

Northstar Senior League Rules

1. Base will be NCAA with the following exceptions and reminders...
2. 2 line pass allowed (the rule does not exist).
3. High sticking puck (4 feet/crossbar) face-off all the way down.
4. No slapshot (knee) in 45+ league.
5. Attainable icing rule will not be used.
6. Crease rule: (use USA Hockey crease) but as NCAA calls it. May be in the crease, but goalie must be allowed to do his job, if you are in the crease. There may be a penalty (goalie interference) or whistle and face-off outside, depending on the situation.
7. Kicking puck in – use USA Hockey and Federation rule, not NCAA. Puck may be only be directed into net with stick.
8. No checking.
9. (3) three 12-minute stopped time periods. Running time in 3rd if (6) six goal lead.
10. Shooting puck directly out of rink, over glass, from defensive zone/minor penalty.
11. All power plays start with face-off in offending team's defensive zone.
12. When defensive team accidentally dislodges net (goalie or skater) they are not allowed to make a line change.
13. Coincidental penalties do not affect on-ice playing strength.
14. 13-point face-off rule (amending NCAA 9-point rule). Face-offs on 9 face-off dots and on top of circle in offensive zones (in line with dots).
15. Penalty length / Minor 1:30, Major 4:00, Misconduct 10:00.
16. Referee may call minor, double minor, or major on all penalties.
17. Referees have discretion of Game Misconduct or Game DQ (suspension).
18. League office has right to supplementary discipline.

ROSTERS:

1. All players must be currently registered with USA Hockey as player or coach
2. Game sheets must be checked each game and missing players scratched out or subs written in.
3. Referees will have home team verify roster between first and second period, and the visiting team verify between second and third period.

GAME SHEET REFLECTS WHO IS AT GAME. NO EXCEPTIONS!

4. Veteran's League – EVERY Player must be 45 years old by second year of season.
5. Players must be 18 years old. Waivers of these rules must be approved by league office.