

2019 Amendments to NIHA Rulebook

Recommended Tie Breaking System for playoffs

- Tie breaker format will be in this order:
 - Winning percentage against teams in your own tier
 - Result of head to head competition
 - Goals for vs Goals against
 - Lowest Penalty Minutes
 - Coin Toss

Rule 1 – Description of the game

- The season will be made up of:
 - Regular season games (specified number on the website)
 - Guaranteed playoff games
- Point system
 - Win: 2 points
 - Loss: 0 points
 - OT Loss: 1 point
- Playoff Format
 - Double Knockout or combination of single knockout/best of 3
 - Everyone makes the playoffs
 - Playoff games will follow the same format as regular season games. The only difference is that the first overtime period will be 5 minutes 4-on-4 and there will be subsequent 10 minute overtime periods of 3-on-3 and 2-on-2 until someone scores (instead of a shootout). Changes will also be allowed at the whistle.
- 2 referees and 1 scorekeeper will be supplied for each game.
- Each team is allowed one (1) 30 second timeout per game, and only one timeout is allowed per stoppage. The timeout can be taken at the start of any period as well.
- The VIHL has adopted the 15-second fast face-off rule. The rule will be administered as follows: 5 seconds following the stoppage, the referee will allow the visiting team to change, then the home team can change up until 10 seconds following the stoppage, then the referee will blow his whistle indicating that in 5 seconds the puck will be dropped. Teams should line up at the face-off location accordingly.
- All Star game:
 - There will be a 3on3 tournament for all tiers
 - Teams will be allowed to send at least one player

Rule 14B – Arena Property

- Any damage to the arena property will be paid for by the team(s) responsible, prior to any further participation in games. If the team wishes to, they can use their maximum bond (or \$200 suspension deposit) to make a payment, provided that there is enough money remaining. Failure to comply will result in automatic team suspension from the league and possible legal action. The team will also lose their maximum bond

Rule 14C – Alcohol and Smoking

- The consumption of alcohol in the dressing room and/or parking lot is strictly prohibited at any community centers. Failure to comply with this rule will result in disciplinary action against the offending individuals.
- Any individual/team found smoking illegal substances on the property will result in disciplinary action and possible suspension.

Rule 14D – Personal Property

- Each team is reminded to lock all doors leading to their dressing room and not to leave valuables in the dressing room. The VIHL is not responsible for lost or stolen objects. It is recommended that you bring a smaller bag for valuables that you can take to the bench.

Rule 14E – First Aid

- A first aid kit should be on hand at the games, but teams are encouraged to also bring their own kit.

Rule 15D – Composition of Team

- Each team can have 16 skaters on their roster (additional skaters will cost \$15). The roster will be “frozen” on a date outlined on the website. After this date, the registration will remain open but player additions will cost \$15 per player. All skaters must play a minimum of 6 regular season games to qualify for the playoffs. Goalies must play at least three regular season game with the team to be eligible for the playoffs. There is no limit to the amount of goalies that you can have on your regular season roster.
- All players must register online and accept the waiver form

Rule 15E – Insurance

- The league manager can be contacted if there are any questions regarding insurance.

Rule 15F – Statistics

- The schedule, standings, suspensions and team and player statistics can be found on-line at www.pointstreak.com.
- Any discrepancy in the statistics can be reported to the league by the team representative. Only official game sheets will be used as records of statistics and games played. Goals, assists and PIM's can be changed.

Rule 15G – Playing for more than one team (for goalies and skaters)

SKATERS

- See Rules outlined on website for current rules for playing on multiple teams
- Skaters can play on 2 teams in the same tier.

GOALIES

- See Rules outlined on website for current rules for playing on multiple teams

- Goalies can play on 2 teams in the same tier.
- Note: Captains of lower tiered teams should be aware that having better players register and play on lower tiered teams, may mean that your team can get moved up to a higher tier.
- League managers will determine on a player-by-player basis whether there can be any exceptions to any of the above rules.

Rule 15H – Team Manager

- Each team shall appoint a team manager. The manager shall represent the team in all on and off ice matters. The team manager will be responsible for the following:
 - Complete all league forms
 - Attend league meetings
 - Complete game sheets
 - Organize spare players
 - Collect money
 - Liason between the league manager and players
 - Advise players on any suspensions or league memos
 - Ensure all players are eligible for the play-offs. Any questions should be brought to the league managers attention within 24 hours prior to the scheduled playoff game.
 - Make sure the team has jerseys(including an alternate set), water bottles and pucks

Rule 15I – Individual Registrants

- Free agents that register and pay an admin fee will be added to our free agent listing on the website.
- Individual registrants can also post a message on our facebook page for teams that are looking for an extra player.

