

OFFICIAL RULEBOOK

Version III - 2022  
ADULT EDITION  
[www.NSIHLA.com](http://www.NSIHLA.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Hockey Association / Hockey Canada Rules (where applicable), will govern all games, played by the NSIHL unless they are superseded by a change made specifically by the organization.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.nsihla.com](http://www.nsihla.com)

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## TABLE OF CONTENTS

		Drug and Alcohol Policy	12
<b>SECTION ONE: LEAGUE ADMINISTRATION</b>	7	<b>** INCIDENTS WILL BE INVESTIGATED BY MANAGEMENT PRIOR TO SUSPENSIONS BEING APPLIED. IF SUSPENSIONS ARE APPLIED, THEY ARE FINAL AND CAN NOT BE APPEALED.</b>	12
League Requirements	7		
Division Structure	7		
Age Requirements	7	Spectator Interference	12
Eligible Players	7	Personal Property	12
Team Registration	7	Accidents & Injuries	12
Player Registration	7	Phone and Camera Policy	12
Division Balancing	7	<b>SECTION THREE: PROTECTIVE EQUIPMENT</b>	12
Coaches & Team Officials	8	Equipment – Players	12
Goaltender Injury	8	Equipment – Goalies	13
Uniforms / Jerseys	8	<b>SECTION FOUR: NSIHL HOUSE PLAYING RULES</b>	13
Signing of Game Rosters	8	Forfeited/Defaulted Games	13
Roster Limits & Spares	8	Procedure for Start of Games	14
1.12.1 Players	8	Home team dressing rooms 3 & 4, and Away teams dressing rooms 1 & 2.	14
Bullying / Harassment Policy	9	Time Outs	14
Suspensions	9	Length of Game	14
** INCIDENTS WILL BE INVESTIGATED BY MANAGEMENT PRIOR TO SUSPENSIONS BEING APPLIED. IF SUSPENSIONS ARE APPLIED, THEY ARE FINAL AND CAN NOT BE APPEALED.	10	Player Injury	14
Suspension – Appeals	10	Goaltender Safety	14
Management Rights	10	Automatic Whistle	15
Referee Qualifications	11	Goaltender Equipment	15
Playoff Eligibility	11	Player Safety	15
Players	11	Playoff Rules	15
Goalies	11	<b>SECTION FIVE: PENALTIES AND PENALTY SHOTS</b>	15
Playoff Format – Seeding & Tie-Break Procedure	11	Penalty Times	15
Seeding	11	Three Penalty Rule	15
Tie Breaking Procedure	11	Goaltender Ejection / Major, Match or Misconduct	15
Game Protests – Playoffs	11	Unsportsmanlike Conduct	15
<b>SECTION TWO: THE ARENA</b>	11	Fighting	16
Arena Property	12	Inline Tile Surface, Benches, & Penalty Box	16
		Face-Off Locations - Penalties	16

5.8 Delay of Game – Puck out of play	16	BOARDING	16
<b>Penalties</b>	16	<b>SECTION SEVEN: CODE OF CONDUCT</b>	16

## **2022 Rule Adjustments**

### **Team Registration**

- We are expecting to reach full capacity and teams will be waitlisted. Starting in 2022 teams must submit the Pre-Registration prior to the registration deadline.

Schedule Roster Deadline - March 15th (8 + G) to be scheduled for the start of the season.

Registration deadline for Roster minimum (10 + G) will be April 15th. Teams that do not have their roster minimum met by April 15th will potentially lose their spot.

### **Registration Roster Minimum**

- 10 skaters + 1 Goaltender

or

- Equivalent Financial value divided by less players. Must communicate with management directly prior to the season starting.

### **Game Day Rosters**

- 4 skaters + G

- 5 skaters, no goalie

**\* Note - Games with 6 goal differentials will result in the completion of the game at the resulting score.**

**\* Any coincidental penalties will result in completion of the game as the team will not have enough skaters to field a team.**

### **Recommended Two Uniform Policy (Jerseys) - To be instituted in 2023**

- It is recommended that teams with common-coloured uniforms add another coloured jersey to avoid colour conflict. The uniforms do not have to match in design but must be coloured differently.

- Home Team: Dark (I.E Black or similar)

- Away Team: Light (I.E White or similar)

- The Home Team will change uniforms in the event of a colour conflict decided by Officials and or Management.

- Teams must be able to prove ownership of two uniforms before Roster deadline.

