

League Guidelines & Rules

for the Novice Adult Coed Hockey League (NACHL)

Players are expected to read through these rules and guidelines and be prepared to follow them at all times.

All players must meet the following conditions:

- be registered with USA Hockey for the time period when they are in the NACHL
- sign the waiver supplied by the Eble Ice Arena
- complete the NACHL Expression of Interest Form (link provided on the website)
- complete the NACHL Registration Form (link to be sent to eligible players)
- pay league fees before the session starts (information included with the NACHL Registration Form)

Player Conduct

- Players are expected to act like mature adults.
- It is understood that everyone gets upset when they miss an empty net. But breaking your stick and excessively swearing is uncalled for at any point.
- If there is something that you do not like or would like to see changed, connect with your coordinator (if it is a team issue) and/ or the league commissioner (if it's a league, inter-team issue).
- This is a "No check" league so you should not be going to hit a player or hitting them into the boards to inhibit or prevent them from playing the puck.
 - o If you are both going for the puck, there will be contact but it should not be malicious.
- If a player initiates a fight or engages in taunting behavior or language that is racist, homophobic or derides another player based on their ethnicity, they will be expelled from the league.
- If you are engaged in retaliatory actions (whether they be verbal or physical) that are more than defensive, you may be expelled as well.
- If you are expelled from the league, you will NOT be given a refund for any of the remaining weeks of the session. This conduct will most likely result in your being banned from future sessions of the league.
- Just like in the NHL, referees are not expected to break up a fight. They are not expected to move in to separate players before it is safe enough for them to do so without the threat of injury.
- Everyone is expected to review and abide by the "No Fighting & No Taunting Policy".

*** Remember that everyone needs to go to work tomorrow and no one needs to go to the hospital tonight!!

Alcohol and drugs

- Players over the age of 21 may legally drink alcohol (you know this).
- Players under that age of 21 are not to be provided alcohol (you know this).
- Drugs are illegal, including marijuana in Wisconsin, please don't engage in illegal behavior.
- The goal of the league is to play ice hockey not to drink or get high or to play in a state where your ability to play safely is diminished. Therefore,
 - o players that are impaired before the game should not come to play
 - o players that are found to be impaired during a game, the referees will ask you to leave and this will be noted on the team sheet.
 - o substances that can induce impairment should not be brought to the bench during a practice, scrimmage or game. If you want to get drunk or stoned or whatever, please do it elsewhere.

Player Attire

- It is expected that all players wear equipment that adequately protects them while playing ice hockey.
- It is not mandatory but highly recommended that you wear a full-face shield or a cage to prevent being struck in the face with a puck or stick and to protect you should you fall face first into another player, the ice or a wall.
- You may wear any color helmet, gloves, breezers or socks.
- You **ARE EXPECTED** to wear the jersey that you purchased from the league (your jersey). Your jersey is reversible, so one week you may be light and one week you may be dark. It is very helpful to your teammates when you are wearing the correct color jersey so they can pass it to you.
- Another reason that you must wear your NACHL league jersey is that you have a unique number. This will help track who is playing in which game (in case you sub) and to help track your improvement through the sessions.
- I would suggest bring at least two sticks in case one breaks. Taping the butt end of your stick in a distinguishing way will help you know which sticks are yours. You can do this with a distinctive color of tape or a distinctive pattern.
- Helmet sticker: Each player will be given a helmet sticker to wear on the back of their helmet. If you acquire a new helmet and need a new sticker, please reach out to the Commissioner.

Player substitutions (playing on another NACHL team)

- It is expected that you play on the team that you are assigned, as teams have been created to achieve parity between the teams.
- Subs should be sought when a roster is below 10 players.
- It is the responsibility of the coordinator's responsibility (and may be assisted by the captains) to seek out subs, if they deem that it is necessary.
- If subs cannot be found before a game, the opposing team may loan players to get the team to 10 skaters.

Playing the game

- It is expected that players show up early enough to get dressed and ready to be on the ice for warm-up before a practice or game. This is usually about 30 minutes or more.
- If you will not be able to make it to a game, please reach out to your coordinator so they can plan accordingly.
- Teams will have 15 rostered skaters and 1 goalie. Your bench should not exceed 15 skaters for a game.
- During play, the referees are in control of the game.
- There will be a 5-minute warm-up, and then three 15-minute *running clock* periods with a 1-minute break between periods.
- The primary goal of the league is to let you play ice hockey. Therefore, fouls will be called. If you accidentally trip someone, you still tripped them and will be assessed a penalty of the appropriate duration.
- There are 2 differences for the way in which penalties will be managed.
 - 1) Penalties will be served on the bench and not in the penalty box. This is done so you can ask what happened and learn from the situation. You are on your honor to sit for the full two minutes.
 - 2) At the discretion of the referee, your team may be able to still put five skaters on the ice. Once again, the goal of the league is to allow players to play.
- Games will be refereed by at least one official. At the present time, there is a shortage of referees. Therefore, league officials will work to determine if it is possible and viable to have new/ young referees, referee in this league. This further emphasizes the no tolerance approach to behavior towards the referees.

This is a “*No slapshot league*”

- A slapshot is defined as a shot where the stick is raised above the waist and the swung down forcefully making contact with the ice behind the puck which bends the stick before striking the puck.

