

NCHL RULES & REGULATIONS

The Non Contact Hockey League (NCHL) is governed by the rules and regulations that are outlined in the Hockey Canada Rulebook unless noted otherwise below. The NCHL would like to place emphasis on the following rules:

TEAM ROSTERS AND PLAYER ELIGIBILITY

1. All players must complete and sign the Player Registration and Liability Waiver prior to any game play (this link is team specific and available from your GM or through the spare player registration link on the NCHL website)
2. All players must be a minimum of 18 years of age to qualify for league registration.
3. Any player is permitted to play for multiple teams and multiple divisions.
4. Each player must play **minimum 1/3** of the teams originally scheduled games in regular season to qualify to play for that team in the playoffs.

Players

There will be absolutely **NO** exceptions made to the number of qualified games required for playoffs

Goalies

- a. All goalies must play a minimum of 1/3 of their teams originally scheduled regular season games to be qualified for playoffs. If a player has a combination of games playing in net and out that meets the 1/3 number of games, they are permitted to play out as a player, they must follow the spare goalie process if the team requires them for goal.
- b. Barring Injury or a goalie(s) being unavailable for playoffs, the GM of a team will follow the spare goalie process for playoffs. This Goalie will be a current goalie in the NCHL from the same division or lower.
- c. Any Goalie listed as a qualified goalie on the team roster will not be permitted to play out if an approved spare goalie is brought in to play playoffs.
- d. Exceptions can be made to any of the above Goalie eligibility and qualification for playoffs at the discretion of the Director of Player Safety

Club Teams Players

- a. Any player can play on a club team with the minimum 1/3 of the teams originally scheduled games to qualify for playoffs.

- b. Any player registered for a club team can be credited 0.5 games towards higher division teams in that club.
- c. Teams will only be permitted to qualify a maximum of 3 players from a lower club team to qualify for a higher-level club team in playoffs.
- d. Once a club player uses their lower-level club team games to qualify for the higher-level team, they cannot use their lower-level games to qualify for an additional club team.

5. Players must be prepared to produce picture ID upon the request of league officials at any league sanctioned game during regular season. Any player failing to produce valid ID upon request shall be considered an illegal player and asked to leave the ice surface. If the player refuses to leave the ice surface the appropriate calls will be made by the on-ice officials and the GM will face a suspension review by the Director of Player Safety.

6. Any number of players can be added to the roster before the start of a regular season game providing, they have previously filled out the Player Registration and Liability Waiver.

DIVISION REALIGNMENT AND SCHEDULE ADJUSTMENT

1. The Director of Player Safety and League Administrator reserves the right to change the division of any team at any time during the season to ensure divisional parity.

2. Any team that is moved to a different division due to realignment will keep their schedule when possible.

3. Realignment will happen when needed throughout the season. Ideally after game 10 in the Winter and Game 5 in the Summer Season.

- Realignment candidates will be primarily identified (but not exclusively) based on the following criteria:
 - Win % of **.800 / .200**
 - Goal Differential **+/- 4** per game
 - Game rosters, scores, and Feedback Forms

4. All scheduled games are subject to arena ice availability. In some cases, due to mechanical difficulties or administrative error, facilities are forced to cancel bookings with the NCHL. The League reserves the right to reschedule any effected games to the best available alternate booking at the time of cancellation. Following any schedule change, team GM's will be notified as soon as possible and are responsible for ensuring the new game information is distributed amongst their teammates.

5. Due to the ongoing necessity of divisional realignment, seeding of teams prior to the playoff season will be determined in order of the following:

1. Divisional win percentage (only games played against teams that are in the current division will be included in the divisional win percentage) Forfeited games will be entered as a 0 - 0 Tie to not increase or decrease a teams Win Percentage.
2. Fewer penalty minutes
3. Goal differential
4. Coin toss

EQUIPMENT AND UNIFORMS

1. All participating members of the league are required to wear full equipment (i.e. helmet, shin pads, elbow pads, etc.) while on the ice. It is strongly suggested a CSA approved helmet is worn. If a player chooses not to wear a CSA approved Helmet they do so under their own discretion and the NCHL is not liable for any injuries that may occur.

