

YOU MUST CIRCLE ONE OF EACH:

DIVISION: 8U 10U 12U 14U 16U 18U

LEVEL: ELITE GOLD SILVER BRONZE

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



NORTHERN ILLINOIS HOCKEY LEAGUE

OFFICIAL SCORESHEET



DATE OF GAME: \_\_\_\_/\_\_\_\_/\_\_\_\_

TIME: \_\_\_\_:\_\_\_\_ A.M. / P.M.

RINK: \_\_\_\_\_

#	HOME TEAM
	G
	G

Head Coach \_\_\_\_\_  
 C.E.P. Level: \_\_\_\_\_ C.E.P. Number: \_\_\_\_\_  
 Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

SCOREKEEPER PRINT \_\_\_\_\_ LEVEL \_\_\_\_\_  
 REFEREE PRINT \_\_\_\_\_ 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](http://www.statmgr.com/login) WITHIN 24 HOURS OF ALL COMPLETED NIHL GAMES.

HOME SCORING				
PERIOD	TIME	GOAL	ASSIST	ASSIST

VISITOR SCORING				
PERIOD	TIME	GOAL	ASSIST	ASSIST

HOME PENALTIES				
PERIOD	NUMBER	PENALTY	TIME IN	TIME OUT

VISITOR PENALTIES				
PERIOD	NUMBER	PENALTY	TIME IN	TIME OUT

HOME GOALKEEPER(S) SAVES							
No.	Start Time	PER	1	2	3	OT	TOTAL

VISITOR GOALKEEPER(S) SAVES							
No.	Start Time	PER	1	2	3	OT	TOTAL

Game Suspensions and Out of State Games Must be Submitted through the Links at [www.nihl.info](http://www.nihl.info)

TOP WHITE — HOME TEAM MIDDLE WHITE — VISITING TEAM LAST WHITE — REFEREE

#	VISITING TEAM
	G
	G

Head Coach \_\_\_\_\_  
 C.E.P. Level: \_\_\_\_\_ C.E.P. Number: \_\_\_\_\_  
 Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

SCORING BY PERIODS					
TEAM	1	2	3	OT	TOTAL
HOME					
VISITOR					

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

GAME SUSPENSIONS BEING SERVED BY:		
TEAM	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
- Difficulty focusing or concentrating
- Sensitivity to light or sound
- "Pressure" in head
- Feeling in a "fog"
- Temporary loss of memory
- Eye strain or fatigue
- Blurred vision
- Fatigue/sleepiness

### Concussion Signs (what others may observe)

- Confusion
- Personality changes
- Balance problems
- Irritability
- Sleepiness/grogginess
- 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 Season*



### 8U Division

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

### Gold — Silver — Bronze

	<u>Period Length</u>	<u>Minor</u>	<u>Major</u>	<u>Misconduct</u>
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

	<u>Period Length</u>	<u>Minor</u>	<u>Major</u>	<u>Misconduct</u>
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