

PNAHA LEAGUE RULES

2024 | 2025 SEASON



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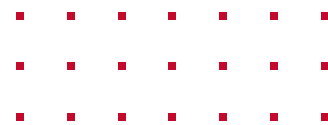
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League Management



Competition Committee.

Each Member Organization that has a team in a PNAHA State League that is Festival, State or National bound will appoint a representative to the Competition Committee. The Members of this committee will be identified at the Spring/Summer Meeting of PNAHA. Each representative will have one vote. However, they can only vote on motions that affect a specific age division if they represent a team in that division. The PNAHA President will serve on the committee as a non-voting member; the PNAHA 1st & 2nd Vice Presidents will serve on the committee as voting members in all votes.

During the PNAHA Spring/Summer meeting, the members of the Competition Committee shall elect a Chair, a League Scheduler, and a League Statistician.

Competition Committee Chair.

1. Shall be the League Commissioner.
2. The League Scheduler and Statistician shall report to and take direction from the Committee Chair.
3. Responsible for preparing League Reports for each PNAHA meeting
4. Responsible for securing League Banners for the League Champions
5. Be available to league team coaches and managers to offer clarification and guidance regarding all league matters.
6. The Committee Chair shall be allowed expenses to all meetings as required by PNAHA. These expenses include meals and lodging, commercial transportation, when necessary, in the performance of his/her duties. All expenses shall be allowed with the submission of a written statement, documentation of expenses and receipts to the Treasurer for payment.
7. The Committee Chair may receive a stipend as determined by the PNAHA Board of Directors.

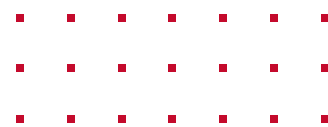
League Scheduler.

1. Responsible for holding a scheduling meeting at least two weeks prior to the first scheduled games for each respective age classification. All teams in the league are required to have a representative at this meeting.
2. Responsible for uploading the schedule on the website and managing any approved changes throughout the season.
3. The League Scheduler may receive a stipend as determined by the PNAHA Board of Directors.

League Statistician.

1. Responsible for making sure league standings are complete and current on the website.
2. Responsible for certifying final league standings

Association Commitment



Each Association recognizes that the purpose of the PNAHA league is to provide a schedule of games that will satisfy USA Hockey and PNAHA Rules for National Bound Certification, administer statewide competition for State Bound teams and provide a schedule of games that adheres to the player development philosophies adopted by PNAHA for players in the 12U and 10U age classifications.

10U Division. PNAHA has adopted an official 10U League Policy to focus on assisting 10U Division players wishing to experience an introduction to the Rep (travel team) experience. This League Policy gives players an opportunity to grow skills, train properly and maintain balance between practices and games. Emphasis on reducing the negatives - such as excessive travel and cost to parents to participate in this sport at this age level - is a primary objective. All PNAHA League games at 10U will be half ice.

Participating teams in the PNAHA League will be encouraged to strive for a three to one practice ratio, but are required to maintain - at a minimum - a mandatory two to one practice to game schedule. The 10U League will consist of one 10U Rep Division.

All PNAHA Associations may structure their 10U Rep teams as desired without PNAHA sanctions. These teams will also be allowed to participate in league play and in the 10U Festival.

An unbalanced schedule will be allowed in the 10U League to allow for the reduction of travel. The ability to allow for an unbalanced schedule could result in some teams hosting a participating league team but not playing that team as a visiting team.

Depending on the season, these teams will be “bracketed” into two to four divisions: Gold, Silver, Bronze, and Copper. The division they participate in will be determined by the teams’ final standing in the PNAHA League after completing a 16-game schedule. (Note that the game schedule number could be less than 16 if the number of participating teams does not support 16 games). The number of teams in each division will be determined by the Competition Committee (please see page 2). **Please Note: There will be no 10U League for the 2024-25 season.**

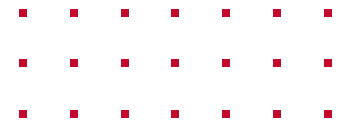
12U Division. Depending on the season, these teams will be “bracketed” into two to four divisions: Gold, Silver, Bronze, and Copper. The division they participate in will be determined by the teams’ final standing in the PNAHA League after completing a 20-game schedule (Note that the game schedule number could be less than 20 if the number of participating teams does not support 20 games (i.e., less than six participating teams in the League). The number of teams in each division will be determined by the Competition Committee (please see page 2).

