

Rules and Regulations

Captains are responsible for notifying all players of the League Rules and Player Suspensions

The League reserves the right to make any determination with regard to any rule or situation or to change and/or amend the Rules and Regulations, at its sole discretion without prior notice.

ALL USA HOCKEY RULES APPLY UNLESS OTHERWISE NOTED

LEAGUE GUIDELINES

All Shark Ice Adult Hockey Leagues follow the rules and guidelines of USA Hockey for all age classifications, in addition to those rules, below are the following "in-house" rules.

- All general matters pertaining to the Sharks Ice Adult Hockey League should be directed to the League Manager, Vaughn Reuter: (vreuter@SharksIce.com).
- All matters pertaining to player's statistics, team rosters, suspension disputes, and complaints in the Sharks Ice Adult Hockey League should be directed to: (MStace@sharksice.com).
- A player must be eighteen (18) years or older to play in any adult levels.
- A player must be thirty-five (35) years or older to play in the Over 35 league and thirty (30) years or older for goaltenders.
- All players must be registered and insured by USA Hockey **prior** to playing in any game. The www.USAHockey.com web site must be used for all registration purposes.
- All players must sign the online Sharks Ice Adult Hockey League waiver **prior** to playing in any game. The online waiver is available here: <https://stats.sharksice.timetoscore.com/waiver>
- All players are subject to and shall adhere to THE SHARKS ICE code of conduct which can be found at www.sharksice.com

LEAGUE RULES

Adult Beginner, Advanced Beginner, & Novice Level

(Divisions 5, 6, 7, 8, 9, Over 35, SIAHL Fremont Novice, & SIAHL Women's League)

- All beginner games are: four (4) minute warm-up, three (3) periods of twenty (20) minutes running time and a one (1) minute intermission between each period.
- At the end of the third period only there will be two (2) minutes of stop time regardless of the score.
- Each team is allowed one (1) time out per game (30 sec.).
- See shootout rules for tied games in regular season.
- Defensive blue line icing will be enforced
- All minor penalties are three (3) minutes; and major penalties are seven (7) minutes; always, including stop time and overtime. All penalties are subject to the rules of the running clock for starting and terminating.

Elite, Adult Advanced, Advanced Intermediate, & Intermediate Level

(Divisions 1, 2, 3, 4, & SIAHL Fremont Intermediate and Advanced)

- All intermediate games are four (4) minutes warm up, three (3) periods of fifteen (15) minute stop time. If one team is winning by six (6) or more goals in the third period with six (6) minutes or less left on the clock, the game will go to running time ("Mercy Rule") and will continue even if goals are scored and there is no longer a six (6) goal difference. The clock can only be stopped by a time out.
- **Referees should make all reasonable efforts to stay within the allotted time of 1 hour and 15 minutes regardless of the score or level.** The scorekeeper will inform Referees as to how much time is remaining for the third period and the referees will determine any alteration of timekeeping, if any, and at their sole discretion.
- If in the 3rd period the goal differential is one (1) goal, then running time shall **NOT** go into effect and the existing stop time clock protocol shall remain in effect until the end of the game or until the Mercy Rule goes into effect.
- Each team is allowed one 30-second (1) timeout per game.
- See shootout rules for tied games in regular season.
- Red line icing shall be called.
- All minor penalties are two (2) minutes; majors are five (5) minutes (even while the mercy rule is in effect or during any running time). During any running time, all penalties are subject to the rules of the running clock for starting and terminating. Once running time has begun, it shall not return to stop time regardless of the score.

LEAGUE RULES CONT.

