

NORTH SHORE INLINE HOCKEY OFFICIAL RULEBOOK



NSIHL OFFICIAL RULEBOOK

VERSION 5.2

www.NSIHL.com

NSIHL RULES AND REGULATIONS

Fun, skill development, teamwork, and good sportsmanship form the foundation of the North Shore Inline Hockey League (NSIHL).

NSIHL strives to improve each player's skill level, and enhance their enjoyment of the game, while helping them to develop both mentally and physically.

The current National Inline Hockey Association / Hockey Canada Rules (where applicable), will govern all games, played by the NSIHL unless they are superseded by a change made specifically by the organization. The addition, deletion, and modification of these house rules are a continuous work in progress by the league's Board of Directors. It's assumed that all participants become familiar with the changes outlined in the attachment. No allowances will be made for the ignorance of these rules. League Managers and Directors assume no responsibility for any claims arising through the operation of the League and its functions.

For more information, visit www.nsihl.com



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1 SECTION ONE: LEAGUE ADMINISTRATION

1.1 League Requirements

The current Roller Hockey Canada (RHC) / Hockey Canada Rules (where applicable), will govern all games, with the exception of a number of rules specific to the North Shore Inline Hockey League outlined in this rulebook.

1.2 Divisional Structures

- a) The NSIHL will offer three Divisions for players: Recreational, Competitive and Adult. The Recreational Division is for new players and for players who desire a less competitive level of play. The Competitive Division is for higher skilled players that exhibit a more competitive level of play.
- b) At the time of registration players may choose to play in either Recreational or Competitive Divisions subject to the following provisions.
 - All boys A1 and A2 rep ice hockey players and goalies must play in their respective Competitive Division.
 - A3-A4 and House Ice Hockey players and goalies may play in either the Competitive or the Recreational Division. Female players can play in either rec or comp division regardless of ice hockey level.

1.3 Age Categories:

- Atom (Recreational) - 8 & Under
- Mite (Recreational) -10 & Under
- Squirt (Recreational & Competitive) -12 & Under
- Pee Wee (Recreational & Competitive) -14 & Under
- Bantam (Recreational & Competitive) -17 & Under
- Adult -18 & Over

**AGE IS DETERMINED BY DECEMBER 31st OF THE PREVIOUS YEAR*

Female Players are entitled to ONE EXTRA year of eligibility of each division (For example, a female aged 13 can play in the Squirt division).

1.4 Eligible Players

- a) All players and goalies must be registered with NSIHL and have paid their registration fees in full prior to attending any league activities. Players are not permitted on arena floors until they have registered. This includes the completion and electronic submission of the ePACT medical questionnaire. Non-registered players have limited coverage by Roller Hockey Canada insurance and Team Officials will be personally liable for any injuries incurred by any non-registered player during any NSIHL league activities.
- b) Goaltenders in Atom and Mite must rotate. See rule 1.12.2 for playing limits.
- c) It is the coach's responsibility to ensure all players in attendance are marked on the gamesheet.
- d) Players must be dressed and ready to play before the start of the second period of regulation time. Any player arriving after the start of the second period will not be eligible to play.
- e) If a player is found to be ineligible during a game, any goals that player was involved in (either scored, or assisted upon) will be removed from the score, the team will be given a delay of game minor penalty, and the player will be given a game ejection.
- f) Bantam age players must play youth division to be eligible to play in the adult division, and play 60% of the youth regular season to qualify for adult playoffs.

1.5 Player Registration

- a) To encourage goalie participation above the Mite Division, goalies may be reimbursed 100% of their registration fees once they've satisfied their minimum game requirements, and have submitted the goalie refund application form.

1.6 Team Selection

- a) Coaches will select teams through a draft, in cooperation with League Management.
- b) Players will be rated on a scale of 1 to 10, with 10 being the highest and 1 the lowest. The overall rating will be based on forward skating, backward skating, stick handling, shooting and team skills. A rating list will be created, where the players will be listed in order of their overall rating. All ratings will be kept confidential.
- c) Prior to the draft, players may request, through the registration process, to play with 1 other player. **(A reciprocal friend request is available only to Recreational Divisional participants)**. The requests will be noted on the ratings list. Players must reciprocate their requests for the league to look at true Reciprocal requests. Those members who request each other have a greater likelihood of being placed on a team together. However, the primary goal of the draft is to create balanced teams. Players will not be allowed to request a specific coach.
- d) At the beginning of the draft, teams may protect players who are directly related to a Head Coach, Assistant Coach or Manager - up to a maximum of 2 officials per team being able to reserve their players per team. Protected players must then be selected when they become available on the ratings list.
- e) The order in which coaches select players will be established by a random draw.
- f) The first round of the draft will be according to the established order. Each following round will be in the reverse order of the preceding round, commencing with the coach who selected last in the preceding round.
- g) Goalies and skaters will be selected in the same draft.
- h) Goalies will be classified as "FULL-TIME" or "PART-TIME", where "full-time" means a player who is committed to playing as a goalie and intends to play in at least 80% of his/her team's games, and "part-time" means a player intends to play as a goalie in approximately 25% to 50% of his/her team's games.
- i) A team may select only one "full-time" goalie.
- j) A team may draft a second goalie, but only after each team has drafted a goalie.
- k) Teams who draft a "full-time" goalie as their first-drafted goalie may not draft a second goalie until all teams who draft a "part-time" goalie as their first-drafted goalie have drafted a second goalie.
- l) Rep ice hockey goalies (A1-A2) drafted to a team in the Recreational Division as a player may not play in goal at any time during the season including exhibition, regular season, or playoff games.
- m) The "top group" is determined by the number of teams in the Division. For example, if the Atom Division has four teams, the Atom "top group" will have four players. And, if the Mite Division has nine teams, their "top group" will have nine players.
- n) At the draft, coaches will be allowed to protect only one player in the "top group", regardless of their desired coaching team. The intention of this rule is to make sure that there is a player available to every team from the "top group".
- o) The exception will be when the evaluation score of one of the "top group" is the same as a player listed below him/her. All players with a score the same as a player in the "top group" will be considered as part of the "top group".



