

League Guidelines & Rules

for the Novice Adult Coed Hockey League (NACHL)

New rules, Clarifications and Modifications

Stop clock – NEW RULE

- During the last three minutes of the 3rd period, the clock will stop when play is stopped.

Tie games – NEW RULE

- If the game is a tie after regulation. There will be 3 minutes of extra stop-clock time.
- The play will be 3 v3. The three players on the ice are to be players rostered to that team, not TCs or subs.

Substitutes – CLARIFICATIONS and MODIFICATIONS

- All subs must be registered to play in the current session of the NACHL.
- Subs may be asked to wear a yellow band on the arm of their top hand. (If you use a right-hand stick, then the band would go on your left arm.)
- A team should not play with less than 10 skaters unless they chose to do so. Therefore, a team that has less than 10 skaters may get subs once they are below 10 skaters to get their bench back up to 10 skaters.
- The subs are not to be other teams' TCs unless the team seeking subs is without its TC and then they can get one TC. If a team has two TCs, then there is no need to get a TC and so none of their subs may be a TC.
- Like the TCs, a single sub is not allowed to score more than one goal in a game.
- If there are more than one sub, then collectively the subs may not score more than two goals, and only one of those goals can come in the 3rd period. They may have the game winning goal in the 3rd period as long as it is not a break away. So, they cannot skate it up the ice (alone or with another sub) and win their host team the game. EXAMPLE: if there are three subs, collectively they can only score two goals. If the game is tied 3-3 in the third period, they can have the game winning goal as long as they don't score on a breakaway.
- If a team is still below 10 skaters at the beginning of a game, the opposition can loan their players. A team may loan a player at any time but once that player is loaned for that game, they may not be taken back. If the benches are 9 and 11 at the start, the team with 11 players can loan a player at any time.
- The TC may put any further conditions in a substitute as they deem appropriate.
- *Guideline:* When looking for a player, figure out when your skaters will play and then have your sub fill in where you need them.