I. ORGANIZATIONAL RULES AND REGULATIONS

1. MEMBER RESPONSIBILITIES

It is the responsibility of the coaches, and the players to adhere to the principles of sportsmanship. It is also the responsibility of the coaches to be conversant with the By-Laws, Rules & Regulations, policies, playing rules, league rules, USA Hockey’s Coaches Code of Conduct and USA Hockey’s Coaching Ethics Code. It is also the coaches responsibility to make sure that his players are familiar with the requirements of the By-Laws, Rules & Regulations, policies, playing rules and league rules as those rules apply to them.

In order to coach a team in the HSHLNC, individuals must attend a mandatory coaches meeting conducted by members of the Board of Governors and/or their delegates. The Board shall schedule at least two dates for the annual coaches meeting between September 15th and November 1st each year and shall announce the dates for the coaches meeting no later than the August Annual League meeting each year. Individuals must attend one of these meetings to coach a team in the League. Where an Organization wants to add a coach to its roster after the conclusion of the coaches’ meetings, that Organization must request the permission of the Board to roster the new coach. Any coach who fails to attend either of the two coaches meetings may not be alone on the bench at any time during the season.

In the event any coach, general manager, or team official has any question or issue regarding any By-Law, Rule & Regulation, league policy, playing rule, league rule, USA Hockey’s Coaches Code of Conduct and/or USA Hockey’s Coaching Ethics Code, such coach, general manager or team official shall first address the question or issue with the vice president of the division in which they play. In the event the coach, general manager or team official is unsatisfied with the divisional vice president's response (or lack of response) or resolution of the question or issue, they may escalate the question to the League President for consideration by the Board as appropriate.

The Board of Governors of the HSHLNC asks that all individuals refrain from contributing, writing or providing publicity that would reflect poorly or negatively on any member organization or the league itself. Behavior that is detrimental to the well-being and image of the league and its participants may be referred to the Discipline Committee for disciplinary action.

a. COACHING RESPONSIBILITIES

The coach of record for each team at the end of each league game MUST carefully review the game score sheet for accuracy before he or she signs it. Once the score sheet has been signed by all coaches, referees, scorekeepers and league off-ice officials, it shall become FINAL and may not be changed on appeal to the Board even where an error on the score sheet subsequently becomes obvious. Once the coach signs the score sheet he is deemed to be aware of any and all Game Misconduct, Match Penalty or Gross
Misconduct penalties recorded on the score sheet and shall insure that any and all
suspensions shall be served by the offending player or coach.

Should a player or coach receive a Game Misconduct, Match Penalty, or Gross
Misconduct, it is incumbent on the coach to insure that he/she or the player not
participate in any games until his/her suspension has been served in its entirety. There is
no excuse for a coach allowing himself/herself or a player to participate in a game
because the league did not notify the team or post a suspension list.

Any individual who agrees to coach in this League who also coaches a travel team which
rosters players who participate in the HSHLNC must agree to abide by the following
rules of priority as to travel vs. high school practice and game conflicts:

- Travel team playoff and state championship games take priority over all
  HSHLNC team games and practices;

- HSHLNC team playoff and state championship games take priority over all
  regular season Travel team games and practices;

- Regular season Travel team games have priority over HSHLNC regular season
  games

- HSHLNC team games take priority over Travel team practices

- Travel team practices take priority over HSHLNC practices

No coach may threaten a player with suspension or other acts of retaliation in the event a
player fails to appear for a game or practice due to his adherence to the priorities set forth
above. Any individual who is not willing to abide by the foregoing, shall not be eligible
to coach a team in the HSHLNC. If any coach fails to abide by this rule during the
course of a season (including league playoffs and state tournaments), the Board may
suspend that coach from future participation as a coach in the HSHLNC.

An ineligible player or suspended player participating in a game or listed and signed in
on a score sheet without the notation “Suspended” annotated to the name, shall result in a
$50.00 fine by the offending team and forfeiture of the game by the offending team,
increased penalties to the player, and suspension of the next three (3) scheduled league
games against the coach of record. All coaches and players suspended from a game must
be noted on the game sheet that the suspension is being served. Failure to make the
notation will result in a ten-dollar fine to the organization failing to supply the suspension
information to the scorekeeper.