- p) In each successive round of the draft, the group of players available to be drafted shall be the top -rated undrafted players equal in number to the number of teams in the draft, plus any players with an evaluation score equal to that of the lowest -rated player in that group. This provision shall be suspended at a determined point part way through the draft, at the discretion of the League's representative running the draft. At that point, all remaining players will be available to be drafted.
- q) The exception to the above is that goalies shall be available to be drafted in every round, regardless of their evaluation score.
- r) Coaches who try to manipulate the draft process will be dealt with on a cases by case basis.
- s) In the event of any problems, discrepancies or abuse of the process, League Management will make a final decision.

1.7 Player Movement & Skill Levels

- a) Immediately following the draft, prior to their teams first game, players, who desire to play on a different team within their division, or in a different division, must submit a written request to the League Manager, including an explanation of the request. After consulting with the respective Coaches, League Management will make a decision.
- b) New or less- skilled players will be allowed to play in a younger division, if League Management deems it to be in the best interest of the players involved.
- c) Skilled players will be encouraged to play in a more competitive division, if League Management deems it to be in the best interest of the players involved. League Management will look favorably upon, and encourage such movement, when player's skills are sufficient to earn a position in a more competitive or older division. **League Management reserves the right to move a player from the Recreational Division to the Competitive Division, or vice versa, or up or down a division without the player's consent.** This will be done only if a player is found to be too strong for the division they registered in and/or for the purpose of trying to achieve a better balance of teams.
- d) Team balancing will be performed as much as necessary at any time throughout the season in order to balance teams in any specific division. League Management and the balancing committee reserves the right to move players without the player's consent.
- e) On rare occasions under special circumstances the league may identify a player on a team to be a 5th skater permitted on the playing surface during play. The 5th skater cannot be out on the surface at all times and must take "normal" shift lengths. In any overtime game the use of an extra player is not allowed.

Coaches are required to inform the referees prior to the game of this special circumstance allowed by the league.

1.8 Coaches & Team Officials

- a) At least one (1) qualified, aged 19+ team official should be encouraged to be present at all team functions and games except in the Adult division.
- b) All team officials (Coaches, Assistant Coaches, Managers, etc.) prior to becoming involved with team must complete, attend and submit the following.
 - a) Criminal Record Search
 - b) Respect in Sport
 - c) Coaches pre-season meeting
- c) Coaches under the age of 19 must wear helmets with a cage and chinstraps done up while coaching on the floor if they are wearing inline skates (in conjunction with the NV Bylaw # 7384).



- *Visors can be worn on the floor while coaching instead of a cage providing a parent/guardian of the junior coach has signed the junior coaching waiver. A Jr coach cannot coach without at least a visor at minimum while on the floor.*
- d) If during the course of the game a coach enters the playing surface without the consent of the referee, the coach will be immediately ejected and a suitable replacement must be found by the team.
 - e) If a Coach is ejected, or is unable to finish a game the team will be allowed 2 minutes to bench a replacement coach. Failure to do so in the allocated time will result in the forfeiture of the game.
 - f) Anyone under the age of 18 (unless registered with the league as a junior coach with waiver submitted) must wear a helmet and cage on the bench at all times. The underage individual must either leave the bench area or put a helmet on immediately. After an initial warning by the referee, the team may be issued a bench minor for any further infraction of this rule after this initial warning.

1.9 Goaltender Injury

- a) If a goalie is injured, they will be given a total of two (2) minutes stop-time to recuperate. If a replacement goaltender is needed, the team will put an extra skater onto the surface until a replacement goaltender is dressed.
 - i. If a second goaltender injury happens on the same team in the same game, that team shall also forfeit its 1-minute time out as games are running time and need to be kept moving.
 - ii. In playoffs if a goalie is injured, the team is allowed ten (10) minutes to dress an alternate goaltender. The clock will stop for 10 minutes and the game will resume 5 on 4 after ten (10) minutes until the replacement goaltender is dressed.
- b) If a Player starts a game as a substitute/alternate Goaltender or injury replacement, he may be substituted and return as a skater.