2. Shoulder pads and facial protection (cage and/or visor) are highly recommended but not required.

3. Helmet mounted cameras (GoPro) are not permitted during any NCHL sanctioned games, Regular season, Playoffs or Tournaments. All other cameras (glass mounted) are not allowed in the playing area of the Arena and these cameras must be outside the playing area. League Officials are exempt from this rule

4. All teams are required to have both matching Dark (Home) and Light (Away) team jerseys.

a. A plain jersey consistent in color with the base color of their team's jerseys with a permanent unique number will be accepted as a team jersey.

b. Jersey must have the team logo, team name, NCHL logo, DH logo (Discovery Hockey) or a plain front.

c. Any jersey with another team logo, or dissimilar in color will not be recorded as a jersey infraction.

d. All players must be wearing team jerseys before the 4th game of the season.

e. Any players not wearing team jerseys on the 4th game of the season will have a jersey violation marked on the game sheet for that team. At 3 violations the last game played will be recorded as a forfeit for the team, penalties called will remain.

f. Team GM will be notified by email for every infraction after game sheets are received.

g. Club teams must select 1 style and logo of jersey to wear, this must be consistent throughout the year and will constitute as a jersey violation if another variation is used.

h. Goalies are encouraged to not wear the same color jersey as their opponent. If a Goalie does not have a Matching jersey this will **not** result in a Jersey Infraction.

5. All jerseys must have distinct contrasting 8"-12" numbers clearly marked (sewn, screened, sublimated, or heat sync) on the back

-Taped numbers are not permitted.

-No number is not permitted (Goalies are exempt)

-Cannot have the same number as another player except if the other player is a Goalie

6. Team representatives must ensure that all players' names and numbers are clearly recorded on the game sheet. Team representatives will sign the game sheet after reviewing the rosters.

CONTACT/HEAD CONTACT

1. Body Checking is prohibited.
2. Incidental contact may or may not result in a penalty based upon the discretion of the on-ice officials
3. Any contact with an opponent's head, if **minor** will be called as a regular 2-minute penalty ie. roughing, high sticking, elbowing
4. Any Contact with an opponent's head, if **major** will be called as a 5-minute major Penalty ie. roughing, body checking, high sticking, charging
5. Any Contact with an opponent's head, if intentional and the purpose is to cause injury a 5-minute **match** Penalty will be called.
6. A **minor** penalty shall be assessed to any player that contacts an opponent above the normal height of the shoulder with their stick. At the discretion of the Referee, should an injury be caused by an accidental high stick, a **double minor** penalty shall be assessed.

*The NCHL does not follow the set rules for head contact as set out by the Hockey Canada Rule Book. The above protocol will be followed for all head contact calls

FIGHTING AND/OR THE ABUSE OF OFFICIALS

1. Fighting is strictly prohibited.
2. Receiving a Fighting Major will result in an indefinite suspension.
3. Fighting Majors will be called based on the discretion of the on-ice officials. The NCHL Director of Player Safety will review all Fighting Majors.
4. Any Player who leaves the players' bench during an on-ice altercation will be suspended for the next game and will be placed on probation for the remainder of the current season.
5. Verbal abuse of any official will result in the assessment of a 10-minute misconduct penalty based upon the discretion of the on-ice officials.

6. Any Physical abuse or threat of Physical abuse to any league officials will result in immediate expulsion from the League.

TEAM PENALTY ACCUMULATION

1. Teams shall not accumulate greater than 9 penalties per game (double-minor counts as 2 minor penalties)
2. For teams in Tier II to Tier V – the 6th, 7th and 8th penalty
 - a. A penalty shot will be awarded to the opposing team
 - b. Penalized players shall not be permitted to take a penalty shot; In addition, the offending player will serve the duration of their penalty in the penalty box and their team will play shorthanded.
 - c. If off-setting/coincidental penalties are called, NO penalty shot will be awarded, and the penalties will still count in the overall penalty accumulation.
2. A stand-alone 9th penalty by any team will result in immediate forfeiture of the game. In the case of the 9th penalty be a coincidental penalty, the game will continue.
3. Penalty shots are to be taken by the player that the infraction occurred against unless that is not possible due to injury
4. Teams shall not accumulate greater than 30 minutes in penalty minutes per game. Any penalty beyond the 30-minute accumulation limit will result in immediate forfeiture of the game by the offending team.
5. Only one 10-minute misconduct that an individual player receives in a game will count toward the team Penalty Accumulation total.
6. By forfeiting, the offending team relinquishes all individual player points recorded in the game resulting in a win for the opposing team. All penalties will remain intact.
7. All team and individual player points scored by the opposing team will remain intact and be recorded.
8. If both teams exceed the accumulation limit simultaneously the score will be recorded as 0-0 and points will not be recorded for either team. All Penalties called will remain Intact.
9. Teams shall not accumulate greater than **300** penalty minutes during the Winter season and **150** penalty minutes during the summer season. Exceeding the limit will result in forfeiture of the remainder of the NCHL season including playoffs.
10. Team penalty minute accumulation from the regular season will carry into Playoffs.