Rule 15J – Comment Sheets

- Teams and players are encouraged to use the comment sheet on the website to provide both negative and positive feedback on the league. Any of the following can be discussed: referees, scorekeepers, quality of the facility and operational problems.

Rule 15K – Management Rights

- The VIHL reserves the right to re-tier teams during the regular season, in order to maintain league parity.
- The VIHL reserves the right to suspend players that are not displaying the appropriate behaviour that reflects the image of the league (as outlined in the rulebook).
- The league manager or league official has the final decision on whether a game is called off for whatever reason.
- The VIHL reserves the right to reschedule games for administrative reasons with a minimum of one (1) week notice.

Rule 16A – Players in Uniform

- To start the game, each team must have a minimum of 5 players (5 skaters, or 4 and 1 goalie). There is a maximum number of players that can be on a bench which is 19).

Rule 16I – Players in Uniform (additional info)

- If a team is not dressed and ready to play upon completion of the warm-up, the game clock will begin to run. The offending team will receive a two (2) minute minor penalty for delay of game. Any team that is not ready to play 5 minutes after the end of the warm-up will **FORFEIT THE GAME**. At this point, the referees and scorekeepers have been instructed to leave, but the teams are allowed to use the rink for a scrimmage. If the team in question has 4 players on the floor and another one in the building and is dressing the game will start but with a delay of game penalty.
- If a team starts with the minimum amount of players and receives a coincidental penalty and they cannot place 4 players on the rink, then they must play 3 vs 3 until the penalties expire and both players are eligible to return to the surface.
- If a game is forfeited, the league will not be responsible to compensate either team for the loss of floor time. The team that the forfeit was committed against will get the game slot for their use for a scrimmage or practice. The score of the game will be recorded as a 1-0 win for the team that the forfeit was committed against. Any team that forfeits a game due to not enough players showing up will not receive credit for any player for that game. The team that wins by forfeit must still ensure the game sheet is complete. Failure to specify which players were in attendance may result in those players not receiving credit for that game. Three (3) forfeits in a single season will result in the removal from the league with no refund or compensation.
- If for any reason your team's game is delayed, (ie. overtime, cleanup, power outage) the games will be played on that day unless the league deems a reschedule necessary.
- For each game the roster is frozen upon the puck drop to start the 2nd period. If a player shows up late for a game he must be added to the game sheet and be on the rink before the start of the 2nd period. It is recommended that if a player is late that he/she signs in with the scorekeeper first and then proceeds to get changed for the game. This renders them eligible for the game.

Rule 16J - Team Sweater Conflicts

- Each team must declare their primary jersey colour to the league manager at the start of the season and must inform him immediately of any changes.
- The visiting team is responsible to change their jersey if there is a colour conflict with the home team's jersey colour (conflicts will be identified on pointstreak ahead of time). Teams using alternate jerseys must have their new numbers listed on the game sheet before the end of warm-up, otherwise a delay of game minor penalty may be called. If a conflict arises and the away team is unable to change then a delay of game penalty will be issued.

Rule 18(a) – Captain of the team

- Every team must have a captain or an alternate captain
- No player may ask for the referee's interpretation of any rule or command, unless they are the either the captain, or one of the alternate captains (of which there may be a maximum of 3). Any questions directed to the referee by a captain or alternative, must still be done so with the permission of the official, and with appropriate language and respect. While serving a penalty, a captain or alternate captain loses the above privilege. If anyone is being aggressive when questions rule interpretations, the referee can decide if they wish to provide any feedback.
- It is encouraged to all referees that if a player is looking for clarification on a call, detailed feedback is required so that the player can use it as a learning tool for future instances.
- Coaches must speak through the captain or alternate captain.

Rule 18(b) – Captain of the team

- No player may enter the referee's half circle to question the referee, if he so chooses to be left alone. This space is to be off limits during all times of non play.