1.10 Team Jerseys

- a) All players must wear matching jerseys, which must be uniquely numbered. In the event of a conflict of colours, the visiting team will wear cover-ups (pinney's).
- b) Players will be assigned a jersey number in their first game. Players MUST continue to wear that jersey number assigned to them at the beginning of the season or they will not be given credit for the game which may affect playoff eligibility.

1.11 Signing of Game Rosters

- a) Prior to the end of warmup an official from each team must confirm the attendance of their team's roster and ensure the accuracy of their players names and numbers on the supplied gamesheet.
- b) Late players must arrive, be added to the gamesheet, dressed and ready to play before the start of the second period.
- c) Due to insurance and eligibility requirements, official game rosters must be updated and confirmed to be accurate by the coach of each team prior to every game and confirmed by the start of the 2nd period. All coaches must legibly print and sign their own names on each official game roster. Any persons other than



the teams registered players and team officials on the bench area must also sign the official Game Roster for insurance purposes.

- d) Call ups/spares must be written in on the gamesheet with the division they are being called up from.

1.12 Roster Limits & Spares

1.12.1 Players

Teams may have a maximum of 15 players (1 goalie and 14 skaters). League Management on a case by case basis may permit an additional player. Substitute players can be recruited from younger divisions based on the "Recruitment List" *Rule 1.12.3*, and league management can approve alternate substitutions:

- i. *Players can not be borrowed from teams in the same division.*
- ii. *Teams can not recruit skaters from other divisions if they have 8 of their registered team's players and goalie in attendance (9 total) for a specific game. Teams can only recruit when 7 or less skaters plus a goalie are available for a specific game making 9 total.*
- iii. *If a team's regular players show up to a game late making 8 or more, the substitutes at that point cannot continue in the game.*

1.12.2 Goaltenders

If the teams' assigned Goalie is unable to attend a game, team officials may recruit a goalie from lower divisions based on the "Recruitment List" *Rule 1.12.3*. Use of non-registered goalies will result in forfeiture of the game by the offending team. Goalies cannot be borrowed from teams in the same division unless league management approves the sub. Atom goalies can play 3 games, mite goalies 6 games each during the regular season. In playoffs, anyone can play as goaltender.

1.12.3 Recruitment List

- **Bantam Comp -> Bantam Rec, Pee wee Comp, Pee wee Rec**
- **Bantam Rec -> Pee wee Rec**
- **Pee wee Comp -> Pee wee Rec, Squirt Comp. Squirt Rec**
- **Pee wee Rec -> Squirt Rec**
- **Squirt Comp -> Squirt Rec or Mite -> Atom**
- **Squirt Rec -> Mite -> Atom**
- **Mite -> Atom**

1.13 Bullying Policy

The purpose of this policy is to guide the league in an effort to create a safe environment for everyone. Developing awareness and prevention strategies to deal with harmful behaviours and threats, or risks of violence is the league's mandate.

Rationale or purpose of this adopted policy:

Every participant deserves the right to participate in our community league free from discrimination, bullying, harassment, intimidation and violence. Player safety is paramount and can only be realized through ongoing focus to foster safe and disciplined codes of acceptable conduct. We want to ensure all teams and coaches have appropriate prevention and intervention strategies in place.

Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. It includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose. The behavior is repeated, or has the potential to be repeated, over time. All situations will go to the disciplinary committee for review and are subject to a minimum 5 game suspension.



There are three types of bullying:

- Verbal bullying is saying or writing mean things. Verbal bullying includes:
 - Teasing
 - Name-calling
 - Inappropriate comments
 - Taunting
 - Threatening to cause harm
- Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Social bullying includes:
 - Leaving someone out on purpose
 - Telling other players to not be friends with someone
 - Spreading rumors about someone
 - Embarrassing someone in public
- Physical bullying involves hurting a person's body or possessions. Physical bullying includes:
 - Hitting/kicking/pinching
 - Spitting
 - Tripping/pushing
 - Taking or breaking someone's things
 - Making mean or rude hand gestures

THE NSIHL HAS A ZERO TOLERANCE LEVEL FOR ANY BEHAVIOUR THAT WOULD SUGGEST AN ELEMENT OF BULLYING. ALL OCCURENCES WILL BE FORWARDED TO THE DISCIPLINARY COMMITTEE AND SHALL BE DEALT WITH ACCORDINGLY.

1.14 Suspensions

- a) All infractions occurring before, during and after any scheduled game or league function are subject to review by League Management. League Management has the authority to levy suspensions in accordance with the minimum standards and, at their discretion, increase or decrease suspensions due to extenuating circumstances.
- b) A suspended player is suspended from all teams until their suspension is completed in the division they were suspended in.
- c) Any Player knowingly participating in a League game while under suspension will automatically have their suspension length doubled (at minimum). There is zero tolerance for players who participate while under suspension.
- d) Suspended players are NOT permitted on/or behind the bench while under suspension.

1.15 Suspension – Appeals

A player or representative may appeal the suspension by filing a written submission by email to the League Manager. The appeal must be submitted to the League Manager within seven (7) days of the suspension being issued for it to be considered. The letter must outline the basis for the appeal. All appeals will be directed to the NSIHL disciplinary committee for formal review and consideration.

