

National Girls Hockey League Rules



EVENT STRUCTURE

NGHL Blue and Future division events feature a 5-game guarantee, with Finals determined by points.

- 3-minute warm-up
- Three (3) 15-minute stop periods for 14U, 16U, 19U Division

All games will be played under USA Hockey Rules, and all games will be officiated by officials in good standing with USAH.

There will be a one (1) minute intermission between periods.

The home team wears white jerseys and visitors wear dark jerseys.

Teams should be prepared to play 15 minutes early.

Flooding will take place after every game.

PENALTIES

Minor Penalty: 2 minutes 14U, 16U, 19U.

Major Penalty: 5 minutes 14U, 16U, 19U.

Misconduct: 10 minutes, all ages.

Game Misconduct: Ejection plus 1 game

Second Game Misconduct: Ejection from the event

A player is assessed a **game misconduct after 4 penalties** in the same game, and a **coach receives a game suspension** when the team accumulates **12 penalties** during the same game.

TIMEOUTS

Member vs Member games will get one (1) 30-second timeout per game, noted as *Regular Season* on the schedule. All other games will have NO TIMEOUTS except during SEMI-FINAL and FINALS.

RUNNING TIME will be in effect during the 3rd period, when a team is winning by 5 goals.

Stop-time will resume once the score is within 2 goals.

SHOOT OUT - **NGHL does not finish a game with a tie.**

If the game is tied at the end of regulation play, each team will select three (3) players to participate in the shootout.

Please reference the Eligible Players for a Shootout below. Shootout Process:

1. Each team will select three (3) players to participate in the shootout. If a player is serving a penalty, she is unable to participate in the shootout. Goaltenders are not eligible for a shootout.
2. Once a player shoots, she is no longer eligible to participate until every player on the bench (excluding goaltenders, players serving penalties, and/or injured players) has shot at least once.
3. Visitor team shoots first. Home team shoots last in each round.
4. Once all three (3) players per team have finished their attempts, the team with the most goals is declared the winner.
5. If the game remains tied after all three (3) players have finished their attempts, then each team will start the fourth round by selecting one (1) player who has not yet participated in the shootout.
6. The shootout will then continue, one player at a time, with each team having an equal number of turns.
7. During the fourth round and beyond, the team that scores first, with the other failing to score, is declared the winner.

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SEMI-FINALS AND FINALS

In a **Semi-Final** game, teams are allowed a 30-second timeout. If the game ends in a tie, a shootout will occur.

In the **Final** game, teams are allowed a 30-second timeout. If the game ends in a tie, a 5-minute sudden-death overtime period will occur before the 3-person shootout.

- 14U teams will play 5v5 overtime.
- 16U & 19U teams will be 4v4 overtime.

No ice cut will occur during overtime or a shootout.

ROSTERS

- The League will be using Time To Score software for rostering, scoring, standings, and statistics.
- All teams must provide an approved USA Hockey Official Team Roster (1-T) or Hockey Canada Certified Player Roster. Only properly USAH-certified players and coaches will be allowed to participate. Any player not listed as active on the team's USA Hockey/Hockey Canada roster 24 hours before a game will be ineligible to participate in a league game.
- Rosters must be submitted to the NGHL (info@nghlhockey.com) at least 10 days before the event. Rosters must match the team's verified/approved USA Hockey Official Team Roster (1-T) or Hockey Canada Certified Player Roster.
- If a player is added or dropped from a USAH roster, the team must provide the latest USAH/Hockey Canada-approved roster to the NGHL - info@nghlhockey.com.
- USA Hockey requires players in all age classifications to wear neck laceration protectors (NLPs) and mouthguards during games.

STANDINGS

- All divisions will be scored 3 points for a regulation win, 2 points for a shootout win, 1 point for a shootout loss, and 0 points for a regulation loss.
- Any forfeited games will be recorded as a 3-0 score.

Tie-Breaker

The following tie-breaker formulas will be used to determine the order of finish (seeding) after bracket play in a tie-breaker situation:

1. Total Points
2. Head-to-head, if 2 teams are tied. If not, we skip Head-to-Head and go to Most Total Wins.
3. Most Total Wins
4. Goal Differential – Goals For Minus Goals Against In All Games. *Note: In Each Game, The Goal Differential Will Be A Maximum Of (6) Regardless Of A Greater Goal Differential.*
5. Fewest Goals Allowed For All Games
6. Most Goals Scored For All Games
7. Fewest Total Penalty Minutes In All Games. *Note: Game Misconducts Will Count As 10 Minutes.*
8. Most Shutouts

Results will be posted online at nghlhockey.com