



The 2024 NHG TOURNAMENT RULES and REGULATIONS

Game Format

- Four minute warm up (Pucks are provided by the NHG)
- Three 15-minute stop time periods with a two-minute break between periods
- Running time when there is a six-goal difference (*at any time in the game*)
- One 30 second timeout allowed per game
- No overtime for pool play games
- **Sunday games only:** Sudden Death Overtime/Shootout
 - 30 second rest period, teams will not change ends
 - Five-minute, running time, overtime period– 3 on 3
 - Penalties from regulation carry over to the overtime period
 - 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
 - At no time will a team have fewer than three skaters during overtime
 - If still tied after the OT period there will be a 3-player shootout
 - *Three different shooters from each team will take alternate shots with the visiting team shooting first
 - If tied after three shots by each team, there will be a tie-break shootout by one player of each team
 - *This tie-break shootout format will continue until a winner is determined
 - *The same player can be used for each shot by a team if the tie-break shootout continues multiple rounds
- Ice resurfaced between games

Rules

- The team listed 1st (left) is Home/Light with the team listed 2nd (right) is Away/Dark ***Bring light and dark 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*
- All players are required to have a signed waiver online prior to participating
- 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
- Racial Slurs, derogatory comments, or any other form of bullying WILL NOT BE TOLERATED!
- Any fighting penalty will result in game suspensions and/or possible tournament disqualification.
- Any player receiving four penalties in one game will be removed for 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 will need to assist if worker shortage continues.**
- Scores and standings will be posted in the arena and/or online at www.aatournaments.com
- Teams should be prepared to play 15 minutes prior to game time.
- Checking allowed in boys levels 2010, 2009, & 2008.
- **Slap-shots permitted AT EVERY LEVEL.**
- **ICING THE PUCK (USA HOCKEY RULES – shorthanded team CANNOT ice puck) *except 2008 level which uses high school rules***
- **OFFSIDE (USA HOCKEY RULES) – immediate whistle) *except 2008 level which uses high school “tag-up” rules.**
- Tournament officials have final decision-making authority for all game related situations.

www.northlandhockeygroup.com