League Declarations. Each association will give a preliminary declaration of intent, by age classification and level, to participate in the PNAHA League during the Spring/Summer PNAHA Meeting. Each association will send final commitments in writing to the PNAHA Board of Directors, League Chair and League Scheduler no later than August 31. Each team will be assigned as either a State Bound or National Bound as recommended by its association.

Each association will have enough home ice slots and available travel weekends to satisfy the requirements.

- National Bound teams must play 2 home and 2 away games with all of the other National Bound teams in their USA Hockey age classification and declared level. 50% of all required games must be played by November 15 of the current playing season.
- Depending on the number of teams, State Bound Teams will be scheduled at a minimum 2 home and 2 away games with all the other State Bound teams in their USA Hockey age classification and declared level or a maximum of 20 games.
- All 10U and 12U teams participating in the League are required to participate in their designated Festival which is the final event of season. Only teams that participate in the PNAHA 10U and 12U League may participate in the Festival. The exception is if there is no League, then each PNAHA association may declare teams at the PNAHA Winter Meeting. A meeting will be arranged consisting of those declared participants from the Winter PNAHA meeting to determine ranking in the tournament.
- All League games must be completed prior to 14 days before the respective PNAHA Tournament or Festival.

League Schedule, Standings and Banners



League Schedule.

League games will be October - March, If Tiering games are required, those games will be played the last two (2) weekends of September.

Once the League Scheduler posts the approved league schedule on the official PNAHA website, the schedule becomes official, and it shall become a commitment for the participating associations for the year's play.

Failure to play a game on the official schedule without the approval of the League Scheduler may result in a fine to cover team expenses (up to \$500.00) payable to PNAHA and sent to the PNAHA Treasurer.

Teams participating in the league are required to adhere to the PNAHA Sponsor Hotel policy. Failure for a visiting team to comply with the PNAHA Sponsor Hotel policy will carry a financial penalty of \$400.00 per night to the team in violation of the policy. The fine will be payable to the host association.

State League Standings.

Points for games shall be 2 points for a win, 1 point for a tie, and no points for a loss. Standings will be determined as follows:

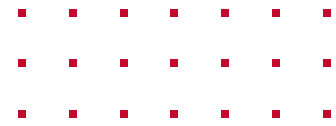
1. Most points obtained
2. If two or more teams are tied for any position, standings will be determined by the current USA Hockey tie breaker rules as stated in the current [National Tournament Guidebook](#).

League Champions.

There will be a banner awarded to the league champion for 14U, 16U, 18U and 19U.



Team Composition and Documentation



Team Composition.

All members of a given team must be no older than the maximum age limit defined by the team level. However, a player may “play up” at a level older than his age if permitted by their association and any applicable PNAHA and USA Hockey rules.

All teams entered in the state sanctioned league must be certified with USA Hockey. Non-PNAHA teams may be allowed to play in the league. This is a year-to-year accommodation and is subject to the approval of the PNAHA Board of Directors. Teams from associations who are non-voting members of PNAHA can win the League Championship. All game results from games played against non-voting members will be removed when seeding the teams prior to the PNAHA State Tournament.

Each team may have a maximum of twenty (20) players, in which not more than 18 are skaters permitted to play in a game on the roster with a maximum of 18 players. Each team must have a designated Head Coach and only four (4) Team Officials are allowed on the player’s bench during a game.

For the purposes of league play, no player may be added to the roster of a National Bound team after December 31st of the season, except with the approval of the Pacific District Registrar. For State Bound teams players may be added to the roster in case of injury. All requests must be sent to the Competition Committee Chair in writing and have a majority approval from the Competition Committee.

Documentation.

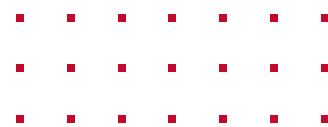
Each player must be a member in good standing of USA Hockey.

All teams must maintain the proper documents as required for USA Hockey certification and follow both USA Hockey and PNAHA rules and regulations.

All team personnel must maintain CEP certification levels, Safe Sport certification and have a current background screen.



League Rules



League Play - General.