### **Delayed Start procedure**

- Score Clock will start running allowing for a 5 minute "waiting" period prior to the end of warmup.
- If / when the team has enough players to field a team, they will be assessed a minor penalty for delay of game upon the start of the game.
- If the team cannot field a 4 + G (or 5 skaters) they will forfeit after the 5-minute waiting period has expired.

**\*Note - Some to avoid a forfeit will be provided if the players or goaltender are in the building and almost ready. Teams will utilize their 1-minute time out automatically.**

**\* Players in attendance will receive credit for the game towards playoff qualifications.**

### **No Goaltender**

- Teams will be able to find a replacement goaltender it must be approved by management prior to the game.
- Teams will be able to ask a goaltender from the previous game barring if they are approved by management before puck drop.

**\* Note - In the last resort event where the replacement goaltender is overqualified, the opposing team will be notified of the situation as a courtesy.**

**- Players are permitted to substitute as goaltenders with proper equipment, if available.**

### **Merci Rules**

Goaltenders present:

- 6-goal differential: Losing Team approves run time
- 8-goal differential: Automatic Run Time

No Goaltender:

- 6-goal differential: Automatic Run time
- 8-goal differential: Completion of game at current score.
- In the event of a friendly game with a lopsided score the game is completed due to goal differential, the teams will be permitted to use the floor time but league staff will not be required to remain.
- In the event of a lopsided game with more than a 6-goal differential, the game becomes unruly; the Officials and or management have the right to end the game. In this situation, the team(s) responsible lose the right to use the open floor for the remainder of the time slot.

### **Problematic Players (Ejections with or without penalty)**

- Any problematic player removed by officials or staff will be limited to 2 ejections without suspension in a season. Upon the 3rd ejection they will be suspended for 1 Game. Any additional ejection will incur a 1 Game suspension. For example:

1st - No Suspension

2nd - No Suspension

3rd - 1 Game

Any subsequent ejection will be assessed as game misconduct after the review.

### **Playoff Scheduling**

- Mid to Late July and August.

**\* Note - August (BC Day) Long Weekend will be avoided.**

### **Standings and Playoff Seeding**

- Standings / Seedings formula

Points / Reg. Wins / Head-to-Head / Goal Differential

### **Playoff Qualification (Division 1 - Elite)**

All Division 1 players will be required to designate a team for playoffs.

- Skaters - Players registered in Division 2 or 3. Teams may only substitute up to 8 skaters for a game.

\* No Minimum required for lower division call ups.

- Goaltenders - If approved by management prior to the game. Management will take into consideration:

- 1) Registered (Part-Time or Full Time) on the Lower Division Team.
- 2) Previously registered but missed time due to injury or other reasons such as temporary leave with proof of cause.
- 3) Level of play

### **Playoff Qualification (Division 2-6)**

\* Players can provide a medical note for up to 4 games forgiveness. Notes must be provided from a medical professional in paper or electronic form. Notes must be provided before the start of the playoffs.

- Skaters - 50% (I.E = 8 of 16).

**\* Note - Part time Goaltenders must also qualify for Playoffs as skaters to play as a skater.**

- Teams may only substitute up to 8 skaters for a game.

- Goaltenders - If approved by management prior to the game. Management will take into consideration:

- 1) Registered (Part-Time or Full Time) on the Lower Division Team.
- 2) Previously registered but missed time due to injury or other reasons such as temporary leave with proof of cause.
- 3) Level of play

### **Puck out of play**

**Accidental** - When the defending team directs the puck out of play above the height of the glass (does not include bench or penalty box) the defending team will not be permitted to substitute or change players at that stoppage.

**Intentional** - When a player intentionally shoots or directs the puck out of the playing surface, they will be assessed a Delay of Game penalty to the player who performed this action.

### **Placement of Faceoff**

**Puck out of play** - When a team directs the puck out of play while in the defending zone (Accidentally or Intentionally) the attacking team will be permitted to select the faceoff location in the attacking zone.

**Penalty** - When the offending team is assessed a penalty the non-offending team will be permitted to select the faceoff location in the attacking zone.

## **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 Division Structure**

Division 1 – Elite Players

Division 2 – High Performance Players

Division 3 – Competitive Players

Division 4 – Combination of Competitive and Recreational Players

Division 5 – Recreational Players

### **1.3 Age Requirements**

16-17 - Must have waiver signed by parent or legal guardian

18 + - No waiver required.

\* Waiver can be found online at <http://www.nsihla.com/forms>

### **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 to play in any capacity until registered.
- b) 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.
- c) 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 Major Penalty for delay of game, and the player will be given a game ejection and the captain will also be suspended.

