



2018-2019 Novice House League Format

1. 3 X 16 minute periods
2. Shift length is 2 minutes with the buzzer notifying the line change. Once the buzzer sounds players must leave the puck where it is.
3. All 5 players must be inside the bench before the coaches release the next set of 5 players on the ice. Once the 5 are on the bench the puck is in play.
4. 5 on 5
5. Only stoppage of play is at the end of every period
6. Penalty occurs, the player who takes the penalty goes to their bench to sit the remaining time of that shift. The team that took the penalty has to return all 5 players pass centre ice before play resumes. Once all 5 players cross the red line the referee will then blow the whistle to resume play.
7. Offside occurs, all 5 players from the team that went offside have to clear red line at centre. Once all 5 players cross the red line the referee will then blow the whistle to resume play.
8. Icing occurs, all 5 players from the team that iced the puck have to clear red line at centre. Once all 5 players cross the red line the referee will then blow the whistle to resume play.
9. Goal is scored, all 5 players from the team that has scored have to clear red line at centre. Once all 5 players cross the red line the referee will then blow the whistle to resume play.