It will be the responsibility of each team’s head coach to secure and maintain the
following information from each and every player and/or coach and to produce upon
request of the Board of Governors:

1. Birth Certificate or Other Legal Identification
2. AAU Registration Card
3. Signed Waiver of Liability
4. Signed Consent to Treat
5. School Certification Documentation (showing current enrollment in a school district (letters from the district, school, principal or teacher will not be acceptable unless they have a raised seal from the school district) Picture Id, school schedule with name and address, report card (grades may be blocked out) are acceptable)
6. USA Hockey Coaching Cards or National Federation of State High School Associations (NFHS ) Course Completion Certificates
7. Coaches AAU Registration Card
8. Signed Coaches Waiver of Liability
9. Signed Code of Conduct forms (both the form required by the Town of Oyster Bay facility AND the form required by the League) for each player and at least one of each player’s parents or guardians.

Any coach who fails to supply to the league within 24 hours of the first request for this information will be suspended until all proofs are submitted for all players rostered. Any player the team has rostered that the coach cannot produce this information for will not be permitted to play until the proof is supplied to the league. The league may not ask for the proof until October 15 of the season in progress. By December 15th of the season in progress, the Division Vice Presidents shall electronically circulate to each teams’ general manager copies of all team rosters in that Division.

Each team is required to have all of the foregoing materials available at the arena during all scheduled League games and all team practices. The League Official may require the coach or general manager to produce these materials at any scheduled League Game. If the team is unable to produce these materials upon such request, the team shall be fined $50 for the first such occurrence, $100 for the second such occurrence and $200 for the third such occurrence. After the third such occurrence the general manager shall appear before the Board of Governors to explain why his/her organization repeatedly violates this rule. The Board shall have authority to issues suspensions of coaches, team officials and/or team general managers and game forfeitures for repeated violations of this rule.

Prior to the first game of the season each team shall designate the “head coach” of the team. The head coach shall be the “coach of record” for each game that he/she is present on the bench and shall sign the score sheet as head coach of the team. If the head coach is not present for a game, whichever assistant coach signs the score sheet will be considered the “coach of record” for that game.

All coaches and instructors must wear an HECC approved ice hockey helmet on the ice during all practices.

b. TEAM RESPONSIBILITIES

All teams must wear identical home jerseys, away jerseys and hockey socks. The home team shall wear light colored jerseys and the away team shall wear dark colored jerseys.
Home and away teams are determined by the League schedule. Any player without a matching jersey and hockey socks will not be permitted to play. Notwithstanding the foregoing, any team which accepts a player from the League player pool shall have thirty (30) days from the date of assignment during which to secure identical team jerseys and hockey socks for such player. At the expiration of the 30 day grace period, each assigned player must wear an identical team jersey and hockey socks in order to play. The assigned player may play in all games during the 30 day grace period and may wear jerseys and socks available to him/her which are similar to his/her team. Any team without the minimum number of players wearing identical jerseys and hockey socks shall be given a forfeit pursuant to these Rules and Regulations. The League Official present at the game must call all forfeits prior to the start of the game. The word FORFEIT must be written on the score sheet and all coaches present must be advised prior to the start of the game. A team which forfeits a game for any reason must leave the bench and ice surface immediately and the remaining team may use that time slot for practice.

Once the Board of Governors publishes the initial schedule of games for a division, each team in that division shall have three (3) weeks to request that individual games be rescheduled. The Board of Governors shall try to accommodate any requests it receives to reschedule games during this three (3) week period. Upon the expiration of this three week period the Board of Governors shall publish the final schedule for the division. Once the final schedule is published, any request to reschedule games must be submitted in writing to the division Vice President and have the Board of Governors approval.

It is the responsibility of each individual team to make any changes in scheduling directly with another team, once the official schedule is given to the league. Notification to the Board of Governors (to the individual board member responsible for the scheduling of games and ice times) and all affected teams within at least 24 hours notice is necessary. If the notification is given with less than 36 hours it must be done by telephone or face to face. Email notification must have a return receipt to be considered as proper notification and must be done prior to 36 hours before the scheduled start time. If a team is to have a full team no show, no matter of the time frame, an email will not be considered as proper notification. Any team causing a forfeit due to a complete no show will be responsible for half the ice fee and all on and off ice officials. If the proper notification is given the team will not be responsible for the on or off ice officials. The winner of a no-show forfeit, as determined by the Board of Governors, is not obligated to participate in a “make-up” game. No show/forfeits without proper notification, as determined by the Board of Governors, are subject to a $200 fine for the first offense and a $400 fine for the second offense. Each offense thereafter is an additional $100 fine to the second offense. (i.e., 3rd-$500, 4th -$600, etc.) If a club needs to cancel a scheduled league game for any reason, such as, an insufficient number of players, school closing, etc., it is the responsibility of the canceling Organization to advise the league of the cancellation and find acceptable ice to reschedule the cancelled game. If the canceling Organization does not notify the league and find acceptable replacement ice that Organization will forfeit the game.

