



The 2023 NHG TOURNAMENT RULES and REGULATIONS

Game Format

- Four minute warm up
- Three 15-minute stop time periods. Running time will prevail if there is a six-goal difference at any time in the game.
- Ice will be resurfaced after every game. There will be a two-minute break between periods.
- One 30 second timeout allowed per game.
- No overtime in pool-play.
- Overtime will be used on Sunday games only.
 - 30 second rest period, teams will not change ends
 - Five-minute running time overtime period– 3 on 3: if still tied
 - 3 player shootout (Three different shooters) – visiting team shoots first
 - At no time will a team have fewer than 3 skaters on the ice.
 - Penalties in OT- The non offending team will add a player to make it 4 on 3. When penalty is over 4 on 4 until whistle
 - If tied after 3 rounds it's a best of 1 with the coach selecting **ANYONE** to shoot for any extra round needed.
 - Penalties assessed in regulation will carry over to overtime
 - At no time will a team have fewer than three skaters during overtime.

Rules

- The team listed first will be the home team and first choice of jersey color. **Please bring home and away jerseys.**
- A maximum of 20 players may be rostered. **Players may not be rostered on more than one team.** If a player is double rostered it may result in tournament disqualification. Goalie exception – if a team is without a goalie due to injury, an alternate goalie may be used with tournament approval.
- A maximum of four coaches/managers are allowed on the bench per game.
- All players are required to have a signed waiver online prior to play.
- It is permissible that a player may play down one birth year with written consent from the Northland Hockey Group.
- MINOR PENALTY- 2 MINUTES MAJOR PENALTY- 5 MINUTES
- Any Fighting penalty will result in game suspensions or possible Tournament disqualification.
- Any player receiving four penalties in one game will be asked to leave the remainder of the game. **Any team receiving 12 Penalties the head coach will be removed.**
- Coaches are directed to tournament officials if game conflict exists. Under no circumstances are coaches allowed to talk to referees after the game to challenge a ruling or game outcome.
- Fans are expected to promote good sportsmanship throughout the tournament.

Other

- A clock operator/announcer are planned for each game. **Teams might need to assist if current work shortage continues.**
- Scores and standings will be posted in the arena and/or online at www.aatournaments.com
- Tournament apparel will be available for sale throughout the Tournament and online.
- Checking allowed in boys 2009 and older.
- **Slap-shots permitted AT EVERY LEVEL.**
- **Tag up for off-sides will be used for boys 2007 only.**
- Tournament officials have final decision-making authority for all game related situations.

www.northlandhockeygroup.com