

## Playing Rules and Regulations – Updated June 2023

1. The duration of games in each division will be determined on a yearly basis at AGM  
U12 - 15min, 15min, flood, 17min  
U13 - 15min, 15min, flood, 17min  
U14 - 15min, 15min, flood, 20min  
U15 - 15min, 15min, flood, 20min  
\*\*If game is tied, a 5min 3-on-3 overtime period will occur. If still tied after that, game will remain tied. NO SHOOT OUT WILL OCCUR

During the Playoffs, the rules governing overtime revert to those as described in appendix IV of the Constitution.

2. A five (5) minute pre-game warm-up is required. Flood will occur before the warm-up. Teams will commence game immediately after warm-up
  - a. ALL divisions – flood between the second and third – 1-minute break at bench after first period. Timekeeper will put 1-minute on the clock.
3. Teams may charge gate fees at home games (showcase, regular season, playoffs). NOHA Executive passes are to be honoured at all league, exhibition, and playoff games. As well, as determined by the Governors at AGM, a League pass may be offered as per agreed price and conditions.
4. Hand shaking before all League games (in a weekend series, teams will shake hands before the first game only, which includes playoffs).
5. Each team will be allowed one (1) thirty-second timeout per game.
6. The home team will wear white uniforms ALL year.
7. (a) The League shall hold a Scheduling meeting in mid-June each year. Each organization shall come prepared with enough ice times to create the schedule, plus the four (4) tournament dates allowed. Additional tournaments may be allowed but, approval from the board is required. Automatic approval will be granted, to support Northern Tournaments, for any NOHA sanctioned AAA Tournament providing they have a sanction number. Any qualifying tournament such as International Silver Stick or Provincial Championship will also be granted approval.  
(b) There must be 2 people per team (not a designate) in attendance at the scheduling meeting. There will be a minimum fine to the team of \$500 per person that is not in attendance.  
(c) There is to be no pre-scheduling before this meeting

8. Non-compliance of the Dress Code may result in a first offense fine of \$50.00. Continuance may result in disciplinary measures.
9. Failure by home team to update the final game score on league website within two (2) hours of completion of a game will result in a fine of \$50.
10. The Four-Official System is strongly recommended at the U14 and U15 level. U12 and U13 must have 3 officials.
11. Every effort should be made by the home team to schedule games as follows:

**2 Game weekends**

Saturday after 4:00PM

Sunday before 12:00PM.

**3-Game weekends**

Saturday after 11:00AM

Saturday before 9:00PM

Sunday before 12:00PM

12. A suspension of one game will automatically be levied to a team's Head Coach immediately following the first and second occurrence of that team incurring in excess of 60 penalty minutes in any NOHL regular or playoff U14 or U15 game. A suspension of two games will automatically be levied to a team's Head Coach immediately following the third or subsequent occurrence of that team incurring in excess of 60 penalty minutes in any NOHL regular or playoff U14 or U15 game.

A suspension of one game will automatically be levied to a team's Head Coach immediately following the first and second occurrence of that team incurring in excess of 40 penalty minutes in any NOHL regular or playoff U12 or U13 game. A suspension of two games will automatically be levied to a team's Head Coach immediately following the third or subsequent occurrence of that team incurring in excess of 40 penalty minutes in any NOHL regular or playoff U12 or U13 game.