It is every team’s responsibility to supply to the Secretary of this league contact information which must include at least one email address per organization (i.e.: email
address, postal address, phone number, contact name). This information will be used to distribute league information as outlined in the By-Laws and Rules and Regulations. It is the responsibility of each organization to notify the Secretary of any changes in the organization’s contact information. Any team not updating this information with the league, lends itself to being misinformed or uninformed about league matters. The league will accept and mail to only three (3) contacts per member organization.

It is the responsibility of each team qualifying for a NYSCSH State Tournament to attend and participate in that tournament. Any team which qualifies for a NYSCSH tournament and refuses to send a team to that tournament shall not be eligible to compete in the following season’s HSHLNC playoffs, in addition to any sanctions applied to that team under the NYSCSH by laws.

2. **ORGANIZATIONAL MERGERS**

Any Organization wishing to merge with another (one or two) School District(s), must submit to the Board of Governors at the June League meeting: (a) a written request to merge, (b) a copy of the proposed merged team’s preliminary roster (i.e., a roster including those players from the School District with which the Organization seeks to merge), and (c) a description of the steps the Organization has taken to promote the participation of new players within the Organization’s own school district during the preceding twelve (12) month period (e.g., posters, banners, ads, car wash, etc.). With respect to Organizational Mergers at the Varsity Division level, eligible 9th grade players must be included on the preliminary Varsity roster submitted to the Board of Governors. If a merger is approved, any 9th grade players who were not included on the preliminary roster submitted to the Board of Governors may not be added to any subsequent roster of the merged organization and may not play in any varsity games for that merged organization without the approval of the Board of Governors. In making a determination whether or not to approve the addition of a 9th grader to the roster of an approved merged organization the Board shall consider the number of players on the merged team’s roster, the reason why the eligible 9th grade player was not included on the preliminary roster submitted to the board and the organizations prior history as to the accuracy and reliability of its preliminary roster submissions.

The Board shall consider each request to merge in accordance with the HSHLNC merger (and team roster) rules. Consistent with HSHLNC rules, each district in the proposed merger must have fewer than 15 players, and the districts seeking to merge must abut. Mergers at the Varsity level need not be applied at the JV or MS levels.

In the event the merger is approved by the Board, the approved merger shall be effective only for the coming hockey season. Each Organization which has received permission to merge must submit a new request for permission to continue as an approved merged organization to the Board of Governors at each subsequent June League meeting.

Any Organization whose request to merge is granted shall be considered a new Organization, and the new merged Organization shall lose all “grand-fathering rights” held by the pre-merged Organization, thus any out-of-district players on the pre-merged
organization’s roster shall be returned to the player pool and shall be subject to the draft (if such player wishes to continue to play in the league).

If an approved merged Organization still does not have a sufficient number of players (i.e., fewer than 15) to field a team, that merged organization may elect to enter the player draft and seek to have out-of-district players assigned to the merged team by the League. The merged Organization will have first rights on previously rostered players. Once an out-of-district player has been assigned to an approved merged team, such player may continue to play for that merged Organization so long as that same merged Organization continues to be an approved merged team by the Board of Governors. As set below, any Organization with out-of-district players on its roster may not roster more than a total of 20 players in any given season, exclusive of any out-of-district goaltender(s).

The approval of any merger by the Board shall be deemed to take effect at the close of the Annual League meeting in August of each year.

a. Accommodations

Once the deadline for the submission of merger requests has passed, any team at the JV or Middle School level which has fewer than 12 players on its roster (and as a result is ineligible to participate in the player pool) may request permission of the Board to combine with another similarly situated team in their division as “an accommodation”.

The Board may grant such an accommodation for one season only where the Board believes that such an accommodation will help to insure the continuation of each of the two teams seeking the accommodation to remain in the league until such time that they may once attract a sufficient number of players to be an independent entity.

The teams seeking such an accommodation do not need to be from abutting school districts.

Once an accommodation has been granted the combined team shall NOT be eligible to draw additional players from the Player Pool (unless the accommodated team seeks to add a goalie to the roster). Moreover, each team receiving an accommodation shall lose all “grand-fathering rights” held by the pre-accommodation teams. Thus any out-of-district players on the pre-accommodation teams’ respective rosters shall be returned to the Player Pool and shall be subject to the draft (if such player wishes to continue to play in the league). If an out-of-district player is a goalie, the Board may grant permission for the accommodated team to retain the rights to that out-of-district goalie where needed.