1.16 Management Rights



- a) League Management reserves the right to suspend or remove Players, Goalies or Team Officials that are not displaying the appropriate behaviour and/or sportsmanship that reflects the image of the NSIHL.
- b) League Management also reserves the right to (re)balance Teams in any division based on game performance and/or individual skill of certain players.
- c) In extreme circumstances, League Management has the authority to make decisions if it's in the best interest of the league.

1.17 Referee Qualifications

Every Referee is required to attend the annual Roller Hockey Canada Officials Clinic for re-certification. This includes, but no limited to, meeting all requirements of the RHC certification and passing of the written exam.

1.18 Playoff Eligibility

1.18.1 Players

- a) Players in all divisions must play in 60% of their combined exhibition and league games in order to qualify to play in their team's playoff games. The percentage may be modified if it results in greater participation and the league sees it best suits the division.
 - i) In Atom all registered players on a team are eligible for Playoffs.
- b) The only exception for games missed is for medical reasons. A doctor's note may be required and submitted to the League Manager 1 week prior to the player's first playoff game. *This will be strictly enforced.*
- c) Players may only play for teams that they are registered with.
- d) Same rules apply for call up players in playoffs as regular season.
- e) In extenuating circumstances, the league may grant permission for a player to play on several teams in different divisions.
- f) Use of an unregistered or unauthorized player in a playoff game will result in a forfeiture and given credit for a loss in the game.
- g) Eligible players for playoffs will be identified via Pointstreak online at www.nsihl.com.

Any inaccuracies must be reported to the league manager immediately prior to the team's first playoff game.

- h) If there is a discrepancy between the number of Games Played listed for a Player on his/her online roster and the number of Official Game rosters signed by the coaches, then the number of properly signed Official Game Rosters will be used to determine playoff eligibility. The coach is responsible for ensuring their online roster accurately reflects the correct Games Played statistics for all his/her players.
- i) A team found guilty of using an ineligible player during the playoffs will be assessed a forfeit loss for that game. If a player is discovered after the game that he/she was ineligible, the offending team will be disqualified and given a forfeit regardless of the results of the game.

1.18.2 Goalies

- a) If a team's goalie is unavailable to play an approved goalie may be recruited from a lower division.

1.19 Playoff Format – Seeding & Tie-Break Procedure



1.19.1 Seeding

The Home team will be the higher seeded team.

1.19.2 Tie Breaking Procedure

In the event of a tie in the standings the following steps in order will be used to break the tie:

1. Best record in head-to-head games amongst the tied teams
2. Most Wins
3. Largest Goal Differential (Goals for (-) minus Goals Against)
4. Least Goals Against
5. Least Penalty Minutes
6. Coin Toss

1.20 Game Protests – Playoffs

There are no protests for games in the playoffs. All referee, league management, and board of director's decisions are final.

2 SECTION TWO: THE ARENA

2.1 Arena Property

Any damage to NSIHL or arena/facility property, the league reserves the right to take action regarding the individual(s) responsible, prior to participation in any further League games or activities. Non-compliance constitutes automatic indefinite suspension from the League and possible legal action.

2.2 Drug and Alcohol Policy

The NSIHL has adopted a zero tolerance Drug/Alcohol awareness policy. That policy prohibits the use of any illegal drugs or alcohol during activities sanctioned by the NSIHL or for any player/team officials to be under the influence of any illegal drugs or alcohol during activities sanctioned by the NSIHL. An automatic minimum suspension for violating this policy is 30 days. While under suspension players may not participate in any league activities including but not limited to: games, practices, reffing, time keeping, clinics, open floors, etc. In addition, while under suspension players are not permitted to represent the NSIHL in any tournament team practices or games. All incidents will be investigated and dealt with on an individual basis. Days not served for the suspension in one season may be carried over and applied to the following season – to be determined by the NSIHL Disciplinary Committee. All players must go before the NSIHL disciplinary committee before they can be reinstated.

- **There shall be no appeal of this suspension once it has been imposed by the disciplinary committee.**

2.3 Spectator Interference

If a spectator of the game becomes unruly, the on floor officials or league management will have the authority to eject that spectator. Play will not continue until that spectator has left the arena area.

2.4 Personal Property



The League accepts no responsibility for lost or stolen personal property. We strongly suggest that no valuables be taken into the Arena or change-room areas.

2.5 Accidents & Injuries

All accidents and injuries must be reported to the League Manager immediately. An incident report must be completed and forwarded to the league following the incident by both the referees, coach, and or injured player.

2.6 Phone and Camera Policy

With cell phones and other devices having the capability of digitally capturing images, all electronic devices are banned from being used in locker/shower area or dressing rooms.

Any person associated with NSIHL that is found guilty of violating this policy may be subject to disciplinary action from the NSIHL Board of Directors and/or the NSIHL League Manager. Immediate and permanent suspension from the NSIHL may be issued.