Regulation Shootout Rules for all levels

- If any regular season game ends in a tie (including the final game of the night) and there are three (3) or more minutes remaining in the ice slot (each game is allocated 1 hour and 15 minutes of ice, slot time begins when warmup clock starts), a three (3) player penalty shootout shall commence immediately according to the following procedure, as outlined below:
 1. The visiting team shall shoot first.
 2. The penalty shots are taken alternately by the teams.
 3. If, before three shots are taken, one team has scored more goals than the other could score, even if it were to complete its three shots, no more shots are taken.
 4. If, after both teams have taken three shots, both have scored the same number of goals, or have not scored any goals, there will be one additional round to determine the winner. If after the additional round there is still no winner, the game will be ruled a tie.
 5. Each shot is taken by a different player and all eligible players must take a shot before any player can take a second shot.
 6. Any player still serving their penalty when overtime expires may not participate in the penalty shot shootout. However, a player serving a penalty for a bench minor, for another player or whose penalty time has expired before the expiration of the overtime may participate in the shootout.
 7. If one team has no goalie then the opposing team will be awarded **all** goals. The team without a goalie will be given four (4) penalty shots attempts. Once any shot by the team without a goalie is recorded a miss, the game will end and the opposing team be declared the winner. If neither team has a goalie, no shootout will take place and the game will be ruled a tie.

Points format for games:

- Regulation or Shootout win: *2 points*
- Shootout loss/Shootout tie: *1 point*
- Regulation loss: *0 points*
- If no shootout was conducted each team will receive: *1 point*

PLAYOFFS

- Prior to the end of the regular season, the League Director will post the playoff tree on the standings page for each division, indicating the number of teams that will qualify for the playoffs for each division(s). The schedule will also be available on the playoff standings link. (The Over 35 league has no playoffs).
- In the event of a tie in points at the conclusion of the regular season standings, the following tie breaker protocol shall be used:
 1. Wins
 2. Fewer Game Misconducts
 3. Head to Head Record
 4. Fewer Goals Against
 5. Greater Goals For
 6. Fewer Head to Head Goals Against
 7. Greater Head to Head Goals for
 8. Single Coin Toss

Player Playoff Eligibility:

- **Only players who have signed-in and played in the minimum number of required games will be allowed to participate in the playoffs. All seasons will require players to play 5 games and goalies 2 games to qualify for playoffs.**
- **For all games only printed rosters submitted with the players valid signature count towards the player's game total. A handwritten roster shall not count towards a player's game count.**
- Players who are listed as qualified in the roster section of the captain's account have achieved the minimum game requirement for a given season.
- Captains may view player eligibility and game count at any time by accessing their on-line team accounts.
- Captains are ultimately responsible for assuring that all game statistics are accurate; and must address the League Statistician (Head Scorekeeper) with any questions no less than forty-eight (48) hours prior to the start of the team's first playoff game.
- The League must approve any substitute goalies in the playoffs. Any goalie not rostered or not qualified is considered a sub.
- Players who qualify as a goalie may only play as a goalie. Players who qualify for playoffs at the Goalie and Skater position must disclose to the League their intended position prior to the start of the playoffs. Games played as players and goalies are not interchangeable. Games played credit will only count for the position played, either Skater or Goalie.
- For playoffs, any emergency or non-rostered goalie must be approved by the Head Scorekeeper or League Director.

Playoff Protocol:

- All playoff games shall be played according to the same rules for each division that were in effect during the regular season.
- If any playoff game ends in a tie, there shall be one overtime period, as outlined below:
- In all elimination games, overtime shall be five (5) minutes | four (4) minutes running time, one (1) minute stop time.
- All Championship games (or games that have the potential to determine the championships i.e. game 2 of a best of 3 series) shall be ten (10) minutes | nine (9) minutes running time, one (1) minute stop time
- If any playoff game is still tied after overtime, a penalty shot shoot out shall commence immediately according to the following procedure below:
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- **Playoff Shootout procedures:**
 1. The visiting team shall shoot first.
 2. The penalty shots are taken alternately by the teams.
 3. If, before five shots are taken, one team has scored more goals than the other could score, even if it were to complete its five shots, no more shots are taken.
 4. If, after both teams have taken five shots, both have scored the same number of goals, or have not scored any goals, shots continue to be taken in the same order until one team has scored one goal more than the other team from the same number of attempts.
 5. Each shot is taken by a different player and all eligible players must take a shot before any player can take a second shot.
 6. When a team finishes a game with a greater number of players than its opponent, it shall reduce its numbers to equate with those of their opponent and inform the referee(s) of those players excluded and those players subsequently eligible to take any penalty shots.
 7. Before the start of the penalty shot shoot out, the referee(s) shall ensure that only an equal number of players from each team participate in the penalty shot shoot out and shall identify same.
- Only goalkeepers rostered for the game, dressed, and on the player's bench may participate as a goalkeeper in the penalty shot shootout.
- Any player still serving his penalty when overtime expires may not participate in the penalty shot shootout. However, a player serving a penalty for a bench minor, for another player or whose penalty time has expired before the expiration of the overtime may participate in the shootout.