INDIVIDUAL PLAYER PENALTY ACCUMULATION

1. Individual players may not accumulate greater than 2 penalties (infractions) per game. If a player receives a 3rd or 4th penalty this will result in an immediate ejection from the game.

2. All players who receive 3 penalties in 1 game will be sent home after the 3rd penalty with no extra penalty assessed unless;

- The 3rd penalty is a double minor, major or match resulting in the player receiving 4 or more penalties. That player will be assessed a 10-minute Game Misconduct from the league for receiving 4 or more penalties in 1 game.
- If a player receives a 3rd penalty and before they leave the arena a 4th penalty, a 10 min Misconduct will still be issued.

3. Winter Season (Playoffs included)

a. Any player who accumulates a total equal or greater than **30** penalty minutes during the winter season will be suspended for the next game.

b. Any player who accumulates a total equal or greater than **40** penalty minutes during the winter season will be suspended for the next two games.

c. Any player who accumulates a total equal or greater than **50** penalty minutes during the winter season will be suspended indefinitely from the NCHL.

4. Summer Season (Playoffs included)

a. Any player who accumulates a total equal or greater than **30** penalty minutes during the summer season will be suspended for the next two games.

b. Any player who accumulates a total equal or greater than **40** penalty minutes during the summer season will be suspended indefinitely from the NCHL.

5. All individual penalty minutes assessed during the regular season will carry over to the Playoffs of that season.

6. If a player receives two 10 min misconducts in 1 game, only one 10 min misconduct will count toward their individual penalty minutes. The result of receiving two 10 min misconducts in one game will be a 1 game suspension.

MAJOR & MATCH PENALTIES AND EJECTIONS

1. Any player who incurs a single 5-minute Major penalty will automatically receive a 10-minute misconduct penalty, will be ejected from the game and a suspension review will be completed by the Director of Player Safety.

2. Any player who incurs a single 5-minute Match penalty will automatically receive a 10-minute misconduct penalty, will be ejected from the game and a suspension review will be completed by the Director of Player Safety.
3. Any player who incurs a 10-minute Gross Misconduct penalty, will be ejected from the game and a suspension review will be completed by the Director of Player Safety.
4. Any player who has been ejected from a game must leave the ice and/or bench/penalty box immediately and is not to return to the viewing area of the arena. Any remaining penalty time for the offending player is to be served by another teammate that was on the ice at the time of the offence.
5. Any player who has been ejected from the game based on the discretion of the referee could receive a 10-minute misconduct.

SUSPENSIONS AND PROBATION

1. Any player who has been suspended will remain on probation for 1 year from the date of the offence.
2. Any player who is currently on probation as the result of a suspension and/or any other violation of the league rules may be:
 - Suspended for any number of games at the discretion of the Director of Player Safety during the regular season including playoffs and/or
 - Permanently expelled from the league
3. Any individual player suspensions incurred will carry over into the playoffs
4. Any player who receives an indefinite suspension for any reason will remain suspended indefinitely pending a disciplinary reinstatement hearing.
 - Anyone suspended indefinitely from the NCHL must wait a minimum 1 calendar year prior to asking for a review from the Director of Player Safety
 - Reinstatement hearings are granted at the discretion of the Director of Player Safety
 - If a player is reinstated, they must agree to a probationary period of at least 1 calendar year
5. It is the personal responsibility of each suspended player to contact the Director of Player Safety for a disciplinary reinstatement hearing.
6. A player suspended for any reason as the result of his/her actions during a game will not be permitted to play for any team in the NCHL including NCHL tournaments until the suspension has been served in full.