3 SECTION THREE: PROTECTIVE EQUIPMENT

3.1 Equipment – Players

Players must wear full equipment at all times during all NSIHL practices or games:

- CSA Approved Helmet and Cage/Visor (19 & Older) with Ear guards in place and chin straps done up
- Inline Skates (with no brakes or stoppers & all wheels intact.)
- Shin Pads
- Elbow Pads
- Inline Hockey Pants and Girdle or Ice hockey pants and Socks
- Athletic Support or Jill
- Hockey Gloves

All protective equipment except gloves and helmet must be covered by jersey or pants.

Players may not use black tape on the blade of their stick on the tile surface.

Players must wear all of the required equipment at all times: Including pre-game warmup, during game, on players' bench, in the penalty box, and post-game handshakes.

3.2 Equipment – Goalies

- a) Goaltenders must wear full goaltender equipment specifically designed for ice or inline hockey at all times during any NSIHL practices or games.
- b) Goaltenders must either wear a goaltender helmet, or player helmet with full cage.
- c) A Throat protector/Neck Guard must be worn at all times. If the goalie uses a regular goaltender helmet, then the goalie may choose between the dangler neck guard or a strap-on goalie neck guard. If the goalie is wearing a players' helmet, then the dangler neck guard is required to be attached to the helmet.
 - i. During the course of a game if a goalie breaks his Neck/Throat guard (dangler), he/she must put on a replacement throat protector, or put on a standard goalie strap on neck guard regardless of type of helmet used.



- ii. Only If either of these are unavailable at the time, or if league management at that time cannot provide a temporary replacement, the goalie may continue the rest of the game without one in accordance with RHC guidelines.
 - **All goalies must start a game with a legal neck guard/throat protector.**
- d) Goalies will be allowed the use of Slider Plates and/or Rollerfly's on their goalie pads.
 - i. Rollerfly Plastic ball bearings are ONLY allowed on the Sport Court at Karen Magnussen Arena
 - ii. Rollerfly Metals ball bearings are ONLY to be used on concrete surfaces at HJ and West Vancouver.
- e) No other modification shall be allowed to any other goalie equipment.
- f) Goalies may not use black tape on the blade of their sticks on the tile surface.

4 SECTION FOUR: NSIHL HOUSE PLAYING RULES

4.1 Forfeited/Defaulted Games

The following situations will result in a forfeited game:

- a) If either team does not have a minimum of 5 Players and a Goalie on the floor 5 minutes into the start of the start of the game in rec. (In Comp divisions 4 players and a goalie are required to start the game).
- b) If either team is unable to floor the minimum requirements for number of players at any point during the game due to penalties, player ejections, or other reasons.
- c) Forfeited games prior to the start of the game will be given a 1-0 win for the non-forfeiting team.
 - a. Every player in attendance on the **non-forfeiting** team will be given credit for the game for purpose of determining playoff eligibility.
 - b. Every player in attendance on the **forfeiting team** will be given credit for the game for the purpose of determining playoff eligibility.

Coaches will be responsible for the accuracy of the official game rosters for all players in attendance in regards to forfeited games. There will be no modifications made to the game rosters after a game has been declared a forfeit (this includes players arriving late).
- d) Forfeited games after the game has started will end at that point. The team forfeiting will lose all their goals, and the non-forfeiting team will keep their goals and that will be the final score. (For example, if team Black has 5 goals and team Red has 3 goals, and team black forfeits mid-game, team red will be credited with a 3-0 win.
- e) Games will be forfeited if a team does not have a coach at any point in the game if a temporary replacement cannot be found. (Replacement coach can be anyone 18 year or older to cover the bench until the end of the game)
- f) If either Team refuses to continue the game for any reason other than safety concerns agreed to by the Referees and League Official, further supplemental disciplinary action may be necessary.
- g) During Playoff games, a team found guilty of using an ineligible player will be assessed a forfeit loss for that game. If an ineligible player is discovered after the game that he was ineligible, the offending team will be disqualified and given a forfeit regardless of the results of the game.
- h) The team not forfeiting may use the floor for a scrimmage or practice. They may choose to allow the other team to stay if they wish. Referees and Timekeepers will not stay on the floor once the game has been



declared a forfeit. Coaches will take over and run the practice or scrimmage. If a coach wishes to have the official(s) stay and observe the practice and/or scrimmage, they can request the official(s) to stay for the remainder of the scheduled floor time.

i) Forfeited/Defaulted games will not be rescheduled.