Rule 22 – Skates

- Highly recommended that players use soft indoor wheels
- No brakes are allowed on the skates

Rule 24 – Protective Equipment

- Players must wear proper equipment. Any player that is caught not wearing the required equipment will be asked to leave the rink surface. A 2 minute delay of game penalty will also be assessed.
- If a player loses a helmet and plays the puck prior to placing the helmet back on, then it will result in a 2 minute illegal equipment penalty.
- There will be no minor penalty assessed for losing other pieces of equipment, such as a glove, but the player will have to collect and put it back on by the next stoppage of play.
- Players must have 4 wheels on each skate in order to start the game. Any player found to have less than that will be asked to leave the playing surface. If a wheel comes off during the game, the player will be allowed to continue as long as it is one of the middle wheels but must have that wheel replaced prior to the start of their next game.

Rule 26 – The Puck

- The league will use a standard puck for all games. The home team is required to supply the referee with two (2) game pucks. The league puck will be an orange, red or pink IDS puck.
- If the home team is unable to supply 2 game pucks, they will receive a 2 min delay of game penalty.

Rule 27 – Penalties - Stick Infractions

- Players will be assessed a minimum double minor for all stick infractions: Slashing, Cross Checking, High Sticking

- It will only count as a single penalty towards the 3 penalty rule (Rule 34)
- 2 Stick Infractions in the same game and the player will be assessed a game ejection

Rule 28 – Penalties

- Coincidental penalties will result in play continuing at 4 on 4.

Rule 30 – Major penalties

- The 2nd major penalty for the same player will result in a minimum 3 game suspension.
- A 3rd major penalty will result in a minimum 5 game suspension and review by the league

Rule 31 – Misconduct penalties

- All misconduct penalties are subject to review by the referee in Chief and there is a possibility for suspension.
- If a player gets 3 – 10 minute misconduct penalties, a 1 game suspension will be issued along with the corresponding \$25 fine and it can escalate from there.

Rule 32 – Game Ejection/Game Misconduct penalties

- Game misconduct penalties carry along with it a minimum of a 1 game suspension and are subject to review and possible further suspension (unless deemed accidental by the referee).
- Any player who refuses to leave the playing surface after being ejected, returns to the playing surface after being ejected, or approaches the referees anywhere off the playing surface will be assessed a gross misconduct and will be suspended immediately and subject to review.
- Any player who has been removed from a game due to exceeding their maximum penalty limit per game will have a recording next to their name and the following applies:

Exceeding the penalty limit 3 times: 1 Game suspension and a \$50 fine

Exceeding the penalty limit 4 times: 3 Game suspension and a \$150 fine

Exceeding the penalty limit 5 times: Season suspension and a \$300 fine

Rule 33 – Gross Misconduct penalties

- A player will be assessed a gross misconduct penalty when they make obscene gestures, abuses spectators, other players or league officials or attempts to make travesty of the game.
- All gross misconduct penalties carry along with it a minimum 3 game suspension and are subject to review and possible further suspension.

Rule 34 – Match penalties

- The player will be assessed a match penalty when they verbally/physically threatens or abuses any league official (manager, referee, timekeeper, etc...) or physically abuses another player with INTENT TO INJURE.

- All match penalties carry along with it a minimum 3 game suspension and are subject to review and possible further suspension.

Rule 34 (i) – Suspensions

- All infractions occurring before, during and after any scheduled game are subject to review by League Management. League Management has the authority to levy suspensions in accordance with the minimum standards and, at their discretion, increase or decrease suspensions due to extenuating circumstances.
- Suspensions are effective immediately. If a player is registered on multiple teams they will be suspended from all teams and will not be eligible to return until the original suspension date has commenced.
- Any player receiving a 2nd suspension for the same infraction during the season will result in a minimum of double the original suspension. A 3rd suspension for the same infraction will result in removal from the league
- Any infraction that takes place off the playing surface will result in a minimum of double the suspension for an on the rink infraction.
- The VIHL has the right to suspend an individual player with cumulative minor/double minor penalties for excessive and/or dangerous play
- Any player receiving 3 minor penalties, 2 minor penalties and 1 double minor or 2 double minor penalties in the same game will also receive a game ejection.
- If a player is unable to serve his entire suspension due to seasons end, his suspension will be carried over to the next season.
- All suspensions in the regular season will carry over to the playoffs. Suspensions in the playoffs will carry over to the regular season next year.
- All suspensions will show up on the team rosters and game sheets. Team Managers are expected to notify their players if they are suspended.
- Any player serving a suspension or ejected from the game is not allowed onto the player bench as a spectator.
- See the suspension guidelines at the front of the rulebook for more information on how long specific suspensions could be (actual suspensions can vary based on the severity).
- Any player knowingly participating in a league game while under suspension will automatically have their suspension length doubled (at minimum) and the team rep may face disciplinary action.