7. A player suspended for any reason will not be permitted to be present on the bench during any NCHL game.
8. Any suspension assessed will carry through subsequent seasons unless it is a penalty minute accumulation suspension.
9. Any player attempting to play while suspended will be suspended indefinitely from the league.
10. The NCHL has the right to suspend any player or GM indefinitely for non-payment of league/Team fees.

INCIDENT REVIEW PROCESS

Review Committee:

The review committee is comprised of no less than three members of the NCHL administration including the Director of Player Safety

Non-Reviewable Suspensions:

Any suspension resulting from individual player penalty accumulation will be automatic and will not require a review. These suspensions will be sent out by the NCHL to the team GM and be posted on the NCHL website.

Reviewable Suspension:

With exception of Individual penalty minute accumulation suspension, the procedure will be as follows:

1. Game sheets and official write ups will be received
2. A request for write up will be emailed to both GMs, response required withing 24hrs
3. Discussions with both officials and GMs will be done if clarification of write ups is needed.
4. Decisions will be made by the Director of Player Safety and the team GM will be notified and the website updated.
5. At this point the decisions made are FINAL

FORFEITS

1. Any team who forfeits their game at the start of the game for not enough players or no goalie. will also forfeit an upcoming game to their opponent as scheduled by the league. This will not apply to games that are forfeited due to team penalty accumulation, or any other reason, during a game.
2. If a team forfeits their last game of the regular season that team will have the option of:

a. Forfeit their playoff game and be finished for the season. The other team will get credited for 1 game played for every player on his or her roster.

b. Have the option to pay \$300 that will go directly towards the team who was forfeited against for their loss of game. This will enable the offending team to be eligible for playoff

GOALTENDERS

1. All teams are encouraged to have a goaltender present and on the ice at the beginning of each game.
2. If a goaltender does not come onto the ice until after the allotted 3-minute warm up has expired no further warm up will be permitted.
3. If the goalie does not come on the ice after the 3-minute warm up the game will start with 6 skaters on the ice. This will continue until the goalie is fully dressed. If a goalie is not on the ice before the end of the 1st period, the game will be forfeited and the team will lose a future game to their opponent.
4. If a goalie is injured during the game, a team will have 15 minutes to dress a new goalie or continue to play with 6 skaters for the remainder of the game.
5. Goaltenders shall be permitted to wear 'Cat-Eye' type goaltender masks. By doing so, they assume all risk inherent therein and agree to take full responsibility for any injury or harm caused to themselves while wearing such equipment. In addition, they must agree to waive any liability whatsoever from the NCHL, league administrators or the league governing body.
6. Goaltenders are encouraged, but not required, to wear a team jersey consistent with that of their teammates; it is encouraged that goalies NOT wear the same color of their opponents.

5 TIERED RULES

Tier 1

All NCHL rules except that there will be no penalty shots awarded on a team's 6th, 7th and 8th team penalty. A forfeit still occurs at the 9th team penalty. (See Team Penalty Accumulation Section)

Tier 2

All NCHL rules apply.

Tier 3

All NCHL rules apply plus all players are limited to 3 goals in a single game. If a player with 3 goals is awarded a penalty shot, any other player that is on the ice at the time of the infraction will be selected from that player's team to take the shot. If a 4th goal is scored by one player, the goal will be disallowed and the face off will be at Centre ice.

Tier 4

All NCHL rules apply plus all players are limited to 3 goals in a single game. If a player has scored 3 goals in the game, they will not be permitted to shoot in the shootout. If a player with 3 goals is awarded a penalty shot, any other player that is on the ice at the time of the infraction will be selected from that player's team to take the shot. If a 4th goal is scored by one player, the goal will be disallowed and the face off will be at Centre ice.

Tier 4 will also follow the rules surrounding the Mentorship program as well as the Fair Play Initiative (Ringer Rule).

NEW Tier 5 - Discovery Hockey

Tier 5 Divisions will be Discovery Hockey teams who have graduated over the last 2-3 years. Based on the discretion of the Director of Player Safety teams with similar skill level who have not graduated from Discovery Hockey may be placed in these Divisions.

