

# CFHSHL PLAYING RULES

## (Updated February 15th, 2024)

### Playing Rules

- All league games shall follow USA Hockey's Official Rules of Ice Hockey.
- Officiating System: Minimum 2-man official system.
- Body checking is permitted in both Varsity A and Varsity B divisions.
- High School Rules: The team on a penalty kill may ice the puck. Delayed "tag-up" off-sides is permitted.

### Playing Time

- Each game shall consist of a 3-minute warm-up.
- The game will have 3 periods of 14-minute stop time.
- Penalties 1:30 (14 min period) Major/Misconducts remain 5:00/10:00 under SAHOF affiliate directives.
- The completion of 2 periods shall be considered an official game.
- There will be a running clock in the **3rd period** when the goal differential is 6 or more. The clock shall return to stop time anytime the goal differential falls below 6.
- If a rink imposes a game time limit, the first 2 periods shall be 14-minute stop time and the 3rd period shall be ½ of the remaining curfew time with a stop clock.
- There is no overtime in regular season play.

### Playoffs

- In the event teams are tied in points, tiebreakers shall be applied in order to determine the team with the higher standing.
  1. Most wins.
  2. Most points earned in games played between the tied teams.
  3. Fewest goals against during the regular season.
  4. Highest goal differential during the regular season.
  5. Fewest penalty minutes accumulated during the regular season.
- Only the top 4 teams in each division, Varsity A and Varsity B, at the end of the regular season, as measured by total points or as provided in the case of tiebreakers, will qualify for League Playoffs.
- First round matchups, semi finals, will be seed 1 vs. seed 4, and seed 2 vs. seed 3.
- The winners of the semi-final games will move on to play in the championship game.
- The team with the highest seed will be designated the home team.
- In the event of a tie at the end of regulation time, there will be a **5-minute sudden death overtime period** consisting of 4 skaters and 1 goalie. If the game remains tied after overtime a 3-player shootout shall be held.
- After a 3 man shootout, if the game is still tied, there will be a sudden death shootout. No player can shoot twice until all skaters on the team have participated. Players who are serving a penalty at the completion of the overtime, which has not expired, may NOT participate in the shootout.

### Official Roster

- The official roster may include no more than 20 and no fewer than 10 eligible players.

### Varsity B "Call-Up"

- A Varsity A Team may "Call-Up" a player from their Varsity B roster at any point in the season due to injury/illness/ineligibility of players on their Varsity A roster.
- A Varsity B player may play a maximum of 5 regular season games at the Varsity A level. If a player has been called up five (5) times, and there is an existing need for another "Call-Up", the Head Coach, or Acting Head Coach of the team requesting the "Call-Up" shall contact the opposing team's Head Coach or Acting Head Coach seeking their approval of the additional "Call-Up". If the opposing team approves of the "Call-Up", the Head Coach of the team utilizing the additional "Call-Up" shall contact their County Representative on the CFHSHL Board of Directors responsible for their team as soon as possible after the opposing team agrees to the "Call-Up". This notification shall be made by phone, text or email and occur no later than four (4) hours following the conclusion of the game in question and include the rationale for the additional "Call-Up".
- Varsity B players receiving a Game Misconduct and/or Suspension in their B game, are NOT eligible to be "Called-Up" to play in a subsequent Varsity A game until their suspension is served. Players must serve their suspension in their respective division before being eligible to be "Called-Up".
- Varsity B players "Called-Up" to a Varsity A game and who receive a Game Misconduct and/or Suspension playing in that Varsity A game, shall serve his/her suspension during their next scheduled Varsity B game.