ask you to make changes; the answer is “No. The referee gave it to me this way”
- b. Give 1 copy to the Home team Coach/Manager
- c. Give 1 copy to the Away team Coach/Manager
- d. Give 2 copies to the Hockey Office – put them in the black box outside the Hockey Office door
  - i. If the game is played in Decatur, give the Hockey Office copies to the Huntsville visiting team and have them bring it back to Huntsville the next time they are at the rink

## **MIDDLE & HIGH SCHOOL REGULAR SEASON GAME RULES**

### ***Mini-Game Rules***

1. These are exhibition games and do not count towards standings
2. These games are to help players learn positions, to use as a training tool for refs, and to make sure teams are divided fairly
3. If games are finished prior to the end of the allotted ice time the next game will start early
4. All regular season game rules will apply except for the following:
  - a. Game times are 5 minutes less than the game slot noted in the schedule
    - i. So, if a game slot shows 0:30 then the actual game time is 25 minutes
    - ii. The extra 5 minutes are to allow time for teams to rotate on/off the ice
  - b. There are no warm-ups
  - c. There are no intermissions/breaks during each game
  - b. Goals will not be posted on the score board, they are to be kept on the score sheet only

### ***Pre-Game Preparation***

- 1. Home team**
  - a. Is in charge of the score sheet for their game
  - b. Must provide a volunteer to occupy their team's penalty box for the duration of the game
- 2. Visiting team**
  - a. Is responsible to run the clock for their game
    - i. If the score differential becomes more than five goals, discontinue putting the goals up on the scoreboard and continue to keep track of them on the score sheet only
  - b. Must provide a volunteer to occupy their team's penalty box for the duration of the game

### ***Regular Length In-Game Rules***

- 1. Game Time –15-minute periods, run time**
  - a. Warm-ups - 2 minutes
  - b. Timeouts – each team gets one timeout per game
  - c. Run Time Instructions
    - i. Clock stops for:
      1. Goals
      2. Penalty calls (penalties are 2 minutes)
      3. Player Injuries
      4. Puck leaves the ice
      5. Final two (2) minutes of play when score differential is 2 or less (ex: 3 to 1; 5 to 4; 2 to 2; 2 to 4; etc...)
        - a. This means the clock IS stopped for icing and off-sides and anything not mentioned in point “i” above
    - ii. Clock does NOT stop:

1. *During* a penalty except for events in point “a” above
2. Clock does NOT stop for icing or off-sides except for events in point “a” above

**2. Three Goal Limit**

- a. Each player may only score three goals in a game
- c. Please note: the way the referees run a game won’t change if a player scores more than three goals. Regardless of how many goals a player scores, the referee will report the goal and assists. It then becomes the scorekeeper’s responsibility to NOT enter the information on the score sheet.

***Post-Game Details***

**1. The Home team, in charge of the score sheet, must make sure the referees sign the score sheet**

- a. Complete the score sheet as the referee gives it to you! Parents may ask you to make changes; the answer is “No. The referee gave it to me this way.”
- b. Give 1 copy to the Home Team Coach/Manager
- c. Give 1 copy to the Away Team Coach/Manager
- d. Give 2 copies to the Hockey Office – put them in the black box outside the Hockey Office door
  - ii. If the game is played in Decatur, give the Hockey Office copies to the Huntsville visiting team and have them bring it back to Huntsville the next time they are at the rink

## **PLAYOFF RULES (10U, 12U, Middle & High School)**

### ***Substitute Players***

1. Any *necessary* substitutions must be approved by the Hockey Office no later than 24 hours prior to the game via email.

### ***Tie-Breaker Rules: Shootout***

1. If the game is tied after regulation there will be a 3-player shootout.
  - a. The 3-player shootout consists of the first 3 shootout roster positions
    - i. If a player received 3 goals during regulation play that player must be moved to the bottom of the shootout roster
    - ii. If a player has a penalty at the end of the game that player is still eligible for the shootout (both the 3 player shootout and the sudden death).
  - b. If the game is still tied after the 3-player shootout, there will be a sudden death shootout.
    - i. The sudden death shootout begins with shootout roster position four (4).
    - ii. Every player on the roster must shoot before you can start with the first shooter again.
    - iii. The rotation must remain in the same order (as the shootout roster).



# TIME CLOCK INSTRUCTIONS FOR HOUSE LEAGUE

## *To Operate*

1. After plugging the clock in, it should be automatically on but if not, there is a switch on the back, left side. The display will ask:
  - a. RESUME GAME, Press **No**
  - b. SELECT CODE – CODE 4402, Press **Enter/Yes**
2. Then set the time for the first period
  - a. Press **Set Main Clock** (it always defaults to the last time entered)
  - b. Enter appropriate **number** (ex 12:00:00)
    - i. Observe small text window to make sure you have the correct time
  - c. Press **Enter/Yes**
3. When the referee drops the puck at face-off, you will Press **Start**
  - a. Press **Stop** only for reasons indicated in game rules for your division

## *Scoring*

1. When the home/visitor scores a goal, press the corresponding **SCORE +1** key for each goal and it will add to the scoreboard. (Green outlined keys are HOME, Red outlined keys are VISITOR)

## *Penalties*

1. When a penalty is called the clock is stopped and penalty is entered:
  - a. Press **Home Player Penalty** or **Away Play Penalty**; Press **Enter/Yes**
  - b. Press **Player #**; Press **Enter/Yes**
  - c. It always defaults to **2:00** minutes
    - i. If penalty time is different such as for 8Us 1:30, then Press **1:30**
  - d. Press **Enter/Yes**
2. To Clear a Player Penalty
  - a. Press **Delete Penalty**
  - b. Press Up Arrow (^) or Down Arrow (v) to find Players Number
  - c. Press **Enter/Yes**

\*Note: Player penalties can be cleared while the game clock is running. Focus on starting the clock when the puck is dropped then clear the penalty. No penalty time or number is listed for coincidental penalties.

## *To add the team names*

1. Press **Menu**
2. Hit the down button until you see “home roster” or “away roster”
3. Press **Enter/Yes**
4. Slide keyboard cover out so you can see the keyboard
5. Type in name of team
6. Press **Enter/Yes**
7. Repeat 2-6 for the other team