**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