EQUIPMENT REQUIREMENTS

ALL LEVELS:

- All players are required to wear all the equipment specified by USA Hockey Rules.
- Any player who does not comply with **ALL** equipment rules may not participate in the game until he or she is fully compliant. There is no grace period for Equipment Requirements.
- **All players are required to wear shoulder pads. Padded shirts are not acceptable.**
- All players must wear the required protective equipment per USA Hockey in the manner for which it is designed, and no alterations may be made from the original manufacturing specifications as any alterations shall cause said equipment to be illegal.
- Go-Pros and/or cameras are not allowed on the outside of players helmets or equipment and can not be attached to the net or inside the playing area during any SIAHL game.

All Divisions "6" and below & SIAHL Women's League:

- All players must wear a full-face mask.

All Divisions "4 - 5" & SIAHL Fremont Intermediate and Novice:

- All players must wear a full-face mask or half shield.
- If players choose to wear a half shield, they are required to use an internal mouthpiece covering the remaining teeth of one jaw.

All Divisions "1 - 3", SIAHL Fremont Advanced, and OVER-35:

- Players are not required to wear a full-face mask, half shield or mouthpiece.

JERSEY REGULATIONS

- All home teams shall wear a white jersey and the away team shall wear dark
- All players are required to wear the **same primary color** as the rest of their team.
- Every player must always wear a readable number on their jersey at all times, according to USA Hockey rules. Only one player per number per team. No blank jerseys allowed.
No tape numbers on jerseys.
- All player numbers must correspond with the sign-in sheet and scoresheet.
- Any player who does not comply with the jersey regulations shall not be able to participate in the game until the player complies.

SCORESHEETS AND ROSTERS

- Each team is required to enter its roster via its on-line Time To Score (TTS) account. Captains are solely responsible for the proper maintenance of the roster. The TTS roster is the roster that will display on the League TTS scorekeeper terminal and is the official roster for each team.
- Rosters will be frozen on Dec. 1st for Fall season, April 1st for Winter/Spring season, and August 1st for Summer season. No players may be added or deleted after the lock date. The league director may amend these dates as needed.
- The roster management site is located at: <https://teams.sharksice.timetoscore.com/> and each team Captain will have a username and a password. You may update your password at any time. Each team shall have one (1) account.
- Each team may roster a maximum of thirty (30) players. You are required to have one noted (1) goalie on your thirty (30) player roster. Via the Captains Page, a team is required to identify a primary Captain as "C" and all goalies via the on-line system. It is recommended that each team roster two (2) goalies. Only players on your official roster and scoresheet may participate in any game and there shall be no exception(s) to this rule.
- The maximum number of players permitted to play in a game, excluding goalkeepers, shall not exceed eighteen (18).
- Captains are required to update correct jersey numbers via the Captain's Page on TTS.
- Each team is required to submit to the scorekeeper before each game a legible printed sign in sheet (signed roster) with the name, number and signature of each player playing. Each name and number must be typed, or computer generated with room for a signature next to the printed name. The roster must be submitted with at least one (1) minute remaining at warm up or a two (2) minute bench minor penalty may be assessed.
- Do not sign in for your teammates under any circumstance(s). All players on the ice are responsible for making sure they sign in to get Game Played credit. Players arriving late must report to the scorekeeper to sign in at the next stop in play or intermission.
- Any team that submits a handwritten sign in sheet will not receive credit for a game played (see playoffs). No statistics will be tabulated for the game. **No exceptions.**
- Any roster sign in sheet from a different team with more than half of the players (except a goalie) handwritten in will be considered a full handwritten roster and ineligible for Game Played credit.
- The game will not start until both teams have turned in a sign in sheet.
- The official roster is on the League management system (Time to Score). Official rosters are not supplied by 3rd party sites (Hockeyvite, etc.) and/or the roster sign in sheet turned in by teams before each game.
- All scoresheets for games are available online on the league standings page.
- Pregame Forfeit: In the event of a forfeited game, the non-forfeiting team will have up to 48 hours to submit to the Head Scorekeeper a roster of player names for GP credit.