4.2 Procedure for Start of Games

- a) Players will be assigned a jersey number in their first game. Players MUST continue to wear that jersey number assigned to them at the beginning of the season or they will not be given credit for the game which may affect playoff eligibility.
- b) A copy of the game-sheet will be supplied by league management prior to the start of the game.
- c) A minimum of one (1) qualified team official, and a maximum of four (4), must be behind the team's bench at all times during the game. At least one team official must be 19 years of age or older, and must be in attendance.
 - i. Team officials over the age of 19 will be held responsible for the actions of the under-age team officials.
 - ii. All team officials must be properly registered with the NSIHL and have completed all necessary coach eligibility criteria. (exceptions will only be made if the coach is unable to attend a specific game and a temporary replacement is required.)
- d) Team officials will provide a list of player names and jersey numbers, identifying goaltenders and coaches prior to the game. A player may show up until half time intermission. If they show up after intermission they will not be allowed to play and will not be given credit for the game. *The only exception of this is the 5pm weekday games due to traffic. Players can then show up any point during the game. Exceptions may also be made for weekend games depending on extenuating circumstances.*
- e) Team officials must neatly draw a line through the players' names on the gamesheet that are not in attendance for their current game.
- f) Coaches found falsifying information on the game-sheet run the risk of their team being given a forfeit (loss) for that game, and will be under review for possible suspension.
- g) Players are not permitted in the bench area or playing surface before their game time. They must remain in their dressing rooms prior to their teams scheduled start time, and must wait until all players from the previous games have left the floor and bench area before stepping out onto the floor. A violation of this rule will result in a bench minor and in Rec divisions a penalty shot will be awarded to the non-offending team. If the referees can identify the first player in violation of this rule, that player will be the one serving the penalty in both Comp and Rec.
- h) At KMA Home team dressing rooms 3 & 4, and Away teams dressing rooms 1 & 2.
- i) The clock will be set to 22:00 minutes after warmup and will start upon puck drop.
- j) If a team doesn't have the minimum roster requirements (5 Players + Goalie in rec or 4 Players + Goalie in comp) by the end of the 5-minute warmup, the 22:00 minute game clock will start to run for an additional 5 minutes down to 17:00 minutes, unless the minimum required players needed to start the game are available within the 5 minutes. An automatic delay of game penalty shall be assessed as well as the loss of the teams' time out if the team can roster the minimum player requirements within the additional 5 minutes of game time. If the team is unable to roster the minimum requirements of 5 skaters and a goalie or 4 skaters and a goalie in comp, the game will be forfeited in favor of the opposing team (see Defaulted/Forfeited Games).



- k) Each team will be allowed a 1-minute time-out to be used during game play. Unless it is lost due to a “delay of game” penalty at the start of the game.

4.3 Scoring Limit (Gretzky Rule)

- a) During a Recreational game, any one player will be allowed a maximum of 3 goals.
- b) During a Competitive game, any one player will be allowed a maximum of 5 goals.
- c) If a player has reached his max goals and scores another goal intentionally, the goal will be disallowed, and that player will serve a minor penalty for delay of game. In Rec, a Penalty Shot will be awarded to the non-offending team. If the goal is deemed accidental by the officials, the goal shall be disallowed and no penalty shall be enforced.
- d) During Rec Games, if the score differential is 4 goals or more, the team down must place an additional player onto the floor as long as the losing team has 4 spare players on the bench. If the team down by 4 or more goals has 3 or fewer players on the bench, then placing the extra man is a coach’s decision so he can rest his other players. If the score returns to a differential of 3 goals or less, the teams will return to playing with an equal number of players.

4.4 Time Outs

- a) Teams are entitled to one (1), one-minute timeout each during a game unless forfeited due to enforcement of other NSIHL/RHC rules.
- b) Timeouts can be called in either regulation or overtime (playoffs). Only one timeout is permitted per team, per game.

4.5 Length of Game

- a) The game during regular season and playoffs will consist of a 5 minute warm up, 2 periods of 22 minutes running time each, a 1-minute break between periods and a hand shake at the end of the game. A maximum of one hour is available to complete all regulation league and playoff games.
- b) Stop Time: In any division the clock will adjust to stop-time if a game is within 3 goals in the last 2 minutes of play.

4.6 Player Injury

Any penalty resulting in a player injury whether accidental or not shall result in an automatic major penalty and game misconduct.

4.7 Goaltender Safety

- a) In the event that a Goaltender is struck in the head with a shot as the primary point of contact, the play shall be blown down immediately in both Rec and Comp Divisions.
- If a shot hits the goaltenders mask and deflects directly into the net, the goal will count.
- b) Any physical contact with the goaltender made by an opposing player within the crease will result in an automatic minor penalty for goaltender interference. This is not a discretion call, but an automatic one. If



the player was guided in to the goaltender by an opposing player, then both players will receive coincidental interference penalties.

4.8 Automatic Whistle

4.8.1 Goaltender Equipment

- If a goaltender loses any piece of protective equipment during play, the whistle shall be blown immediately.

4.8.2 Goalie Mask

- If a goalie takes a direct shot to the head, the play shall be blown down immediately. (see goaltender safety)

4.8.3 Player Safety

- If at any point the referee sees a play that may not be a penalty, but the referee deems to be unsafe, the whistle shall blow immediately. (example: player loses his helmet or cage comes off right in front of the net)

4.9 Fair Play / Equal Play Rule

The purpose of this rule is to ensure that all players receive equal playing time, both in the number of shifts and in the approximate length of each shift. Each shift length among players should be relatively even. An exception to this will be in the case of a player being disciplined by his coach or injured, at which time a Coach may limit a player's playing time.