- At all league games, teams are not permitted on the ice prior to the referees being on the ice.
- There will be no time-outs during league games.
- Game lengths: In all cases, teams will use the available ice to the best possible advantage. The standard ice time slots are listed below. League games will be played with the following stop clock periods. Periods of play may be shortened utilizing the listed formula; however, periods of play are not to exceed the times as listed

16U and 18U Tier II

Minimum 1.5 hour games (16U and 18U Tier II)
 4-minute warm-up
 1 minute between periods
 3 seventeen (17) minute stop clock periods
 Optional ice scrapes (if there is an ice scrape, minimum 1.75 hour game)

14U Tier II

Minimum 1.5 hour games
 4-minute warm-up
 1 minute between periods
 3 sixteen (16) minute stop clock periods
 Optional ice scrapes (if there is an ice scrape, minimum 1.75 hour game)

12U, 14UB, 16UB and 18UB

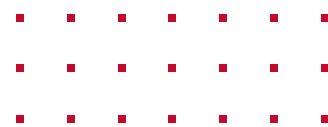
1.5 hour games
 4-minute warm-up
 1 minute between periods
 3 fifteen (15) minute stop clock periods
 No ice scrapes

10U

1.25 hour half ice game
 4-minute warm-up
 1 minute between periods
 3 eighteen (18) minute run clock periods
 No ice scrapes

Note: Prior to the third period, if the timekeeper and referee feel there is not sufficient time to play the period as listed, the referee will notify both teams that it is necessary to shorten the period by a specific number of stop-time minutes. This is determined by the following formula: Actual ice time remaining divided by 2 equals the time on scoreboard. This must be noted on the score sheet by the referee. The revised playing time shall be shown on the clock at the commencement of the third period.

Home | Visiting Team Responsibilities



Home Team Responsibilities.

- Provide ice for home games (game lengths outlined on page 6).
- Schedule officials. 12U, 14U, 16U and 18U will use a single referee and two linesmen system whenever possible. (A two referee and two linesmen system is permitted for 14U, 16U or 18U). A 2-referee system may be used in the event that 3 officials are not available. 10U may use a 2-referee system if they wish.
- Provide score sheets and/or iPads for scorekeeping. Each score sheet will be checked indicating that this is a scheduled league game and will include the game number on the scoresheet. The game number is located on the league schedule provided to each participating association.
- Head Coaches must review the roster and must note any players or team officials serving a suspension on the scoresheet.
- Any team playing an ineligible player will forfeit two (2) league standing points and will suspend its head coach for 30 days. The opposing team will be credited with two (2) league standing points and will record a "1-0 forfeit" win as outlined in the USA Hockey Guidelines.
- Provide minor officials, i.e., timekeeper, scorekeeper, penalty box volunteers.
- Complete the score sheet and electronically transmit the sheets to the League Statistician by the following Tuesday. Failure to provide the League Statistician with the scoresheet within 30 days will result in a recorded forfeit for the home team.
- Wear light jerseys, if available.
- Leave the ice after the visiting team has left the ice.

Visiting Team Responsibilities.

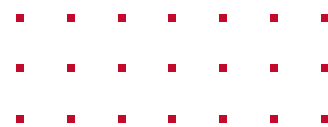
- Make sure that the roster is provided in numerical order.
- Wear dark jerseys, if available.
- Provide a penalty box volunteer if asked by the home team manager.
- Leave the ice immediately after the handshake.
- It is important to recognize that game times vary occasionally due to unseen conflicts. Because of this, be sure to call or email the team you will be visiting to verify your game times and dates. If you should discover an error in the schedule, please notify League Commissioner, Gord Hancock, immediately at commish@pnaha.com.



NATIONAL CHAMPIONS

16U Tier II Girls, Sno-King Jr Thunderbirds

Discipline



- All league games will be played in accordance with the disciplinary rules of USA Hockey.
- Any USA Hockey Player/Coach committing major infractions while playing in Canada that would normally incur a suspension under USA Hockey rules, or count toward the progressive suspensions rules, shall serve all suspensions according to the USA Hockey playing rules. This includes the 4/12 penalty rule and any any time a major penalty, game misconduct or match penalty is assessed.
 - a. Game misconduct penalties must be served in the next pre-scheduled game with that team unless the player/coach will no longer be affiliated with that team (then it reverts back to the next scheduled USA Hockey game).
 - b. Player or coach game misconducts in a final game of the season must be served in the first game of the following season. Member programs shall report all outstanding suspensions by May 1 of the current playing season to the PNAHA 2nd Vice President.
 - c. Serving of game misconducts must be noted on the scoresheet(s) of the game(s) served.
- Match penalties will be handled in accordance with the USA Hockey Standardized Discipline, USA Hockey Bylaw 10 and PNAHA Suspension Guidelines as printed in the current PNAHA Guidebook.
- All discipline reports generated by USA Hockey go to the proper authority for each team. The proper authority is the Member Association or Member Team. Each Member must submit to the Competition Committee during the Spring/Summer Meeting, the name and email address for the person who should get these reports. The Chair will send this information to the Affiliate President. The PNAHA President will update the USA Hockey records to ensure these reports are correctly directed to the proper authority.
- The Zero Tolerance Rules for coaches, players and parents for abusive or inappropriate language, gestures, and behavior will be observed as outlined in the USA Hockey Annual Guide.
- Any player or team official suspended shall not remain near the bench of their team. The Team Official may not in any way attempt to direct the play of his team. The suspended player or team official cannot participate in team activities for prior to the game through after the conclusion of the game in accordance with Rule 401(c).