PLAYER ELIGIBILITY

- The SIAHL are adult leagues, and all players must be at least eighteen (18) years of age to be eligible to be rostered and/or participate in any League games. There are NO EXCEPTIONS to this rule for any reason(s).
- The league does not differentiate substitute players from full time players. Only players on the official roster may play in a game.
- Players shall provide a PHOTO I.D. when asked by the League Director or his designate, any league official, including but not limited to the scorekeepers.
- Punishment for using illegal players may include but is not limited to one or more of the following: suspension of the player(s), removal of any goals scored or assisted goals, forfeit of the game and suspension of the Captain of record (this includes any Assistant Captain or player acting as Team Representative at game time).
- An Over 35 team that has less than ten (10) players in uniform (exclusive of goaltenders) may temporarily utilize registered players from other teams in the Over 35 league only in order to dress ten (10) players in uniform for a given game. But in no case shall that team be allowed to dress more than ten (10) players.
- No one is allowed to play on any team in the league while on suspension from another team.
- Players may not play on teams more than one (1) divisions apart and goaltenders may not play on teams more than three (3) divisions apart. Exceptions may be granted on an individual case by case basis, only by the League Director or Administrator.
- The League Director has the final authority on any, and all, matters of player eligibility and any other matters relative to the League.

GOALTENDERS

- In an event that a team does not have a goalie present and dressed for a game, an emergency goalie may be used. The emergency goalie must currently be registered in the SIAHL. During playoffs, any emergency or non-rostered goalie must be approved by the Head Scorekeeper or League Director.
- Every goalie must be registered with USA Hockey and have a valid online waiver on file (Sharks Ice Waiver) prior to game time.
- If a team does not have a goalie dressed for a game, the team may elect to put in a sixth skater.
- The Referees must be notified if the player is a sixth skater or a designated goalie. A sixth skater will not get a shot on goal count.
- In all levels a designated goalie must have a full wire cage, no plastic masks, and no half shields of any kind.
- **Any player not wearing full goalie equipment who chooses to be a designated goalie, does so at his or her own risk.** The referees are not to prevent or punish the opposing team for using full slap shots if their level or division normally allows them.

PENALTIES

- Any player, including goalies, who receives four (4) penalties in the same game, will receive a Game Misconduct and be ejected for the remainder of the game (Over 35 the limit is three (3) minor penalties or one (1) minor and any misconduct penalty in a game).
- ALL penalties shall be entered on the scoresheet.
- Sharks Ice has a zero-tolerance policy for fighting of any kind.
- The possession or use of Alcohol in the locker rooms or playing area or use/possession of drugs or any illegal substances in the locker rooms, anywhere in the building, and/or parking lots is prohibited.
- Any player that is substance impaired may be prevented from playing or removed from the game and subject to additional administrative suspensions by the League.
- Any behavior that endangers the players, participants, referees, or spectators is intolerable and the League will immediately take action against those involved.

