



Sharks High School Hockey League Rules

The Sharks High School Hockey League abides by all USA Hockey rules in addition to or with emphasis in the following areas:

1) Game Format

- a) All games will be three-17 minute stop-time periods. There will be no overtime and/or shootouts in preseason or regular season games.
 - i) All playoff games are single elimination.
 - ii) All suspensions from regular season carry over into playoffs.
 - iii) In the case of a playoff game ending in a tie:
 - (1) Play-In and/or Semi Final games:
 - (a) Teams will not switch ends.
 - (b) 5 on 5, five minute sudden death overtime period will occur.
 - (c) If still tied, a 3 player per team shootout will occur.
 - (i) In the shootout, the visiting team shall shoot first.
 - (ii) Each team alternates turns in the shootout.
 - (d) If still tied, a sudden death shootout will occur until a winner is declared.
 - (i) In a sudden death shootout, visiting team shall shoot first.
 - (ii) Each team alternates turns in the sudden death shootout.
 - (iii) If the visiting team scores in their first attempt of sudden death shootout, the home team has one attempt to tie it.
 - (iv) If the visiting team does not score in their first attempt of sudden death shootout, the home team has one attempt to win it.
 - (v) If neither, team scores in their first attempts of sudden death shootout, the process will be repeated until a winner is declared.
 - (e) In a shootout, no player may shoot a second time until all eligible players have shot at least once.
 - (f) Any player in the penalty box at the end of overtime may not partake in the shootout.
 - (2) Championship Games:
 - (a) 5 on 5, five minute sudden death overtime period will occur.
 - (b) If still tied, a 4 on 4, five minute sudden death overtime period will occur.
 - (c) If still tied, 3 on 3, five minute sudden death overtime periods will occur until a team scores.
 - (d) Teams will not switch ends.

b) Running Time

- i) If at any point in the third period of a game, including playoff games, the score reaches a six goal differential, the clock shall go into run-time mode.
- ii) Once in run-time mode, the game shall remain in run-time mode regardless if the goal differential drops below six goals.
- iii) Penalties will remain the same length in run-time mode as they are in stop-time mode.

- iv) If a referee or off ice official believes the game will not be completed within its game curfew, they may put the game in to running time.
 - c) There will be one 60-second time out per team per game.
- 2) Game Misconducts and Suspensions
- a) If a player, Coach, or Manager receives a Game Misconduct, he/she will be removed for the balance of that game. Additionally, he/she shall not be eligible to participate in the next game scheduled for that team.
 - i) Suspended players, coaches, or managers are to miss the next Sharks High School Hockey League game. Suspensions carry over from teams outside of the Sharks High School Hockey League.
 - ii) A suspension stands until the player/coach serves the suspension with the team the suspension was issued with.
 - (1) Example: In the event of a HS Hockey suspension and the player/coach's next game is for a Club hockey team, the player/coach must miss both the Club hockey team and HS Hockey Team's next game(s).
 - iii) Failure to serve suspension the following game will add an additional one-game suspension.
 - b) Teams that receive fifteen (15) or more penalties in one game will result in a one-game suspension for the present head coach of that game.
 - i) The present head coach is eligible to finish the current game, and will be suspended for the following game.
 - c) Any player who receives five (5) or more penalties in one game will be assessed a minimum of a one-game suspension for first offense.
 - i) If issued a 5th penalty in one game, the player will also be issued a Game Misconduct and will be immediately removed from that game.
 - ii) Repeat offenders are at risk of additional supplemental discipline.
 - d) Fighting/Fisticuffs Game Misconduct
 - i) Any player assessed a Fighting/Fisticuffs Game Misconduct will be issued a three-game suspension for first offense.
 - (1) Any player who is assessed a second Fighting/Fisticuffs Game Misconduct during the same season will be issued a six-game suspension.
 - (2) Any player who is assessed a third Fighting/Fisticuffs Game Misconduct during the same season will be suspended for the remainder of the season, including playoffs.
 - e) Any suspension that is not completely served at the end of a season will carry over into the following season.
 - i) If the suspended player is a graduating senior, the suspension can carry over into any Sharks Ice adult hockey league.
 - f) While suspended, players are not allowed on the bench during a game. Players are allowed to practice during suspension for most cases at Sharks Ice's discretion.
- 3) Rosters
- a) Teams must provide a computer-generated sign-in sheet to the game scorekeeper during warm-ups for each game.
 - i) Sign-in sheets should include: Date, Team Name, Opposing Team, Roster with player numbers, and an area for participating players and coaches to sign in.

- b) Participating players and coaches must properly sign-in.
 - i) Hand-written or missing sign-in sheets will not count in stats or as games-played for a player/coach.
 - ii) Players/coaches who do not clearly sign their name, or sign inappropriate names, are at risk of losing credit for that game.
 - c) Players and Coaches must participate in a minimum of four (4) regular season games to qualify for playoffs.
 - d) Clubs/schools with multiple teams must approve dual-rostered players with Sharks Ice Hockey Department.
 - i) Dual-rostered players may not “play down” i.e. JV A player substituting for JV B team.
(1) Reviewable by Sharks Ice Hockey Department.
 - e) Travel A/B and AA players are eligible in JVA.
 - i) Reviewable by Sharks Ice Hockey Department.
 - f) 14AAA players may participate in JVA from a Pure school team i.e. Bellarmine, Valley, Mitty etc.
 - i) 15AAA, 16AAA, and 18AAA players may participate in JVA from a Pure school team for one game against each opposing team in their division.
 - ii) No more than two 15AAA, 16AAA, or 18AAA players may play in the same JVA game.
 - iii) 15AAA, 16AAA, and 18AAA players are not eligible for JVA playoffs regardless of games played in the regular season.
 - iv) Exceptions to AAA player rules may be submitted to Sharks Ice Hockey Department via email for review.
 - g) JVA, Travel A/B, AA, and AAA players are eligible in Varsity.
 - i) Reviewable by Sharks Ice Hockey Department.
 - h) Substitute goalies should be approved through Sharks Ice Hockey Department.
 - i) Coaches/Managers must contact a goalie from the appropriate/equivalent skill division from the substitute goalie list.
 - ii) Once a substitute goalie is secured, the coach/manager must notify the High School Hockey Coordinator with as much notice as possible.
 - iii) If a substitute goalie from the appropriate/equivalent skill division cannot be found, a coach/manager should contact the High School Hockey Coordinator with as much notice as possible.
 - i) “Junior Hockey” Players: No “Junior Hockey” level players are permitted in the JV league. “Junior Hockey” player’s eligibility for Varsity will be reviewed by the Sharks Ice Hockey Department.
- 4) All decisions made by the Sharks Ice Hockey Department and/or the High School Hockey Coordinator are final.