Teams which receive an accommodation shall NOT roster more than 20 players in any given season. Once the accommodated organization has rostered 20 players, no late applying players from either of the two districts being accommodated may be added to the team roster. Such late applying in-district players will not be permitted to play for any other team in the league for the season in question.
3. **TEAM ROSTERS**

Each team may have a maximum of twenty-five (25) players on their league roster.

All teams must submit their preliminary roster and team application at the September League Meeting for all Middle School and Junior Varsity teams and at the October league meeting for all Varsity teams. Teams whose preliminary rosters and applications have not been received by the league by these deadlines shall not participate in the league scheduled games and shall forfeit all scheduled games and be fined $50.00 per game, until such preliminary roster and application is received, along with all necessary AAU player and coach registration information. The Board of Governors will give team preliminary roster sheets and team applications to each organization to complete. Final rosters must be submitted to the league at the December meeting. No game played will count toward NYSCSH eligibility unless preliminary rosters and team applications are submitted to the Division Vice President.

Teams may add players to their league roster at any time prior to completing the first half of their scheduled league games or December 31st, whichever comes first. To add a player, the team must petition the Division Vice President, a minimum of 48 hours before the player participates. As long as a team has less than 18 players, it can roster an in-district player at any time. Teams that have rostered out-of-district players, excluding goaltenders obtained in the league’s player selection pool (either in the current season or grandfathered from prior seasons) cannot roster more than 20 players in any given season.

Once a player has been assigned to a team via the player pool, that player cannot be removed from his assigned team’s roster in order to clear roster space to accommodate late applying in-district player(s). Once a team obtaining players via the player pool, rosters twenty (20) total players (excluding goaltenders obtained in the player pool) they may not remove players obtained via the player pool to make room for late applying in-district players. Such late applying in-district players will not be permitted to play for their home district or any other team for the season in question.

Teams may add players after December 31st only under exceptional circumstances, such as transfers into their school after the deadline, etc. In any case, the team must petition the Board of Governors for approval. Tournament Bound teams cannot roster any players after December 31st.

4. **PLAYER ELIGIBILITY**

Eligibility shall be determined by New York State Club School Hockey (NYSCSH) rules.

No “IN DISTRICT” player may be cut from a team to roster an “OUT of DISTRICT” player. (This includes placing an “IN DISTRICT” player on J.V. to roster an “OUT of DISTRICT” player on Varsity.)
No organization may roster an “OUT of DISTRICT” player, including an adjoining District player, unless the organization is merged, if an “IN DISTRICT” player has been cut.

Any Organization with two teams in any one division (i.e., Varsity, JV and Middle School) MUST roster any out-of-district players on the Organization’s second tier team in that division. The first tier team in the division MUST exclusively consist of players from within the district.

All players entering grades 9-12 must try out for their Home District Varsity Team, unless the organization has a JV team, then 9th graders may try out for their district JV. All female players may play JV, if available, through their senior year if they chose to do so. A senior goaltender who has been cut from his District varsity team may play on that districts JV team if that JV team has less than 2 in-district goal tenders already on its roster. The Senior Goaltender must play as a goaltender on the JV team.

Middle School Division players are restricted to grades six, seven and eight (6-8). J.V. players are restricted to grades nine through eleven (9-11) and Varsity players are restricted to grades nine through twelve (9-12). No 6th, 7th or 8th grade players are permitted to play in J.V. or Varsity games at any time with the exception of an eighth grader who passes the test to be able to play up at the Junior Varsity or Varsity Level. Determinations regarding player eligibility shall be made by the Division Vice President, subject to appeal to the Board of Governors. Any appeal to the Board regarding eligibility determinations by a Division Vice President must be submitted to the League President in writing within five (5) days following written notification of the Division Vice President’s decision. The request for an appeal must include a “Statement of Appeal” setting forth the basis or grounds of the appeal. The Board has discretion to decide the appeal on the basis of the Statement of Appeal, or it may conduct a hearing before rendering a decision on the appeal. All “OUT of DISTRICT” players must register directly with the league. “OUT of DISTRICT” players will be placed in a player’s pool and assigned, by the league player pool committee.

Definitions:

“IN DISTRICT” player is a player who resides within the territorial bounds of the School district, or merged school district, where he/she resides with his/her parents or legal guardian and:

A: Attends that School Districts Middle School, Junior or Senior High School or,

B: Attends Private or Parochial School that does not have an Ice Hockey team.

Where a player’s parents are separated, divorced or otherwise living apart, and the player attends a Private or Parochial school, such player will be deemed to reside in the School District of the parent with physical custody for player placement purposes. Such player
must submit written proof of physical custody to the Board of Governors before he/she may be rostered.

