

## **NRH SPECIFIC RULES**

1. We will follow AAU Official Rules with minor adjustments to suit our league, which are listed below.
2. Game Time Lengths:
  - a. 8U, 11U, & Middle School Divisions will have three 13 minute running clock periods
  - b. High School Division will have three 14 minute running clock periods
3. The clock will only stop during the last 2 minutes of the game for stoppage of play when teams are within 2 goals of each other.
4. Each team will be granted one (1) 30 second team timeout per game. Timeouts do not carry into overtime and there will be no timeouts granted during an overtime period.
5. If at the end of regulation, the score is tied, there will be one overtime period (5 minute running clock) of 3 on 3 sudden death, first team to score wins. A Shootout will occur if the game is tied after overtime period. Each team will get best of 3 shooters. If still tied after 3 shooters, the shootout will go into sudden death, alternating teams shoot until a winner is determined and both teams have had an equal number of attempts. No shooter may go twice until every player on the team has gone once. All rostered players must shoot before any substitute players may shoot.
6. During the playoffs, overtime will consist of regular length periods, 4 on 4, until one team scores.
7. Penalties will be enforced according to the AAU inline hockey rule book. Clock will stop during penalties to ensure penalty assessed is enforced for the duration of the penalty.
8. This is a no-checking, minimal body contact league. Any attempt to intentionally check another player will result in a minor penalty or major penalty if the intention was to injure another player. A second attempt by the same player will result in a game misconduct penalty and may be subject to league suspension.
9. If a team is winning by 5 goals, they will remove 1 player from the rink to create a 4v3 or the losing team may add 1 player to create 5v4. If the team down 5 goals scores, the team returns to full strength 4v4. If a team is winning by 7 goals a second player will be removed from the rink to create 4v2 or 5v3. A Mercy Rule shall be enforced if any team is winning by 8 goals and there is less than 2 full periods remaining. At such a time, coaches may mutually decide to continue to play the remainder of the game without keeping statistics until the game concludes or the next scheduled time slot. However, any penalties that occur during this extra time will be recorded and any actions that are deemed intentionally flagrant or with intent to injure will be assessed a 10 minute Game Misconduct Penalty and are subject to consequences accordingly.
10. No individual player may score more than 4 goals in any one game during regulation. If a player scores a 5th goal, the goal will be disallowed and the player will receive a 2:00 penalty to be served by the offending player, however the team will remain at full strength. The offending player may not return to the game until the next stoppage of play after the penalty is served. If the game goes into overtime, any player that reached the 4 goal limit during regulation, will be allowed to score during overtime.