- a) At no time may the number of forwards or defence on the bench be more than one skater greater in number:
 - 4 Forwards & 4 Defence = Balanced
 - 5 Forwards & 4 Defence = Balanced
 - 4 Forwards & 2 Defence = Unbalanced
 - 5 Forwards & 3 Defence = Unbalanced
- b) Playoff games should have a monitor present (3rd dressed Referee in the stands, or NSIHL Board Member) to watch for players being given excessive floor time.
 - i. All observers are considered league officials and will have the final say.
 - ii. Coaches must have an equal number of forwards and defence OR a difference of only 1.
 - iii. If the monitor becomes aware of any non-compliance with the rule, they may immediately instruct an on-floor official to assess a warning.
 - iv. With a second violation of this rule, a bench minor penalty shall be assessed which in Rec divisions will result in a penalty shot, or in Comp divisions, a power play.
 - v. The Penalty will be a bench minor penalty and will be served by the player receiving the excessive floor time. In the event there is more than one player that is receiving excessive floor time, the Referee will choose which player will serve the penalty.
- c) A penalty under this ruling can be called as often as required during any specific game, and will also have a carry-over effect into following games.
- d) The equal play will escalate each time it is called as outlined below:



- First infraction – Warning to the coach and offending player.
- Second infraction – Bench Minor Penalty served by the player receiving excess playing time.
- Third Infraction – Bench Minor Penalty served by the player receiving excess playing time as well as the team’s coach being ejected from the game.
- Fourth infraction – Bench Minor Penalty served by the player receiving excess playing time as well as the team’s coach being ejected from the game. Coach will also be (under review for possible further suspension). Future coaching assignments with the NSIHL will be up for review.

Note: Players receiving excess floor time must sit in the box and “serve” the penalty in Comp Divisions, this is not necessary to have someone serve the penalty in Rec divisions as it is a Bench Minor Penalty.

- e) **In Playoffs the fair play rule is not enforced for Competitive Divisions only during the last 5 minutes of play and overtime.**

4.10 Playoff Rules

Tie Breaking Procedure – End of Regulation

- If the teams are tied at the end of regulation, there will be a 1-minute intermission and a 5-minute running time Overtime, then sudden-death shootout will commence.
- Every player will be eligible to score during Overtime and Shootout
- The home team will choose whether to shoot first or second.
- If the game remains tied after overtime, there will be a 3 player per team shootout. All 3 players on each team will shoot, and the team scoring the most goals will win.
- If the game remains tied after each team completed their 3 shooters, a single player sudden victory shootout will commence.
- Each team will alternate shooting until one team outscore the other.
- If a team uses every player on its roster, it will return to the beginning of its shootout order and continue. At the time one team uses all their players, the other team may return to the beginning of its shootout list, regardless of whether all of its players have had a turn shooting. Once returning to the start of the list. Players must shoot in their original order.

Equal Play Rule will be in full effect during Regulation and Overtime (It will not be in effect during shootout)

5 SECTION FIVE: PENALTIES AND PENALTY SHOTS

5.1 Penalty Times

- Minor Penalties - 3 minutes served
- Double Minor - 6 minutes served
- Major/Match Penalties - 7 Minutes served

10 Minute Misconducts will be served as 10 Minutes

5.2 Three Penalty Rule / 10 Minute Misconduct

- Any player incurring 3 penalties during, or at the conclusion of the game will be given a game ejection. Ejected players in Competitive divisions will be served by a teammate on the floor at the time of the penalty.



- b) If a player receives a 10 Minute Misconduct in the last 10 minutes of the game, the player shall receive a 1 game suspension.

5.3 Goaltender Ejection / Major, Match or Misconduct

- a) If a goalie is ejected from the game due to 3 penalties, they can continue to finish the game, but will serve a 1 game suspension for their next game, and or any other penalties that may incur during the game.
- b) If a goalie is given a major/match penalty and a game misconduct, the team will place an additional skater on the floor in place of the goalie until a new goalie is dressed.

5.4 Penalty Shots in Rec Division

- a) In Recreational Division games, penalties result in a penalty shot being awarded to the opposing team. The player who incurred the infraction is the player who must take the shot unless he is unable to do so due to injury or Gretzky rule. The penalized team does not play shorthanded after the penalty shot. The penalized player serves the full timed penalty and may only return on the first whistle (stoppage of play) upon the expiry of the penalty (note: for the player to return, the penalty must be fully expired when the stoppage of play occurs). Penalty shots are awarded for each individual infraction. If two penalties are incurred on the same player, that player must take both shots unless due to injury or Gretzky rule in which case any player on the floor can take 1 or both shots. Any Major penalty, Match Penalty, or Gross Misconduct will result in 2 penalty shots. The first penalty shot will be awarded to the player who incurred the infraction, unless ineligible due to the Gretzky rule or injury in which case any other player on the floor at the time of the infraction will shoot. The second penalty shot can be taken by any player on the team.
- b) No penalty shots will be awarded for 10-minute Misconduct Penalties.
- c) No Penalty Shots will be taken when offsetting penalties are called.
- d) Bench minor penalties result in a penalty shot. No one has to serve in the box for “too many men” penalties, or bench minor penalties where a player cannot be identified.
- e) Too Many Men: For the Recreational Divisions when a “too many men” penalty is called, anyone on the surface who hasn’t reached their goal limit at the time of the infraction is able to take the penalty shot. (note: if everyone on the surface has reached their goal limit in accordance to the Gretzky rule then anyone on the bench may then take the penalty shot.)
- f) Delayed Penalty Rule: During a Recreational game if a goal is scored on a “delayed penalty” by the non-offending team, the goal will be counted and NO penalty shot will be awarded; however, the player who committed the infraction must still sit the full duration of his penalty in the penalty box (Rec division) despite any scoring. The team will NOT play shorthanded.
- g) Goalies must remain in the crease until the puck has been touched. If the goalie leaves the crease early before the puck has been put in motion, the player will be allowed a second penalty shot if a goal is not scored.