“OUT of DISTRICT” player is a player who does not reside within the territorial bounds of the School district, or merged district, of the team where he/she plays.

Ineligible player: A player not rostered with the team within 48 hours prior to game time, a suspended player, a player who has played more than the allowed games at a higher level (Ineligible for the lower level only)

No organization may roster an OUT of COUNTY RESIDENT unless that player is attending their school within Nassau County.

Ninth through eleventh grade players cut from their District Varsity team must try out for the J.V. team in their home District. 12th grade players cut from their District Varsity team may enter the Player Pool and be assigned to another district's Varsity team.

Players in ninth grade, that are cut from their District J.V. team, should be given a release and can join the player pool to play with a team in need.

Players who are cut from their Home District team must apply to the league before they can play for another organization’s Varsity, J.V. or Middle School Team.

Provided no “IN DISTRICT” player has been cut from the team, a drafted player shall remain, irrespective of age/grade, with the organization that selected the player from the league player pool until:

a) he/she is released by the drafting organization; or

b) the player informs the league that he/she no longer wishes to play for the organization that drafted him/her; or

c) the player becomes eligible to play for his/her home (or merged) district the following season.

d) The drafting Organization changes status (e.g., the drafting Organization opts to merge with another school district it loses its right to retain out-of-district players previously drafted and rostered by the pre-merged Organization, or where the drafting Organization was a merged Organization at the time the out-of-district player joined the organization and the Organization’s merger is discontinue the non-merged Organization shall lose its rights to retain out-of-district players previously drafted and rostered by the merged Organization.

e) In the event the drafting Organization seeks to roster more than 20 players in a season, it must release one out-of-district player for
every player excluding goaltenders, in excess of 20 it wishes to roster.

If an organization has a Varsity and a JV, all eligible In District players must be rostered on the Varsity team first, then populate the JV teams. No Out of District player can be rostered on the Varsity team if there are Varsity eligible age players on the JV team.

With the exception of goaltenders, J.V. players listed on the Varsity roster, may participate in up to 2 Varsity games prior to December 31 and up to a total of 4 Varsity games for the season, without losing J.V. eligibility. Should a player participate in more than 4 of the Varsity games, he/she shall be deemed ineligible from further J.V. participation.

Middle School players cannot play up to JV or Varsity. Organizations having two teams in the Middle School Division may permit in-district skaters rostered on their second tier Middle School team to play up to the Organization’s first tier Middle School team no more than four (4) times (twice before December 31st and twice after December 31st) during a single season. Goalies rostered on either the first or second tier team’s roster may play up or down with the approval of the Middle School Vice President.

Any team wishing to draw players from the player pool must have paid their Non Refundable deposit to the league for the team seeking to enter the player pool. Any team must have a minimum of 12 players to enter the player pool. 9th grade players must be included on the preliminary roster if they are to be included on the official roster and be available to play in games during the coming season. Any team drawing players from the player pool, other than a goaltender, must continue to accept available pool players until the team has 17 players on its roster.

5. GAME PROTESTS

Game protests will be entertained ONLY when they pertain to the interpretation of playing rules, interpretation of league rules, or review of supplemental discipline. Game protests will not be entertained regarding the judgment of an on ice game official.

Protests must be made in writing to the any board member within 24 hours of the alleged occurrence and a $50 protest fee must be delivered to the Treasurer within 72 hours of the occurrence. The protest fee will be refunded should the protest be deemed valid and deposited in the Scholarship Fund should the protest be denied.

The president shall schedule a Board of Governors meeting within one week of the receipt of the protest. However, in no case may a suspension as denoted in Section III "PENALTIES/DISCIPLINARY RULES" herein be modified or reduced prior to the meeting of the Board of Governors.

A protest committee will be made up of 3 members of the board. If a board member is unable to attend, a coach or manager that is not involved will be asked to fill in.
6. **STANDINGS**

A win shall count as two (2) points; a tie shall count as one (1) point. A double forfeit shall be regarded as a loss for both teams.

In case of ties, the following, in order of occurrence, shall be the tie breaking system:

A) Most Points  
B) Most Wins  
C) Most Wins, Head to Head  
D) Least goals against, Head to Head  
E) Most Goals, Head to Head  
F) Least goals against, Season  
G) Coin toss.

7. **PLAY-OFF ELIGIBILITY**

Each team shall supply to the league a $100.00 deposit for each senior on their roster. The individual deposit will be retained by the league and deposited into the league’s scholarship fund if it is determined by the board of governors that a senior player in their last game has:

1) Verbally or physically abuses another player, coach, or league official.

