

north country rules

The *Podcast and Fit to be Tied* league videos on site show examples of face off positioning and the rules below. Some terms can be referenced in the *Glossary*.

1) Each session is a fresh one - we play to win the night.

A random draw with Scrabble tiles sets the schedule, which reverses home and away each round. A round of 3 players is 3 games; 4 players is 6 games; 5 players is 10 games, etc. Scoresheets become instant league memories - the pdf button on our site links to sheets and scoring method.

2) *Respect the Rink*: frown abuse - soft hands make plays!

2-minute periods of stop play - 6-minute games - players change ends each period. 1 point each for ties in rounds, with OT in playoffs. A 5-goal lead ends a game by *mercy*. A 5-0 first period win is a *natural* - others are *hawaii 5-0's*.

3) Puck must stay in net for a goal. A rare bounce out is an *act of god* and play continues. Goals scored: a) off the boards, or b) directly off a center ice faceoff, or c) on an *ass save*, are penalty shots (see *backwards goalie*). Any puck bouncing off boards into net is a penalty shot unless an active touch is made after bounce.

Penalty Shot:

Players are put behind goal lines. Puck is placed in the center circle by the shooter. Ref calls "go" then it's: Center v Goalie - 4 seconds - 1 attempt - *lots o' fun*.

4) *Face Offs*: Put puck on appropriate dot. Players move bases inside circle, point their sticks at puck, and hold *still*. Ref calls "ready", then "go" to start a face off.

5) Fine distinctions in Ref's call on a *buzzer beater* goal: a virtual tie in beep and goal favors a *yes* call; a distinct gap in beep and goal favors a *no* call. Attention by a Ref as each period ends helps make for a confident call.

6) *Source of the Force*: the player who starts a pass or shot that leaves the rink is responsible for the out, and is given a face off in his own end - *even* - if the out goes off an opposing player or goalie. It's the easy, fair call - and it works.

7) *4 Second Rule*: a player or goalie in sole puck possession or access has 4 seconds to play puck into contested ice. Ref warns to "move the puck". A "delay" call moves the face off to the offender's end zone circle, same side as the delay.

8) *Freeze*: the goalie must play a puck that only he can reach, anywhere ahead of his arc, but may call a "freeze" on a puck behind the arc. Defense may also call a freeze on a puck stuck on or behind the net. Resume with an end circle face off.

9) *Mechanical*: a player with clear puck possession resumes with puck after a mechanical is fixed - hold a center face off otherwise.

10) Referee announces at 30 -15 -5 seconds of each period. If a player needs to know the time left, he calls "clock", and the time is given.

11) Fist bumps are common - handshakes are old time - at game's end.

good games to all!

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