All NCHL rules apply plus all players are limited to 3 goals in a single game. If a player has scored 3 goals in the game, they will not be permitted to shoot in the shootout. If a player with 3 goals is awarded a penalty shot, any other player that is on the ice at the time of the infraction will be selected from that player's team to take the shot. If a 4th goal is scored by one player, the goal will be disallowed and the face off will be at Centre ice.

Tier 5 will follow the rules surrounding the Mentorship program as well as the Fair Play Initiative (Ringer Rule).

Mentorship Program

The mentorship program is a program designed for higher skilled players to be present to help teach the game of hockey to Tier 4 & 5 players through coaching and leading by example. Keeping with the development philosophy of Tier 4 & 5, higher skilled players can still play with their friends, but they must respect the intentions of the development divisions.

Mentor Rules:

1. Mentorship Program is strictly a volunteer program that GM can nominate players on their own team who they feel fit this role
2. A mentor is there to guide, help, coach, and aide development of their teammates. Participate in games, but not control games
3. Mentors cannot score goals. If a goal is scored it will **NOT** count and a face off will occur at center ice, same as the 3-goal rule.
4. Mentor's name will have an "**M**" beside it on the game sheet
5. Mentor's assists will count.

6. If a Mentor does not follow the development philosophy outlined, they will be removed or suspended from playing in Tier 4

7. Any player with a “M” beside their name will not be eligible to partake in the shootout at the end of the game if the game ends in a tie.

NEW Mentor Rules Tier 5:

1. If a player primarily plays on a team in Tier 1 – 4 and decides to play on a Tier 5 Discovery Hockey Team as a spare or regular player, the GM must automatically label the player as a mentor by putting an “M” on the roster sheet. Failing to do so may result in the GM being suspended at the discretion of the Director of Player Safety.

2. If a Mentor player scores a goal, it will not count, and that player may be suspended for 1 game for not following the mentorship program and spirit of the division

3. If a mentor does not follow the development philosophy outlined in the Discovery Hockey division(s), they will be removed or suspended from playing in Tier 5

4. Any last-minute spare(s) handwritten on the game sheet must be added to the roster by a GM will be labelled with the Mentor label “M” and this will be re-assessed by League Administration post game after the scoresheet has been submitted and follow up is made with NCHL Officials

5. If a GM brings out a spare player that is identified as too skilled for the division by NCHL officials, this will in the GM facing a potential suspension at the discretion of the Director of Player Safety.

Fair Play Initiative (Ringer Rule)

If a team fails to nominate a player who fits the category of the mentorship program or is too skilled of a player for Tier 4 or Tier 5 the following rules and process will be in place:

1. If a player is deemed by the officials to be playing outside the skill level and spirit of the division (at the discretion of the on-ice official) both captains shall be called by the officials and the player will be issued a warning and reminded to play within the spirit of the tier and division. This warning will be noted on the game sheet and tracked by league admin.
2. If a warning has been issued to the player and they continue to play outside the spirit of the division, a 2-minute minor penalty for unsportsmanlike conduct shall be assessed. This penalty will be noted on the game sheet and tracked by league admin
3. After receiving the 2-minute penalty for unsportsmanlike penalty and the player continues to play outside the spirit of the division, the on-ice officials shall assess a gross misconduct. This player will be ejected from the game. This penalty will be noted on the game sheet and tracked by league admin

above is the in-game process

1. Upon receiving the first warning, the team's GM will be contacted by the league. They will be asked to review the fair play warning ruling, its philosophy, and reply to the league representative with an agreement and an understanding of the FPW system, and its implications moving forward.
2. If the player receives two more warnings in any future games, that player will again be assessed a verbal warning, and an "FPW" label will then be added to the player's name for the balance of the season.
3. All future games played by any player with a "FPW" label, **no** verbal warning from the officials will occur and the official will either issue a 2-minute minor for Unsportsmanlike conduct or gross misconduct. The Director of Player safety can suspend any player with an FPW label at their discretion if they continue to play outside the spirit of Tier
4. FPW labels will be added to all tier IV and tier V teams the player plays for and will continue between the Winter and Summer seasons
5. All verbal warnings will be tracked, and **ANY** three warnings will also bring with it an FPW label. This prevents players from simply receiving a verbal warning each game, with no penalty or implications.
6. Any player with a FPW beside their name will **NOT** be eligible to partake in the shootout if the game ends in a tie.
7. If a player who has been identified by a FPW is taken down during a breakaway, they will not be eligible to take the penalty shot. This will be delegated to another player on the team not identified with an FPW.

