DIVISION: 8U 10U 12U 14U 16U 18U LEVEL: PREMIER SELECT ELITE GOLD

SILVER BRONZE

GIRLS: 10U 12U 14U 16U 19U



NORTHERN ILLINOIS HOCKEY LEAGUE

OFFICIAL SCORESHEET



\	DATE OF GAME: _		
)	TIME:	_:	A.M. / P.M.
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VISITING TEAM

#	HOME TEAM
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Head Coach _		
C.E.P. Level:		_ C.E.P. Number:
Phone: [)	

SCOREKEEPER PRINT	
NEFENCE PKINI	LEVEL
SIGN	IHOA NO
REFEREE PRINT	LEVEL
SIGN	IHOA NO
REFEREE PRINT	LEVEL
SIGN	IHOA NO

HOME TEAM MANAGERS SHALL REPORT NIHL GAME Scores directly to: www.statmgr.com/login Within 24 Hours of all completed nihl games.

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Game Suspensions and ALL Out of State Games Must be Submitted through the Links at <u>www.nihl.info</u>

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HOME					
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C.E.P. Number:

Were There Any Major, Game Misconduct or Match Penalties Assessed? Yes No

ISPENSIONS BEING SER	WID BY
PLAYER'S LAST NAME	GAME#



All head injuries should be taken seriously and examined by the proper medical professionals. When in doubt, sit them out.

Concussion Symptoms (what the athlete may report)

- Headache
- Nausea/vomiting
- "Pressure" in head
- · Feeling in a "fog"
- Blurred vision
- Fatique/sleepiness
- Difficulty focusing or concentrating
- Temporary loss of memory
- Sensitivity to light or sound
- Eye strain or fatigue

Concussion Signs (what others may observe)

 Confusion Sleepiness/

grogginess

- Personality changes
 Balance problems
- Irritability

- Dazed appearance
- Memory Issues

WHAT IS A CONCUSSION?

A type of traumatic brain injury caused by an impact to the head or by a hit to the body that causes the brain to move rapidly back and forth

Concussion Care Instructions

- Any suspected concussion should be brought to the attention of a medical professional with experience in concussion management
- No return to athletics until cleared by the medical professional in charge of care
- Limit loud noises and excessive visual stimulation (listening to music, band practice, texting, reading, video games, computer, tv, etc.) in the first 24-48 hours. Restriction for long-periods of time is not recommended.
- Avoid over-the-counter medications (Advil, Motrin, Ibuprofen, Aleve) unless otherwise directed by a physician
- Discuss if academic accommodations will be needed with the school's nurse, academic advisor, principal or other administrator to aide in the concussion recovery process

Return to Participation

Upon clearance from the medical professional in charge of care, it is recommended that a step-wise return to participation protocol be completed.



NIHL PLAYING TIMES

Seeding Round - Regular Season - Tournament



8U Division

Period Length Minor Major Misconduct 8U — Full Ice 11 1:30 4:00 8:00

Gold — Silver — Bronze

	Period Length	Minor	<u>Major</u>	Misconduct
Girls Gold 10U	11	1:30	4:00	8:00
10U	11	1:30	4:00	8:00
Girls Gold 12U	12	2:00	5:00	10:00
12U	12	2:00	5:00	10:00
Girls Gold 14U	13	2:00	5:00	10:00
14U	13	2:00	5:00	10:00
Girls Gold 16U	14	2:00	5:00	10:00
16U	14	2:00	5:00	10:00
Girls Gold 19U	14	2:00	5:00	10:00
18U	14	2:00	5:00	10:00

Elite						
	Period Length	Minor	<u>Major</u>	Misconduct		
Elite 10U	12	2:00	5:00	10:00		
Elite 12U	13	2:00	5:00	10:00		
Elite 14U	14	2:00	5:00	10:00		
Elite 16U	15	2:00	5:00	10:00		
Elite 18U	15	2:00	5:00	10:00		

Premier Select

	Period Length	Minor	<u>Major</u>	Misconduct
U10	13	2:00	5:00	10:00
U12	14	2:00	5:00	10:00
U14	15	2:00	5:00	10:00
U15	16	2:00	5:00	10:00
U16 and U18	17	2:00	5:00	10:00