2) Received a match penalty

3) Received a game misconduct for fighting, high sticking, kicking, spitting, check from behind, cross checking, boarding, head butting or unsportsmanlike conduct.

In order to be eligible for the play-offs, a player must have participated in a minimum of 50% of the regular season games for that team, rounded up to the next whole game. Unless an extended injury or illness prevents a player from playing. For example, in a 20 game season, a player in any division must have participated in 10 games in that division. In a 15 game season, the player in any division must have participated in 8 games in that division.

Suspensions do not count towards games played. In the case of an extended injury, the player must present a physicians letter to the board at the time of the injury in order for the missed games to count toward playoff eligibility. The score-sheet must list the player as injured or ill. Once a player signs in for a game following the noted injury, that injury will be considered concluded. After verification such player may be eligible to play as long as he/she has played in 50% of games he/she was eligible for (no minimum)

Any player sustaining an injury or illness which prevents him/her from playing, must submit a physician's note medically clearing the player to resume play BEFORE that player will be allowed to practice or play with his/her team. The physician's note must state: (a) the date upon which the player became unable to play due to injury or illness;
and (b) the date upon which the player was medically cleared to resume practicing and playing (if the dates for practice clearance is different than playing clearance-the physician's letter should so state).

The physician's note must be obtained and presented to the player's coach before that player is permitted to resume practice or play. Once the coach receives the physician's note from the player, the coach must provide a copy of the note to the Division Vice President within five (5) days of the coach's receipt of that note.

No physician's notes excusing a player from participation due to injury or illness will be accepted by the League where period of illness or injury ended more than one-month before delivery of the physician's letter to the Division Vice President.

Clearance notifications must allow 2 business days prior to playoffs for verification of clearance.

A meeting will take place before the playoffs, for all coaches participating in the playoffs. At this time player eligibility will be verified.

8. **DECIDING PLAY-OFF GAMES**

Play-off games cannot end in a tie. If neither team is leading at the end of regulation play, the following 5 minute “sudden death” stop time periods shall be played:

a) 4 on 4 (plus goalies)

b) 3 on 3 (plus goalies)

The first team scoring in either of these overtime periods shall be declared the winner.

Should neither team score during either of these overtime periods, a shoot-out will follow using 5 players per team with shooters alternating. If the score is still tied the shoot-out will continue with one (1) player from each team per round until a winner is determined. The home team has the right to go last, but may relinquish that right by declaring so before the shootout starts. No team may repeat a player until all players have been used, at which time the opposing team may also repeat players. Goaltenders may be changed at any time, but no warm-ups will be permitted.

II. **GAME RULES**

1. **PLAYING RULES**

The playing rules as established by USA Hockey, as well as supplemental playing rules adopted by NYSCSH and the H.S.H.L.N.C., shall govern the conduct of the League’s games.
2. **START OF GAMES**

A team must have a minimum of seven (7) fully equipped Players present on the ice to start a game. Any team not having seven players on the ice or on the bench five (5) minutes after the scheduled starting time of a game, shall forfeit that game. Players in the locker room do not constitute being on the ice or on the bench for the purposes of this rule. (Fully equipped will be defined by USA Hockey Off-Ice Officiating Manual - second edition.)

3. **PLAYING TIME**

Ideally, each game shall consist of three (3) fifteen-minute (15 mm.) stop time periods. Each game slot is scheduled for 90 minutes and may include ice resurfacing. At the end of such 90 minutes, the teams shall be required to stop play and leave the ice surface. Should a game still be in progress at the end of this 90 minute period, the team that is leading shall be declared the winner. Should neither team be leading, the game will be declared a tie. The game will terminate after the first stoppage of play after the allotted 90 minutes of ice time.

There shall be no overtime in the regular season. The completion of two periods shall constitute an official game. Running time shall not be used with the exception of running time will be played in the third period when the goal differential is 8 or more goals. If goal differential becomes 4 goals, the clock will resume stop time. Clock can also be run to gain control of spectators. Clock is stopped for penalties only. In Middle School and JV division games, if the goal differential at the end of 2 periods is 10 goals or more, or a goal differential of 10 goals is attained at any time during the third period, the game may end at the discretion of the losing coach.

4. **PLAYER CONDUCT**

A) Players shall remain on their respective side of the blue line during and between period intermissions. When allowed by the layout of the rink

B) The LOSING TEAM will leave the ice surface first. The WINNING TEAM shall not leave the ice surface until the losing team is entirely in its locker room, or otherwise directed by game and/or league officials. At Newbridge Arena the team closest to the entrance to the ice surface will leave first regardless of the outcome of the game.