Host Hotel Policy



On Page 1 of this publication, you will find a link that will take you to the Host Hotel page on the PNAHA website.

Teams participating in PNAHA events (such as tiering, league games and State Tournaments) are required to utilize the hotels listed on this site when participating in these events.

Failure for your team to stay in a host hotel will result in a \$400 per night fine that will be payable to the host association.

Note that during State Tournaments additional Host Hotels may be identified and that those hotels currently listed on this site may not apply. Please be sure to refer to your State Tournament packet as provided by the hosting State Tournament association before you book your rooms for the State Tournament.

The approved PNAHA Host Hotel rate is \$150.00 per night. Associations are expected to secure at least one Host Hotel at this rate.

Exhibition games and invitational tournaments do not apply to the Host Hotel Policy. Be sure to check with individual associations for hotel guidelines when participating in activities outside League and State Festivals/Tournaments.

It is important that league hockey participants recognize that many PNAHA associations are dependent on the funding generated from the host hotels to operate their programs. This sponsorship commitment is recognized and honored as an important contribution in keeping registrations and other programs affordable for all players.

If a team wishes to pay the fine and utilize other accommodations, the Team Manager must contact their association's PNAHA Rep who will work with the hosting association's PNAHA Rep to facilitate this process .





Zero Tolerance Policy

USA Hockey and PNAHA are committed to creating a safe and fair environment for all participants. Respect for the game, the opponents, coaches and officials is a critical part of the environment that is created. The **Zero Tolerance Policy** summarizes required actions to be taken when violations occur.

All players, coaches, officials, team officials and administrators and parents/spectators are required to maintain a sportsmanlike and educational atmosphere before, during and after all USA Hockey sanctioned games. Thus, the following points of emphasis must be implemented by all USA Hockey participants and spectators.

Coaches

A minor penalty for unsportsmanlike conduct (zero tolerance) shall be assessed whenever a coach:

- 1) Openly disputes or argues any decision by an official.
- 2) Uses obscene, profane or abusive language to anyone at any time.
- 3) Visually displays any sign of dissatisfaction with an official's decision including standing on the boards or standing in the bench doorway with the intent of inciting the officials, players or spectators.

Any time that a coach persists in any of these actions, they shall be assessed a game misconduct penalty.

In addition, any player/coach who uses language that is hateful or discriminatory in nature anywhere in the rink before, during or after the game shall be penalized under Rule 601(e.3) resulting in a match penalty. Such behavior is reprehensible and has absolutely no place in our game. The offender shall be immediately suspended until a hearing is conducted.

Parents/Spectators

Parents are expected to be a positive role model by treating all players, coaches, officials and fellow spectators with respect and support.

The game will be stopped by game officials when parents/ spectators displaying inappropriate and disruptive behavior interfere with other spectators or the game. The game officials will identify violators to the coaches for the purpose of removing parents/ spectators from the spectator's viewing and game area. Once removed, play will resume. Lost time will not be replaced and violators may be subject to further disciplinary action by the local governing body. This inappropriate and disruptive behavior shall include:

- 1) Use of obscene, profane or abusive language to anyone at any time.
- 2) Taunting of players, coaches, officials or other spectators by means of baiting, ridiculing, threat of physical violence or physical violence.
- 3) Throwing of any object in the spectators viewing area, players bench, penalty box or on ice surface, directed in any manner as to create a safety hazard.

Those that violate the Zero Tolerance Policy may be subject to disciplinary proceedings.

USA Hockey Zero Tolerance Policies



ZERO TOLERANCE