Rule 37 – Goalkeeper Penalties

- Goalies are exempt from having to serve major penalties and game misconducts. However, a player will have to serve the penalty and the goalie will be suspended from the next game.
- If a goalie receives a Gross Misconduct or Match penalty, he will be ejected from the game and the team will be allowed ten (10) minutes to dress a player from their roster to replace him or the team may continue with five skaters or default the game (the same thing applies when a goalie gets injured).
- Any goalie who hits an opponent with his blocker will receive an automatic minor, double minor or Match penalty and subsequent suspension. This is based on the referees discretion.

Rule 38b (Extra) – Penalty minute crackdown for players

- Players will receive an automatic suspension when their penalty minutes accumulate to the following levels...
 - 40 minutes – personal \$25 fine and one game suspension (player will be suspended until fine is paid in full)
 - 50 minutes – personal \$25 fine and one game suspension (player will be suspended until fine is paid in full)
 - 60 minutes – suspended from the league

Rule 38c (Extra) – Penalty minute crackdown for teams

- Teams will be fined when their penalty minutes accumulate to the following levels...
 - 140 minutes - \$250 fine
 - 180 minutes – Suspended from the league for that season with no playoffs
- Fines will come out of the Maximum Bond
- If additional monies are required in addition to the Maximum Bond, it must be paid before the team will be allowed to resume play.

Rule 44-46 Timekeepers and scorers

- Timekeepers and scorekeepers will be provided by the VIHL.
- Scorekeepers will be responsible for printing out the game sheets before each game and providing them to the teams to initial/check off.
- For each game, Scorekeepers will be responsible for noting 3 game MVPs on the game sheet. They will also keep an eye out for players showing good sportsmanship and defensive capabilities

Rule 45 - Official Scorer

- Prior to the start of the game, the captain/team rep must check-off on the Game Sheet which players are in attendance. Wrongfully filling out the game sheet may result in a penalty or the offending team losing the points awarded during the game.
- Officials will take part in random player identification checks. All players must have a government issued piece of identification present as failure to do so will result in that player being deemed illegal and a 5 minute major penalty will ensue. If a player is caught being illegal after viewing their identification, this will also result in a 5 minute major penalty during the regular season. All illegal players caught in the playoffs will result in an automatic forfeit of the game.

Rule 47 – Unsportsmanlike conduct

- Any player that slams his stick in anger during a game will receive a 2-minute minor penalty for the first infraction. Subsequent infractions in that game from any player on the team will result in a game ejection for that player.
- Any player that slams his stick in anger or causes any damage off the rink upon ejection from a game will receive a minimum 1 game suspension and the team will be held responsible for any damages his/her action may cause.

Rule 50 – Boarding and Body Checking

- A major or match penalty will be assessed for body checking or boarding. Suspensions will be issued by the referee in chief.

Rule 53 – Checking from behind

- Automatic 5 minute penalty plus a game misconduct. Plus the matter will be reviewed and the player will receive a minimum 1 game suspension. Suspensions will be issued by the referee in chief.

Rule 59 – Fighting and Roughing

- Any player deemed to have participated in a fight will receive a minimum 2 game suspension
- A 2nd fight in the same season will result in a 5 game suspension
- A 3rd fight and that player will be suspended for the remainder of the season (including playoffs)
- Any player fighting off the playing surface will receive a one year suspension
- Any player that drops the gloves but does not continue in an altercation will receive an automatic game ejection and is subject to further review and may be result in a suspension.
- The 3rd man in will receive a minimum game ejection and any further penalties that he/she incurs.
- Any player that doesn't want to get involved in a fight (turtle) will receive anywhere from zero to 2 game suspension based on his part in the altercation
- Any player involved in an altercation where any form of head shot ensues will receive a 5 minute major for roughing and a game misconduct. The major will be accompanied with a suspension.

Rule 62 – High Sticks

- Any players who makes contact with the puck above their head will receive a 2 minute delay of game penalty.

Rule 83 – Tied Games

- There will be no tied games.