### **1.5 Team Registration**

Registration Opens - January 1st

Teams Registration closes - March 15<sup>st</sup>

Free Agents registration closes - March 15<sup>st</sup>

Roster Minimum - March 30th

Player's registration closes - May 15th

\* If the captain opted for the Payment plan option, the outstanding balance must be paid prior to the start of league play.

## 1.6 Player Registration

Players must register and cannot complete registration without proceeding with payment at the time of registration.

## 1.7 Division Balancing

Divisions will be balanced when management determines that adjustments are required and available depending on the structure and skill level available. Teams may request balancing, but management may not adjust their placement until the block of schedule is complete. Balancing may happen after the block of schedule has been completed at least 2-3 times per season.

## 1.8 Coaches & Team Officials

Coaches and Team officials are not required for league play and unless a team official has been approved by management.

## 1.9 Goaltender Injury

1.9.1 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.

1.9.2 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.

1.9.3 In the 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.

\*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 Uniforms / Jerseys

1.10.1. 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) or suitable replacement uniforms. At the discretion of management, **the home team** will adjust accordingly if required.

**1.10.2 All teams as of 2021 must have two complete sets of uniforms. The designations will be as follows:**

**Dark - Home Jerseys**

**Light - Away Jerseys**

## 1.11 Signing of Game Rosters

1.11.1 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 game sheet.

1.11.2 Late players must arrive, be added to the game sheet, dressed and ready to play before the start of the second period.

1.11.3 Due to insurance and eligibility requirements, official game rosters must be updated and confirmed to be accurate by the **captain or suitable alternate** of each team prior to every game and confirmed by the start of the 2<sup>nd</sup> period. All captains 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.

## 1.12 Roster Limits & Spares

1. **1.12.1 Players**



Registration Roster (minimum)	- 10 players	+ Goaltender
Game day Roster	- 4 players	+ Goaltender
No goaltender present	- 5 Players	

\*8 goal differential will result in automatic Run Time.

\* Teams that meet the minimum roster requirements are eligible for additional Part Time players to be added by private invitation **as approved by management.**

\* If the teams' assigned Goalie is unable to attend a game, the team may pull any registered goaltender from another Adult or Youth league team to replace him. Management will also assist in the search for a substitute goaltender.

#### **1.12.2 Elite Players Restriction**

As of 2020, management will be enforcing an elite players restriction. This restriction will limit players from playing more than two divisions below their skill level, this will be enforced with a two-phase policy:

Phase 1 – Removal of the player and their points rescinded. If a player has scored goals or assists the goal will be rescinded and the assists removed.

Phase 2 – The Team Captain will be assessed a Major + Game misconduct for Ineligible Player. There will be no suspension on the first incident, but an additional suspension will apply to any further incident.

### **1.13 Bullying / Harassment Policy**

The purpose of this policy is to guide the league 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 captains 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 OCCURRENCES WILL BE FORWARDED TO THE DISCIPLINARY COMMITTEE AND SHALL BE DEALT WITH ACCORDINGLY.**

## 1.14 Suspensions

- 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.
- A suspended player is suspended from all teams until their suspension is completed in the division, they were suspended in.
- 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.
- Suspended players are NOT permitted on/or behind the bench while under suspension.

**\*\*Suspended players are not permitted to any refunds post incident**

### Suspension Guidelines

<u>Major Penalties</u>	
Accidental (Due to injury)	No Suspension
1 <sup>st</sup> Incident	1 Game + Captain (1 Game)
2 <sup>nd</sup> Incident	3 Games + Captain (1 Game)
3 <sup>rd</sup> Incident	Indefinite Suspension + Captain (3 Games)
<u>Match Penalty</u>	
1 <sup>st</sup> Incident	3 Games + Captain (1 Game)
2 <sup>nd</sup> Incident	5 Games + Captain (2 Games)
3 <sup>rd</sup> Incident	Indefinite Suspension + Captain (3 Games)
<u>Fighting</u>	
1 <sup>st</sup> Incident	3 Games + Captain (1 Game)
2 <sup>nd</sup> Incident	Indefinite Suspension + Captain (1 Game)
<b><u>**One-man fights will result in an additional game suspension to the player identified</u></b>	
<u>Gross Misconducts</u>	
1 <sup>st</sup> Incident	3 Games + Captain (reviewed per incident)
2 <sup>nd</sup> Incident	5 Games + Captain (1 Game)
3 <sup>rd</sup> Incident	Indefinite Suspension + Captain (3 Games)
<u>Illegal Substance</u>	
1 <sup>st</sup> Incident	5 Games (Registration ban if applicable) + Captain (1 Game)
2 <sup>nd</sup> Incident	Indefinite Suspension + Captain (3 Game)
<b>** Any 2nd / 3rd Offense for illegal substances above could result in Registration ban if applicable.</b>	

