

**The following is only a highlight of rules specific to the True Noob Hockey League. Where not specified, standard ice hockey rules shall apply, at the discretion of the referee.**

### **Roster**

- Maximum 10 players per team
- Any substitute player MUST be approved by all captains prior to start of game
- If a team does not have enough players to play a game, they will automatically default and the game will be played as a mixed scrimmage where stats do not count
- *Only if necessary, certain players may be deemed as superstar or exceptional, and will be capped at 1 or 2 goals, respectively per game. This status may be evaluated on an ongoing basis throughout the season.*
- *Only if necessary, substitute players (any player not on opening day roster) may be capped on the number of goals they are allowed to score in a game, at the discretion of the other team captains*
- No minimum number of games requirement to play in playoffs

### **Equipment**

- Full equipment is mandatory to play
- Team uniforms must be worn (socks are optional)
- If a player forgets their uniform, the other captain must approve alternate uniform

### **Game Rules**

- Games will be three 15 minute RUNNING TIME periods with no provision for overtime
- Teams will change ends at the end of each period
- Offside rules apply
- Automatic no-touch icing rule will apply once the puck passes the red goal line, at the discretion of the referee. Referees may waive icing in the interest of game time management.
- Two points are awarded for a win, one point for a tie, and zero points for a loss
- Each team may use ONE 30 second timeout per game
- Goals (and stats) will not count when a lead is greater than 5 goals (e.g. 5-0, 6-1, 8-3)

### **Playoffs**

- We will have a double elimination tournament

	Day 1	Day 2	Day 3	Day 4*
1	A B	3 W1 W2	5 W3 W4	7* W5 W6*
2	C D	4 L1 L2	6 L3 L4	8 L5 W6

\*Only if W6 has only lost once

## End of year awards

An award of a future free season of hockey (to be used within 2 years) will be voted by all players for the following two categories:

- Most Improved Player
- Mr./Ms. Congeniality

An as yet to be determined award, valued at \$50 to be rewarded to the player with the most assists. Goals are rewarding on their own, and we want to encourage more passing.

## Penalties

The referee may assess a 2 minute game penalty at their discretion for all regular hockey penalties, including any of the following:

- Dangerous unintentional contact with opposing goalie (i.e. crashing the net)
- Intentional delay of game penalty
- Excessive or over the top celebrations

The referee may assess a game misconduct at their discretion for any of the following:

- Intentional checking/hitting or contact with opposing goalie - plus 7 game suspension
- Repeated penalties by same player - plus 1 game suspension
- Severe slashing - plus 7 game suspension
- Crosschecking - plus 7 game suspension
- Highsticking - plus 4 game suspension
- Unsportsmanlike behaviour (e.g. chirps, taunts, heckles, acts of aggression) - plus 4 game suspension
- Fighting - plus 7 game suspension

Referees may terminate the game if it gets out of control due to any fights or bench altercations.

## Suspensions

- All suspensions carry into the playoffs and the next season
- All suspensions are subject to league review and possible additional suspension time and/or fines
- All game misconduct penalties come with an ejection from the game, and are subject to a fine (\$20.00 towards end of year prizes). A one game suspension can be handed out at the referee and/or league's discretion.

- All fines must be paid before a player is allowed to participate in the next game.
- A fighting major will result in immediate ejection from the game and an automatic 7-game suspension and a \$50.00 fine. The incident will be reviewed by the league committee for possible further disciplinary action.
- Any fighting on arena property outside of a game will result in an immediate indefinite suspension as well as involvement of police
- A second game misconduct penalty will result in an automatic 3-game suspension and a \$40.00 fine
- An additional fighting major, game/match or gross misconduct in any subsequent game will result in an indefinite suspension
- A game/match or gross misconduct will result in immediate ejection from the game, and a \$20.00 fine. A one game suspension can be handed out at the referee and/or league's discretion.
- "Third Man" involved in any altercation and ANY player coming off the bench during an altercation will result in ejection from the game and a minimum 2-game suspension plus \$40.00 fine.
- Players are not allowed to be present on the team's bench during the suspension period or after being ejected from a game. Any player who receives a total of 60 minutes in penalties during the course of the regular season will receive a \$10.00 fine and possible suspension. After 70 minutes, a \$20.00 fine and possible suspension, and after 80 minutes the player will receive a \$50.00 fine and possible suspension, pending review by the league committee.
- Striking a referee or league official will result in an indefinite suspension, pending league committee review and possible civil action. This includes excessive verbal abuse on or off the arena floor. The rule is in effect anywhere on arena property. Plain and simple: DO NOT HARASS an official.