Rule 84 – Time of match/Rules for overtime

- There will be 2 20-minute stop time halves with a 1-minute rest period between halves and a 5 minute run-time warm-up.
- There will be no running time unless the losing team asks for it or referees determine that it is necessary.
- Overtime will be 5 minutes (running time), 3 on 3 with line changes only on the fly. If the score is still tied, then there will be a shootout. The shootout is 3 players from each side where the home team decides who shoots first. If it remains tied then it will proceed into a sudden death shootout and each player on the bench must shoot prior to the order resetting. If a player receives a penalty in overtime and it carries over into the shootout, that player is ineligible to shoot. As mentioned, player changes for the 3 on 3 must be done 'ON THE FLY' and will not be allowed at stoppages of play. If a player is proceeding to make a line

- change and is within 10 feet from the player's bench and the whistle goes, the player will be allowed to complete the change with a minor penalty being assessed. A minor penalty will be assessed if a player attempts to complete a player change during a stoppage in play.
- For the playoffs, the first overtime period will be 5 minutes of 4-on-4 and there will be subsequent 10 minute overtime periods of 3-on-3 until someone scores (instead of a shootout). Changes will once again be ON THE FLY only.

Rule 89 (Extra) – Ineligible Players

- Only players registered with the league may participate. All players must register online and accept the waiver form.
- If you are disputing a player, then you need to notify the referee so that the player can be checked. Referees can also perform random checks during the game.
- Use of any ineligible player in regular season (suspended or not on roster) will result in 5 min major and game misconduct for the offending player and the team will be fined (see Rule 90).
- Use of any ineligible player in playoffs (suspended or not on roster) will result in the offending team losing the game and being fined (see Rule 90).
- If it is not successful, then the other team will receive a 2 minute delay of game penalty.
- Fines can come out of the maximum bonds, provided that there is enough money remaining.

Rule 90 (Extra) – Maximum Bonds (or \$200 fine deposit)

- Each team is required to submit a maximum bond of \$200. This bond is a security deposit against any fines that a team or players may incur. Teams without incidents through the league play will receive their entire Maximum Bond back (no interest will be paid) or they can roll it over to the subsequent season.
- Automatic fines are as follows, but not limited to:
 - Playing with ineligible players - \$100 for each occurrence
 - Suspensions/Board of Inquiry – minimum \$25 per game the player is suspended for
 - Forfeit of a game - \$200 for each occurrence (\$50 reduction if 48 hours notice); removal from the league if 3 forfeited games in a season
- NOTE: The league manager or head referee can impose further fines against any team or player.
- Fines imposed against a team will be removed from the Maximum Bond providing there are sufficient funds to cover it. If a team needs to pay further fines arrangements will be made by the league manager and must be done before that team will be allowed to resume play.
- Fines imposed against an individual on top of the Suspension or Board of Inquiry fine will be the responsibility of that player. Team captains can pay for player fines through their maximum bond by contacting the league manager.

Rule 91 (Extra) – Board of Inquiry

- The Board of Inquiry will be responsible for hearing all matters where supplementary discipline or protests/complaints have been filed. Each team will

- have a representative that will be allowed to present the teams case (in writing or at a hearing if necessary). It will be assumed to be the team representative if none is noted. All protests/complaints must be filed within 48 hours of the incident and must be submitted in writing.
- Teams can also file a protest regarding officiating using the form on the website. The referee in chief will review this information and continually evaluate the performance of the officials.
 - The Board of Inquiry has the jurisdiction to suspend, fine or remove a player or team from the league for actions that are brought to its attention.
 - The Board of Inquiry will be made up of at least 2 of the following individuals:
 - Bryan Panchuk
 - James McWilliam
 - Owen Taillefer
 - In the event that a hearing is necessary, the team captain must notify the player as to the date and time of the hearing. The team captain may accompany that player to the hearing. Any player called to a hearing is automatically suspended until attending a hearing.

Rule 92 – Appeal Process

- All one game suspensions are final and cannot be appealed.
- All appeals/protests/complaints must be submitted in writing or sent in using the online form within 7 days of the incident. The letter must outline the basis for the appeal (players penalty history, comparable suspension lengths)
- A suspension appeal may only be made by the team representative
- Appeal/protest fee: \$35 **amount needs to be paid prior to the appeal being heard and will be refunded if the appeal is successful.