\*\* INCIDENTS WILL BE INVESTIGATED BY MANAGEMENT PRIOR TO SUSPENSIONS BEING APPLIED. IF SUSPENSIONS ARE APPLIED, THEY ARE FINAL AND CAN NOT BE APPEALED.

## 1.15 Suspension – Appeals

- 1.15.1 Decisions regarding suspensions will be heavily investigated by management prior to suspensions being applied. Players will be notified by management of their suspensions applied and will be provided with a detailed description of the incident.
- 1.15.2 Teams that wish to appeal or discuss incidents or suspension must wait 24 hours before contacting management.

## 1.16 Management Rights

- 1.16.1 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.
- 1.16.2 League Management also reserves the right to (re)balance Teams in any division based on game performance and/or individual skill of certain players.
- 1.16.3 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 NSIHL Officials Clinic for re-certification. This includes, but no limited to, meeting all requirements of the NSIHL certification and passing of the written exam.

## 1.18 Playoff Eligibility

### 2. Players

- 1.18.1 Players in all divisions must play in 6 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.
- 1.18.2 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.*
- 1.18.3 Players may only play for teams that they are registered with.
- 1.18.4 In extenuating circumstances, the league may grant permission for a player to play on several teams in different divisions.
  - a) 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 and suspension to the captain.
  - b) Eligible players for playoffs will be identified via Hockeyshift stats online at [www.nsihla.com](http://www.nsihla.com).  
***Any inaccuracies must be reported to the league manager immediately prior to the team's first playoff game.***
  - c) 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.
  - d) 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.

### 1.18.1 Goalies

If a team's goalie is unavailable to play an approved goalie may be recruited from another 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 once the investigation has been completed.

## 2.0 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.**

#### Illegal Substance Suspensions Guide

Illegal Substance	
1 <sup>st</sup> Incident	5 Games (Registration ban if applicable) + Captain (1 Game)
2 <sup>nd</sup> Incident	Indefinite Suspension + Captain (3 Game)
<b>** Any 2nd / 3rd Offense for illegal substances above could result in Registration ban if applicable.</b>	

**\*\* INCIDENTS WILL BE INVESTIGATED BY MANAGEMENT PRIOR TO SUSPENSIONS BEING APPLIED. IF SUSPENSIONS ARE APPLIED, THEY ARE FINAL AND CAN NOT BE APPEALED.**

### 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 Management 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.

## 3.0 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 always wear all of the required equipment: 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 always designed for ice or inline hockey during any NSIHL practices or games.
- b) Goaltenders must either wear a goaltender helmet, or player helmet with full cage.
- c) 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.
- d) No other modification shall be allowed to any other goalie equipment.
- e) Goalies may not use black tape on the blade of their sticks on the tile surface.

## 4.0 SECTION FOUR: NSIHL 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 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 the 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.

*Captains 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) 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.
- f) 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.
- g) 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.
- h) Forfeited/Defaulted games will not be rescheduled.**

## **4.2 Procedure for Start of Games**

- 4.2.1 A copy of the game-sheet will be supplied by league management prior to the start of the game.
- 4.2.2 Team officials will provide a list of player names and jersey numbers, identifying goaltenders 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.
- 4.2.3 Team officials must neatly draw a line through the players' names on the gamesheet that are not in attendance for their current game.
- 4.2.4 Teams 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.
- 4.2.5 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.
- 4.2.6 Home team dressing rooms 3 & 4, and Away teams dressing rooms 1 & 2.
- 4.2.7 The clock will be set to 18:00 minutes after warmup and will start upon puck drop.
- 4.2.8 If a team doesn't have the minimum roster requirements (5 Players + Goalie) by the end of the 5-minute warmup, they will be assessed a double minor for delay of game. If both teams are short players, the penalties will cancel out.
- 4.2.9 Each team will be allowed a 1-minute time-out to be used during game play.

## **4.3 Time Outs**

Timeouts can be called in either regulation or overtime (playoffs). Only one timeout is permitted per team.

