



NIPISSING DISTRICT HOCKEY LEAGUE



Running Start Procedured

- Four minutes will be added to the start of the first period. For example, the first period of a Novice house game will start with 14:00 minutes on the clock. The first period of a Pee-Wee Rep game will start with 18:00 minutes on the clock.
- As soon as the players are permitted on the ice, the clock will begin running.
- The clock will not stop until the first stoppage of game play.
- The four extra minutes, added to the beginning of the first period, are to be used to “peg” the nets, officials shake hands with the coaches, players warm up, final words from the coach, and/or a team cheer.
- 1:00 minute prior to the official start of the first period the horn will be sounded warning the teams to get ready for the opening faceoff.
- Each team must have their players lined up for the opening faceoff **prior** to the clock reaching the official start of the first period.
- If the teams are not lined up for the opening faceoff, **the clock will continue to run. The clock will stop at the first stoppage of play after the opening faceoff.**
- **If a team is unreasonably delaying the start of the game, the referee may assess a delay of game penalty.** Please do not let it come to this; it is everybody's responsibility to get the games started on time.
- **Your cooperation is greatly appreciated.**