NEW Fair Play Warning for Tier 5

1. If a player who is labelled with a mentor "M" on the roster receives a FPW in any game, that player will be suspended at minimum **3** games
2. If a player either labelled with "M", FPW or 'sandbags' throughout the game and changes their playing style to control the game near the end of the game, the on-Ice Officials will assess a 10-min Misconduct and sent home. This player, along with the team GM will then face a disciplinary review by the Director of Player Safety.

GAME PLAY (EXCEPTIONS TO THE RULES)

1. All games will be comprised of three 15-minute 'stop-time' periods
2. All teams must have a minimum of 6 skaters and a Goalie before a game will start. If no Goalie is on the ice a team must have a minimum of 7 skaters to start a game. Referees are encouraged to allow teams a 10-minute grace period to allow a team to meet the minimum requirement. If after 10 minutes a team cannot field enough players, they forfeit the game.
3. The centre red line will not be regarded in any instances of icing or offside calls.
4. Should any player shoot, bat or deflect the puck from behind their own blue line beyond the goal line of the opposing team, the call of icing will be made by the officials and a face off will take place in the defensive end of the offending team
5. Automatic icing may be called or waived off based upon the discretion of the on-ice officials.

6. Any player ejected from an NCHL game may or may not receive a 10-minute misconduct based on the discretion of the on-ice officials.
7. Each team will be permitted to take one-30 second time out during any game; regular season or playoffs. This time out must be taken during a normal stoppage of play.
8. If at the end of regulation time, the score is tied, each team will be awarded one point in the league standings. Each team will designate 3 shooters for a shootout. The team scoring more goals in the shootout will be declared the winner, and the winning goal will be recorded as an OT goal. If at the end of the shootout the teams are still tied the game will be recorded as a tie.
9. No player in the penalty box at the end of regulation time will be permitted to participate in the shootout.
10. For a shootout to take place there must be **3 minutes** remaining on the permit ice time.
11. In instances where the permit time for the ice has 5 minutes or less remaining and there is more than 2 minutes of playing time on the clock, the next whistle will result in the game clock being dropped to 2 minutes.
12. If the clock has been dropped to 2 minutes as there is less than 5 minutes on the permit time, no shootout will take place regardless of the game ending prior to the end of permit ice time.
13. In the instance a goalie is struck in the head by a puck, the play will **NOT** be called dead unless;

- The referee feels an injury occurred

- An injury is visibly present *this call is strictly discretionary by the on-ice referee*

The NCHL reserves the right to add to and/or amend the official league rules at any time as deemed necessary or appropriate by league administration

Playoff Rules

All players are required to bring photo identification to all playoff games. If you do not have photo ID you will not be permitted to play. NO EXCEPTIONS

Time:

3 - 15 Minute stop-time periods.

If the score is tied with 7:00mins remaining in **permit (ice time)**, the clock will be reset to 2:00.

If the score remains tied at the end of regulation time, the winner will be decided by a shoot-out.

If the score becomes tied with less than 5:00 remaining in **permit (ice time)**, shoot-out will take place immediately.

Shoot-outs:

Each team will designate **5** players for shoot-out.

Any player serving a penalty at the end of regulation time will **NOT** be permitted to participate in the shoot-out.

Teams will no longer be reseeded as they win, teams will advance through playoff rounds as per the schedule posted online.

Any player with a FPW beside their name will not be eligible to partake in the shootout at the end of the game if the game ends in a tie.

Seeding order:

1. Divisional Win % (only games played between teams that are currently in the same division are applied towards divisional win percentage seedings)
2. Fewer penalty minutes
3. Goal differential
4. Coin toss

If your team is unable to proceed in the playoffs, please advise the timekeeper at the start of the game. In this situation the game will be played, but your opponent will continue to the next round of the playoffs.

Player Eligibility

If any player is determined to be ineligible (not eligible for playoffs or playing while suspended), that game will be deemed an immediate forfeit loss and your opponent will continue to the next round of the playoffs.

Substitute goalies must be approved by league administration. If they are not approved and on the game sheet, they will not be able to play, and you will forfeit the game.