5.5 Unsportsmanlike Conduct

- a) The NSIHL considers inline hockey to be a fun spirited game. The league will not tolerate stick slamming on boards or tile surface, and any type of unsportsmanlike conduct.



- b) Any arguing or disputing of a call made by an official may result in an automatic minor penalty.
- c) Any foul language towards an official or the opposing team will result in an automatic minor penalty for unsportsmanlike conduct or given a misconduct at the discretion of the referee.

5.6 Fighting

Fighting will result in a major penalty and a game misconduct, plus a minimum 3 game suspension. A second fighting offense by a player in the same season will result in a suspension for the balance of the season. That player will not be permitted to play in the league again without approval of the League Manager and Disciplinary committee.

5.7 Inline Tile Surface, Benches, & Penalty Box

- a) Keep the floor surface as clean as possible: Water bottles be kept on benches behind the boards, no gum or food products of any kind should be on the bench or playing surface. Spitting on the surface is strictly prohibited and will result in a gross misconduct, and indoor hockey wheels should only be used.
 - It is recommended to not use your indoor wheels outside.
- b) Only penalized players, referees, and league personnel should occupy the penalty box.
- c) **Gate Rule:** A player in any Competitive game occupying the penalty box must close the gate upon the expiry and completion of their penalty while play is in progress. If the penalty expires due to a goal or if the player leaves on a whistle, then no enforcement of this rule is necessary. It will only be called during play.

If the player makes a decent and valid attempt to close the penalty gate upon the expiration of their penalty during play but the gate doesn't properly latch player shall not be penalized (valid attempt made at the discretion of the referee). The league in enforcing this penalty to ensure the safety of all players.

- *The gate rule is not enforced in Rec Divisions as the players hop out during a whistle.*

5.8 Face-Off Locations - Penalties

- a) Any penalty (excluding coincidental) will automatically result in a face-off in the offending team's zone. All coincidental penalty's will be faced off at Centre.
- b) If multiple penalties are given on the same play, and there is any timed penalty on the clock, the faceoff will take place in the offending teams zone (the team killing the penalty).

5.9 End of Game Hand Shake

- a) At the end of a game it is customary to shake hands with the opposing team. Failure to participate in the Handshake by an individual player or coach may result in a one-game suspension. Failing to participate in the handshake as a team may result in the forfeiture of the team's next game.
- b) Any penalty handed out in the post game handshake will result in the player being suspended for their next game.

6 SECTION SIX: NSIHL LOCATIONS



6.1 Playing Arena's

Karen Magnussen Arena
2300 Kirkstone Rd
North Vancouver, BC
V7J 1Z6

Harry Jerome Arena
123 23rd Street E
North Vancouver, BC
V7L 3E2

West Vancouver Arena (Proposed for 2016 Season – TBD)
786 22nd Street
West Vancouver, BC
V7V 4B9

7 SECTION SEVEN: CODE OF CONDUCT

Players Code of Conduct

- I will commit my time and enthusiasm to my team.
- I will show respect for the league, referees, coaches, and players.
- I will refrain from swearing in the arena.
- I will abide by the league's "zero tolerance policy" regarding the use of drugs and/or alcohol at sanctioned events.

Coaches Code of Conduct

- I will commit my time and enthusiasm to the team and the league.
- I will lead by example and show respect for league officials, referees, players, and coaches.
- I will refrain from swearing on the floor, bench, dressing room, or arena area.
- I will operate my team based on the rules established by the league
- I will abide by the leagues "Fair Play Rule" and play all players equally.
- I will communicate any concerns I have with the players, parents, coaches, and league officials.

Parents Code of Conduct

- I will show respect towards the referees, coaches, and the league.
- I will ensure my children reach the maximum attendance possible for games and practices.
- I will communicate any concerns I have with the coaches and league officials.

Referee's Code of Conduct

- I will enforce the rules of the game as described in the NSIHL & RHC Rulebooks.
- I will lead by example and show respect for all players and coaches.
- I will maintain my knowledge of all league rules.
- I will commit to arriving on time, and officiating each game at my fullest ability.



Requests for rule changes or modifications to this Rulebook, need to be sent to the attention of the League Manager and Ref-In-Chief. Changes will be voted upon by the NSIHL Board of Directors after the completion of each season. Modifications to this rulebook may be made at any time during the 2016 season to address items that may have inadvertently been left out.

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