**Age limitations**

* Eligibilities are your age as of January 1st of the upcoming year.
	+ JV 5-11 years
	+ Varsity 12-16 years

**SECTION 2**

* Disregard the 18-player maximum rule
* Substitute goalie
	+ If no injury
		- No warmup time
		- Must be already dressed and prepared to go
	+ If injury
		- Allowed time to get dressed
		- Allowed warmup time
* Injury during play
	+ Referee must blow the whistle as soon as the injury is sighted
	+ No exceptions, no taking chances
	+ BOTH JV and Varsity

**SECTION 3**

* Equipment regulations
	+ REQUIRED
		- Shin guards
			* Must be hockey shin guards AND covering the knee
		- Helmets
			* Must have full face shield
		- Gloves
	+ OPTIONAL
		- Elbow guards
	+ No alterations to shin guards
* Equipment during play
	+ Helmet lost must be replaced immediately
	+ Any goalie equipment lost must be whistled dead
	+ Other player equipment lost is allowed

**SECTION 4**

* Rule 20 - Ejections from the game
	+ 3 minor penalties
	+ 2 major penalties
	+ 2 minor penalties & 1 major penalty
* Misconducts
	+ Game misconduct is served during the game
	+ 10 minute misconduct UNDER 10 minutes remaining in the game
		- Penalty will carry over as a ONE GAME suspension
		- Player will not be allowed on or in the rink, bench, penalty box, etc.
		- Problematic behavior will result in further suspension based on referee judgment
* Penalty time
	+ JV
		- 1 minute minor penalty
		- 3 minute major penalty
		- 5 minute misconduct penalty
	+ Varsity
		- 2 minute penalty
		- 5 minute major penalty
		- 10 minute misconduct penalty
* Clock stoppage
	+ Clock stops under 2 minutes remaining in the game IF the game is within 2 goals
* Start of game
	+ Allowed a 5 minute grace period if goalie/members of team are not present
	+ If not prepared at that point, must play with extra player or shorthanded
		- Otherwise a delay of game penalty will be handed out

**SECTION 5**

* Rule 29-E
	+ Referees will be the official to determine the goal and the primary assist on a scoring play
		- No secondary assists will be handed out
	+ Assists will not be handed out on plays with more than 1 rebound attempt

**SECTION 6**

* Captains
	+ On-rink captains have the responsibility of talking to the referees at the referee circle
* Profanity
	+ Will not be tolerated from any player, coach, etc
	+ Will be EJECTED
* Rule 31-E
	+ Biting, hair pulling, other extreme behavior will result in ejection
* Intent to injure
	+ Results in ejection from game
		- Suspension will be determined by committee of each head coach, game officials, and league officials
	+ Substituting player should be served ONE major
* Faceoffs
	+ Ball will be dropped at a faceoff dot
	+ When a referee makes a mistake, the ball will be dropped at center ice
* Rule 42-B
	+ A JV goaltender will be allowed to cover a ball with no pressure and have no penalty called
* Fighting
	+ Taking a swing with gloves on results in a 10 game suspension
	+ Dropping your gloves regardless of whether or not a swing is taken results in a 10 game suspension
* High sticking
	+ Infraction if you raise the stick (above your shoulder) IN the players’ offensive zone
	+ Minor penalty if a high stick (above the shoulder) makes contact with the ball
	+ Major penalty if a high stick (above the shoulder) makes contact with another players’ head
* Icing
	+ Must be a touch-up icing, not automatic
* There is NO penalty for lobbing the ball
	+ (Rule 56)
* Offsides
	+ The ball must enter the zone before the player REGARDLESS of whether or not they have possession
* Time between periods
	+ We will ENFORCE 2 minute rests between periods
		- The exception will come from extreme heat and communicated only BEFORE the game begins
* Overtime
	+ Only in the postseason will teams switch ends (for continuous OT)
	+ We will play 5-on-5 overtime for 5 minutes
	+ We will have a 5-player shootout to determine the game
* Tripping
	+ It is tripping regardless of whether or not you make contact with the ball first
* Tie-Breakers
	+ 1) Points
		- Wins = 2 pts
		- OT/SO = 1 pt
		- Losses = 0 pt
	+ 2) Wins
	+ 3) Head to Head records
	+ 4) Goals for
	+ 5) One game playoff