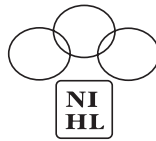


YOU MUST CIRCLE ONE OF EACH:

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

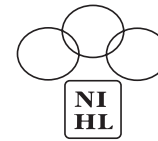
LEVEL: ELITE GOLD SILVER BRONZE

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



NORTHERN ILLINOIS HOCKEY LEAGUE

OFFICIAL SCORESHEET



DATE OF GAME: / /

TIME: : A.M. / P.M.

RINK: _____

HOME TEAM roster table with columns for # and HOME TEAM

HOME SCORING table with columns for PERIOD, TIME, GOAL, ASSIST, ASSIST

VISITOR SCORING table with columns for PERIOD, TIME, GOAL, ASSIST, ASSIST

VISITING TEAM roster table with columns for # and VISITING TEAM

HOME PENALTIES table with columns for PERIOD, NUMBER, PENALTY, TIME IN, TIME OUT

VISITOR PENALTIES table with columns for PERIOD, NUMBER, PENALTY, TIME IN, TIME OUT

Head Coach, C.E.P. Level, C.E.P. Number, Phone information

Head Coach, C.E.P. Level, C.E.P. Number, Phone information

SCOREKEEPER PRINT, REFEREE PRINT, SIGN, IHOA NO., LEVEL information

SCORING BY PERIODS table with columns for TEAM, 1, 2, 3, OT, TOTAL

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

HOME GOALKEEPER(S) SAVES table with columns for No., Start Time, PER, 1, 2, 3, OT, TOTAL

VISITOR GOALKEEPER(S) SAVES table with columns for No., Start Time, PER, 1, 2, 3, OT, TOTAL

GAME SUSPENSIONS BEING SERVED BY: table with columns for TEAM, PLAYER'S LAST NAME, GAME #

HOME TEAM MANAGERS SHALL REPORT NIHL GAME SCORES DIRECTLY TO: WWW.STATMGR.COM/LOGIN WITHIN 24 HOURS OF ALL COMPLETED NIHL GAMES.

GAME SUSPENSIONS MUST BE IMMEDIATELY SENT TO: NIHL.RANDE@GMAIL.COM TOP WHITE—STATISTICIAN MIDDLE WHITE—HOME TEAM LAST WHITE—VISITING TEAM



SIGNS AND SYMPTOMS

These signs and symptoms may indicate that a concussion has occurred.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETE
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets sports plays	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Does not "feel right"

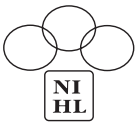
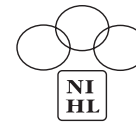
ACTION PLAN

If you suspect that a player has a concussion, you should take the following steps:

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
4. Allow athlete to return to play **only** with permission from an appropriate health care professional.

It's better to miss one game than the whole season.

For more information and to order additional materials **free-of-charge**, visit:
www.cdc.gov/ConcussionInYouthSports



8U Division

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

8U Cross Ice — 15 Minute Running Clock Per Period

Gold — Silver — Bronze

	Period Length	Minor	Major	Mis Conduct
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	13	2:00	5:00	10:00
16U	14	2:00	5:00	10:00
Girls Gold 19U	13	2:00	5:00	10:00
18U	14	2:00	5:00	10:00

Elite

	Period Length	Minor	Major	Mis Conduct
Elite 10U	12	2:00	4:00	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