C) Handshake upon agreement of both coaches can be at the end of the game only when time allows a 10 minute ice cut. Any altercation off the ice, on the property of the ice rink OR DURING OR FOLLOWING THE HANDSHAKE will result in a game suspension of the players involved, subject to review by the Board of Governors.
5. **BENCH CONDUCT**

A) In Order to coach in the HSHLNC, a coach must maintain certification under either the USA Hockey (USAH) Coaching Education Program or Complete the following requirements of the National Federation of State High School Associations (NFHS) Coaching Certification Program:

**Required By 12/31 of First Year**
- CPR*/First Aid (Every 2 Years)
- Child Abuse Workshop
- School Violence Workshop
- DASA Training*
- Fingerprint Clearance (AAU Background Check)
- Fundamentals of Coaching (NYS Specific-Every 2 Years)
- First Aid, Health and Safety for Coaches
- Concussion in Sports
- One Sport Specific Course
- One Year Coaching Experience Either Travel or HSHLNC

**Required by 12/31 of 2nd Year**
- Creating a Safe and Respectful Environment
- Strength and Conditioning
- Teaching and Modeling Behavior
- Engaging Effectively with Parents
- Sportsmanship
- Sports Nutrition

B) A maximum of 4 (four) Team officials, registered with AAU Hockey, are permitted on the bench during the game. At least (one of two), (one of three) or (two of four) coaches on the bench must be Level 3 or higher, or have reached the maximum level allowed by USA Hockey for that season or have completed the NFHS Program First Year Requirements. The Coach of Record, as designated on the League Sign-In sheet and the AAU Hockey Score sheet must be Level 3 or higher or NFHS First Year. Coaches who are Level 1 or 2 certified are not permitted to be the official Coach of Record without the permission of the Board of Governors. Medical trainers are not permitted on the bench during play unless they are attending to an injured player and must leave the bench area upon finishing treatment to said player. Coaches who are new to the League must obtain Level 1 certification or complete NFHS First Year Requirements, no later than December 31st of the season in progress. Coaches in their second and third years with the League must obtain their Level 2 and Level 3 certifications or complete NFHS 2nd Year Requirements, respectively, by December 31st of the season in progress.

C) The Board of Governors may grant permission for a coach who is not Level 3 or higher or NFHS 1st Year Complete, to be alone on the bench during a League game when the team’s Level 3 or higher coaches are suspended or are otherwise...
unable to attend the game. PERMISSION MUST BE OBTAINED PRIOR TO THE GAME. THE REQUEST FOR PERMISSION MUST BE MADE TO THE VICE PRESIDENT OF THE DIVISION (i.e., VARSITY, JUNIOR VARSITY OR MIDDLE SCHOOL) IN WHICH THE TEAM IN QUESTION PARTICIPATES AT LEAST 48 HOURS BEFORE THE SCHEDULED GAME. THE BOARD HAS DISCRETION TO WAIVE THE 48 HOUR RULE IF IT FEELS IT IS JUSTIFIED. ANY VIOLATION OF THIS RULE MAY RESULT IN THE FORFEITURE OF THE GAME, SUSPENSION OF THE UNAUTHORIZED COACH FOR TWO GAMES AND A FINE OF $100 BY THE OFFENDING TEAM.

D) The only person allowed in the scorekeeper booth during the game is the person working the clock.

E) No suspended players are permitted on the bench during the game.

6. **SIGN-IN SHEETS**

A) A two (2) minute bench penalty will be assessed to any team which does not have a properly typed sign in sheet.

B) At any point during a game, any player who is listed on the sign in sheet may come on the ice, sign in with the scorekeeper and play.

C) For the game to count for the minimum game eligibility of the player, the player must be signed in prior to the drop of the puck at the start of the third (3rd) period.

D) A player who plays a shift before signing in, but whose name is typed on the sign in sheet, shall be considered a legal player, however that player must serve a two minute minor penalty for not signing in. If this player is involved in the scoring of a goal the goal shall be considered good but the player must serve the two minute minor penalty. If the player is called on another penalty before signing in the player shall receive all assessed penalties plus the two-minute minor for failing to sign in. A player who plays any portion of a shift before signing in, and whose name is not typed on the sign in sheet, shall be considered a ineligible player. Play will be halted by the scorer and/or League Official and the ineligible player's team shall forfeit the game. The player and coach of record will suffer the penalties associated with playing an ineligible player.

E) Any coach allowing a player to play without signing in shall be suspended from their next regular scheduled league game. Any coach that receives this penalty twice in the same season will be suspended for no less than four games.

