



Hello Spring Hockey Families, (please read to your players)

We would like to remind all players, parents and coaches Spring Sticks is a FUN COED program and there will be NO HITTING (body checking). If there are serious penalties, NMHA Director of Hockey Operations will be dealing with them. Players with multiple penalties may be spoken to. We will need scorekeepers at each game for filling out the game sheet for penalties, no awards for most goals, coaches are on the bench to make sure this happens!!  
Coaches must ensure that all players will rotate through the lines and have EQUAL playing opportunities as this is a FUN program.

Goalies may be asked to play extra games as some may be away time to time, make sure your coach knows if you cannot make it.

Even though you have been placed on these teams; a player may cross play for another team to fill in for missing players, to keep benches equal. **Do not add players just to let them play!! 5 on 5, 4 on 4, or 3 on 3** can be played based on number of players.

**NO unrostered players either, if they want to play have them contact the office and register please.** Coaches are also able to trade players before a game to balance out benches if one team is short players.

Please note we will follow all VIAHA and BC Hockey rules and all games will have refs. If you have been a safety for a team, please let me know as I am looking for a few more people to help with this position.

Games will run 60 minutes with a breakdown of 5 minutes warm up, 1<sup>st</sup> period 15 min, 2<sup>nd</sup> period 15 minutes, 3<sup>rd</sup> period 15 minutes, and 3 minutes to shake hands and leave ice.

Home team is asked to provide a person to do the clock

Away team is asked to provide a person to do the game sheet.

We will need a **Manager** for the teams, to help get schedules on Team Snap and help with team rosters on the paper scoresheets, if you can just do those 2 items and have been a manager in the last 2 years please email the office [administrator@hockeynanaimo.com](mailto:administrator@hockeynanaimo.com)

**NOTE:** the wall clock is always the timing we use to leave the ice if the arena staff says times up, then time is UP!

**Please:** Safety people check the dressing room before each player arrives and after each player leaves, very important so your team does not get fined for damages.

Matt Hughes [nmhahockeyops@gmail.com](mailto:nmhahockeyops@gmail.com)

**COACHES WILL RECEIVE GAME SHEETS WHEN PICKING UP JERSEYS**  
**EMAIL Taylor for arranging pick up [equipmentmanager@hockeynanaimo.com](mailto:equipmentmanager@hockeynanaimo.com)**