SUSPENSIONS AND UNRULY PLAYERS

- All game misconducts (except for excessive penalties infractions) will result in an automatic suspension.
- **Players may not play for any team in the league until they have finished serving a suspension for the team with which the suspension was received. A player playing on multiple team risks missing multiple games.**
- Players must contact their captain to find out the number of game suspensions and when they can return to play.
- A player receiving a second game misconduct for excessive penalties during the season will receive a one (1) game suspension for each subsequent infraction.
- **Penalty accumulation suspension:** Any player accumulating forty (40) penalty minutes in any season for a specific team will receive a League issued one game suspension under USA Hockey Rule 410a. The next threshold will be fifty (50) penalty minutes and a mandated League review which will result in additional minimum game suspension and/or further League review and probationary status for any additional penalties. Any player who skips forty (40) penalty minutes and goes straight to Fifty (50) penalty minutes will receive a two (2) game suspension. This is a per team penalty. Game misconducts earned count as 10 minutes of penalty time. Running time penalty minutes of 3 and 7 minutes will be recorded as 2 and 5 minute penalties respectively, in the players penalty record.
- The League reserves the right to issue any length of suspension at any time.
- No refunds or prorates will be issued to any player for missed games as a result of suspension(s) or expulsion from the League for disciplinary reasons.
- General minimum guidelines for suspensions are:
 - 1st Game Misconduct: one (1) game
 - 2nd Game Misconduct: three (3) games
 - 3rd Game Misconduct: six (6) games, plus an eligibility review by the League Director
- All players who come off the players' bench or penalty box during an altercation shall receive a major plus a game misconduct and be subject to a minimum three (3) game suspension.
- Captains may view suspensions and game misconducts received by accessing their team's on-line account. All game misconducts shall be listed on the online scoresheet following each game.
- Captains are ultimately responsible for notifying their players of any suspensions. Only rostered players will show on the Captain's page under "Suspended Players".

SUSPENSIONS AND UNRULY PLAYERS CONT.

- Players who receive a Match Penalty will be suspended indefinitely from all USAH games pending an investigation. The player must contact CAHA (California Amateur Hockey Association) for reinstatement and is not allowed to resume playing prior to the SIAHL receiving written notice from CAHA with a restatement date listed. The League reserves the right to extend any suspension or probation issued by CAHA.
- Fighting is absolutely not tolerated. Players who continually violate this will jeopardize their continued involvement in the League.
- Any physical or verbal assault on an on-ice official or an off-ice official is unacceptable, and may result expulsion from the League.
- Any player who bangs his stick on the glass while in the penalty box shall receive a game misconduct and be removed for the remainder of that game. The scorekeeper shall report his version of the circumstances to the Referee who shall assess any appropriate penalty or penalties. Subsequent violations of this rule, shall subject offenders to a League imposed suspension.
- Teams that receive a total of twelve (12) penalties in a game, shall be assessed an automatic game misconduct. Such penalty shall not be served by a player; but shall be counted as part of the tiebreaker protocol for playoffs.
- Players who are deemed to be continually dangerous, unruly or unsportsmanlike may be suspended at the sole discretion of the League Director.
- Suspension from the regular season will carry over to the playoffs and future seasons.

PLAYING LEVEL RESTRICTIONS:

- D8 and D9: No player who has played High School (JV or Varsity), Travel, House League, Tier, College, or Juniors shall be allowed to play D8 or D9 or lower – Exceptions may be made for House League players based on skill for D8 only.
- D7: No player who has played Travel, Tier, High School (JV or Varsity) College, or Juniors shall be permitted to play D7 or lower – Exceptions may be made for Travel B/BB players and JV B/C players based on skill.
- D6: No players who has played High School D1, Tier, Collage, or Juniors may play in D6 or lower – Exceptions may be made for AA or High School D1 players who have not played AA or High School D1 for 3+ years based on skill.
- D5: No Players who have played AAA Tier, College, or Juniors shall be allowed to play in D5 or lower – exceptions may be made for AAA players who have not played AAA for 3+ years or College players who have not played College 3+ years based on skill.