## **4.4 Length of Game**

### **4.4.1 Regular Time**

- Warm Up: - 5 Minute
- Periods (Halves): - 18 minutes (Stop time)

### **4.4.2 Overtime**

- Reg Season: - 5 minutes (Stop time)
- Playoffs: - 10 minutes (Stop Time) as required.

### **4.4.3 Shoot Outs**

- Regular Season: - Best of 3 + additional rounds if required. Teams must complete the rotation of their roster before players can shoot again.

#### 4.4.4 Mercy Rule

6 goal differential the losing team has the choice to run the clock or not.

8 Goal differential the refs will automatically run the clock until the differential has been lowered to 6 goals.

#### 4.5 Player Injury

Any penalty resulting in a player injury whether accidental or not shall result in an automatic major penalty and game misconduct. Suspensions may be applied based on a review of the incident.

#### 4.6 Goaltender Safety

4.6.1 If a Goaltender is struck in the head with a shot as the primary point of contact, the referee will have discretion to kill play or allow the play to continue if the goaltender is not affected by the shot.

- If a shot hits the goaltenders mask and deflects directly into the net, the goal will count.

4.6.2 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 into the goaltender by an opposing player, then both players will receive coincidental interference penalties.

#### 4.7 Automatic Whistle

##### 4.7.6 Goaltender Equipment

If a goaltender loses any piece of protective equipment during play, the whistle shall be blown immediately. If an immediate scoring opportunity is denied due to this whistle, a penalty shot will be awarded to replace the denied opportunity.

##### 4.7.7 Player Safety

If at any point the referee sees a play that may not be a penalty, but the referee deems it to be unsafe, the whistle shall kill play immediately.

#### 4.8 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. The first Overtime Period will be 10 Minutes, this will be followed by additional 5-minute overtime periods if necessary.

#### 4.9 Line Change Procedure

The Line change procedure allows the Home team to have last change on a stoppage to match or adjust their players. The referee shall signal when the Away team must stop their change and the home team can start. The Home team will have the opportunity to exercise their right, but they must not take this time for granted or they will be assessed a Minor for Delay of Game.

### 5.0 SECTION FIVE: PENALTIES AND PENALTY SHOTS

#### 5.2 Penalty Times

Minor Penalties	- 2 minutes
Double Minor	- 4 minutes
Major/Match Penalties	- 5 Minutes

#### 5.3 Three Penalty Rule

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.

## 5.4 Goaltender Ejection / Major, Match or Misconduct

- 5.3.1 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.
- 5.3.2 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.

## 5.5 Unsportsmanlike Conduct

- 5.4.1 The NSIHL considers inline hockey to be a fun spirited game. The league will not tolerate egregious stick slamming on boards or tile surface, and any type of unsportsmanlike conduct. Any offence of this unsportsmanlike conduct will be assessed warning first, then a misconduct for any subsequent offense.
- 5.4.2 Any arguing or disputing of a call made by an official may result in an automatic minor penalty.
- 5.4.3 Any foul language towards an official or the opposing team will result in an automatic minor penalty for unsportsmanlike conduct or misconduct at the discretion of the referee.

## 5.6 Fighting

Fighting will result in a major penalty and a game misconduct, plus any subsequent suspensions listed in the suspension guidelines

Fighting	
1 <sup>st</sup> Incident	3 Games + Captain (1 Game)
2 <sup>nd</sup> Incident	Indefinite Suspension + Captain (1 Game)
<b>**One-man fights will result in an additional game suspension to the player identified</b>	

## 5.7 Inline Tile Surface, Benches, & Penalty Box

- 5.6.1 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.
- 5.6.2 Only penalized players, referees, and league personnel should occupy the penalty box.

## 5.8 Face-Off Locations - Penalties

- 5.7.1 Any penalty (excluding coincidental) will automatically result in a face-off in the offending team's zone. All coincidental penalties will be faced off at Centre.
- 5.7.2 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).

### 2. 5.8 Delay of Game – Puck out of play

- 5.8.1 Accidental puck out of play will result in no change for the offending team.
- 5.8.2 Intentional puck out of play will result in a delay of game minor penalty.

## 6.0 Penalties

### 6.2.6.1 BOARDING

DEFINITION: A player who pushes, elbows, charges, or trips an opponent in such a manner that causes the opponent to be thrown violently into the boards.

- A boarding penalty is punishable by a minor or major penalty.
- A player who injures or recklessly endangers an opponent as a result of boarding will be assessed either a major and game-misconduct penalty or a match penalty.



## **7.0 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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