- If a referee assesses that a player has engaged in or *attempted* a slapshot, the referee will caution the player and a face-off will be held on the closest face-off dot in neutral ice.
- If a player persistently attempts or engages in a slapshot they may be assessed a 2-minute unsporting behavior foul.
- A slapshot does not need to be a shot on goal but can also be during a defensive clearance.
- Rationale for this rule: Players at the level may be learning how to skate and may not yet have the skill to set-up or avoid being struck by a slapshot, which could result in a serious injury. Also, a slapshot taken by a novice player may not be controlled well and thus may present a danger to other players.

The “*Hat-trick Rule*”

- A skater may amass no more than 3 goals in a game without the incursion of a reduction in the team’s total score.
 - So here is what that means: If you score three goals in one game – AWESOME!!! If you score a fourth goal, then your team loses one goal from the total.
 - SCENARIO A: You score 4 goals and the rest of your team scores 4 goals. Their 4 plus your 3 good goals minus 1 (for the one goal over 3 goals) means that your team has a total of 6 goals (4+3-1=6).
 - SCENARIO B: You score 8 goals and no one else on your team scores any goals. Their 0 goals plus your 3 good goals minus 5 (for all of the goals over 3 goals) means that your team has a total of -2 goals.
 - Rationale for this rule: This league is about developing players not getting as many goals as possible. This also prevents someone from sneaking into the league and then playing above the level of everyone else in the league.
 - If you repeatedly are scoring more than three goals, the Commissioner will be reaching out to you about your player rating and ways to promote other skills.
- *** This does not apply to assists – get as many of those as you want!!!

The “*Coordinator 1-goal policy*”

- As coordinators are meant to support the newer players and not to dominate the league, only one goal that they score will count. Any other goals scored will incur the same penalty as stated in the “*Hat-Trick Rule*”.
- Additionally, if the goal comes in the 3rd period, it may not be the goal that ties or wins the game.

Player Rating

- Players will be rated initially during the three weeks of camps and then throughout the games portion of the session.
- A copy of the Player Rating System (PRS) can be found on the league website.
- Players will be rated in order to determine when they have reached a skill rating of 2.5.
- Sometimes players pick up skills very quickly. If a player is rated at 2.5 during a session, league officials will work with that player to discuss options that will allow them to complete the session in a way that does not create a significant imbalance in the league.
- When a player has been rated as a 2.5 and then this rating has been confirmed, they will be considered a graduate and their time in the league should come to an end.
 - o Only under special circumstances a graduate may return to play in the NACHL.
 - o One way that a player may return is if they were rated as 2.5 as a skater and want to come back and play in goal, or vice versa. If you want to do this, reach out to the Commissioner prior to the next session so your enrollment can be advanced.

Team formation

- Each session will start with camp sessions to build skills for and knowledge about playing ice hockey.
- Each session the coordinators and Commissioner will work to form teams that will be balanced on skill level and on positions.
- Therefore, team will be new each session. This will help you to learn how to play with other players and will help you to build connections across the ice hockey community.

- Requests to play with another player may not be honored unless there are extreme circumstances which warrants this to be done.

Player Departure/ Withdrawing/ Separation

- This is a voluntary playing league, so you may discontinue your participation at any time.
- However, given that the fee that you pay goes to cover the costs for the league, if you chose to depart from the league in the middle of a session, then you will not be able to receive refund.
 - o If you wish to leave the league after a session has started, and you can find a replacement player to take your spot, reach out to the Commissioner about this transition.
- Voluntary withdrawal from the league to avoid being suspended will be treated as an acceptance of being suspended.
- When you depart/ separate from the NACHL, your jersey is yours.

Graduation

- Remember the goal is to give you the skills and knowledge to play in an adult recreational/ “beer” league, so graduation is THE goal. We hope that you wear it with pride as a symbol of the dedication and work that you put in to be a Graduate of the NACHL.
- As a Graduate, you may be eligible to return as a coordinator, if the need exists. If you would like to be a coordinator for one of the teams, please contact the Commissioner.
- Graduates and individuals who leave the league in good-standing are eligible to play in the upcoming 3v3 tournament held each December. (Based on the success of the tournament, there may be a Graduate division in the coming years.)
- When you graduate, we hope that you want to continue playing ice hockey in an adult recreational/ “beer” league. If there are enough graduates and the timing is correct, then you may be able to form a team and start to play in a local league. If there are not many graduates or it is the middle of a season, and you wish to keep playing, let your coordinator and the Commissioner know and they will try to put you on a team, probably as a sub.

Playing outside the NACHL

- If you want to play in another league outside the NACHL, then are you really a Novice player? This league was started because there was no other league in the area for a true novice to learn to play.
- There is no rule against playing in another league.
- If you want to play in a tournament, that is a great way to play many games in a short period of time.
- If you want to play and need players to fill a roster, please let your team, coordinator and the Commissioner know so we can help out.
- Playing in a tournament is also a great way to meet other players and may help you find a team to play with in the future.

Review of Penalties

The League Officials will have access to Live Barn and we will be able to go back and watch a game to have a more objective understanding of the event. We will be in communication with the officials, the team coordinators and the players involved if it is deemed necessary.

Penalties beyond what is administered during the game maybe:

- a meeting with the league officials before your next game
- a one-game suspension (if you are ejected from a game, you will sit at least one game)
- a multi-game suspension (if you are ejected from a game, it may warrant a multi-game suspension)
- ejection from the league with no refund of league fees paid (for fighting, malicious play, multiple suspensions (even if they occur in multiple seasons)
- being banned from future participation in the league

Feedback

- If you have feedback about the league, please reach out to the Commissioner with any feedback (positive or negative) that you have about the league and your experience. The Commissioner and other league officials will address these concerns as best they can in a timely manner.