7. **UNIFORMS AND EQUIPMENT**

A) No two players on the same team may have the same numbered jersey, unless one of the players is “playing up.” The official sign in sheet must show the name of the player along with his/her number, and must indicate that he/she is playing up.
If the sheet does not show this, the team is deemed to have played an illegal player. In such circumstance, the Board of Governors will determine the penalty for the player and coach.

B) Each player including a goaltender must wear an unaltered neck guard that is commercial manufactured and sold as a neck guard. Any player not wearing the neck guard around his or her neck will not be allowed to play. This includes any and all games played by a HSHLNC team that is sanctioned by NYSCSH.

C) All players must wear ice hockey pants or inner girdle with a shell. Full length “roller hockey style” pants are not permitted.

8. LEAGUE OFFICIALS

The League Official may suspend or discontinue the game at his/her sole discretion under the following conditions:

1) Failure or breakage of rink equipment making it impossible to continue or endanger the safety of players, Game Officials or spectators.

2) Notification by rink officials that time has run out.

3) No League Official or Board of Governor will have the authority to intervene with the playing of a game except for the following exceptions: (not withstanding rule 16A sections 1, 2, 3)

   A) Having the referee run the game clock to gain control of the spectators only as necessary and as a last resort.

   B) To advise the referee at the beginning of the game of the two minute minor penalty for a non-typed sign in sheet.

   C) To advise the referee at any time during the game of a forfeit due to an ineligible player participating in the game.

4) The league official is required to check for proper jerseys and socks. The league official shall notify the coach of all players in inappropriate uniforms prior to noting them. The coach with the violations has the option of not playing a player not in uniform, therefore avoiding any forfeit. Any player not in the proper uniform must have their signature crossed off the sign in sheet and the player is not allowed on the player’s bench.

5) The League Official shall count the players on the bench and check the sign in sheet to confirm an accurate count of players. The League Official shall notify the coach of any and all discrepancies before the start of the game. All discrepancies must be cleared before the game will start.
6) League officials may not be assigned to games played by any team with which they are associated.

9. TEAM LIAISON

A. At every game regardless of division, each team’s coach or general manager will be responsible to identify a team liaison before each game and notify the game supervisor of who the liaison will be. The team liaison can be a General Manager, Non Participating Coach or Parent Representative.

B. The role of the team liaison is to assist the game supervisor in requesting their organization spectators to adhere to League Approved Parent/Spectator Zero Tolerance policy as well as identify those individual(s) who are being abusive to players, referees, and fans.

III. PENALTIES/DISCIPLINARY RULES

1. GAME MISCONDUCT PENALTIES

Any player or coach receiving a Game Misconduct penalty or is suspended will serve such suspension at his/her team’s next scheduled H.S.H.L.N.C. game, including play-off games. Any penalty assessed for conduct which occurs after time expires in a game will carry a game Suspension. Suspensions assessed to a player or coach shall apply to the player’s or coach’s participation in H.S.H.L.N.C. sanctioned games, practices or other events. Suspensions incurred during the season, including the league playoffs, shall carry over into the State Tournaments. Every suspension shall be served at the next officially scheduled game (including any State Tournament Games) at the time the suspension occurred (i.e., the game already appearing on the official league schedule, or State Tournament schedule, of that team at the time of the infraction). No team shall schedule an additional H.S.H.L.N.C. league game for the purpose of satisfying a player’s or coach’s suspension.

Any player or coach receiving his or her second or more Game Misconduct penalty or game suspension within a twelve month period, during a game played in the League's Spring Program, shall serve the first game of the suspension during his team's next scheduled Spring Program game, and all additional game suspensions during his or her team's following regular season. If the Game Misconduct or game suspension is incurred in the last game of the team's Spring Program, the entire suspension will be served during the following regular season.

Any player receiving a major penalty in a league game shall immediately be ejected from the game and shall receive an automatic game suspension from the player’s next actual league game including play-offs.

For each game misconduct penalty assessed during any 12-month period, the suspension imposed is increased by one game for each subsequent suspension incurred. Thus, the first suspension incurred by a player or coach with no prior suspensions during the previous 12 months, will carry a one game suspension; the second game suspension
incurred by that same player or coach during the previous 12 months, will carry a two
game suspension; the third game suspension incurred by that same player or coach during
the previous 12 months will result in the player or coach being suspended from all future
league games until such time as the player or coach appears at a hearing before the
Disciplinary Committee to explain his conduct. The hearing before the Disciplinary
Committee shall be held within thirty (30) days of the game in which the player or coach
incurred his third game misconduct penalty. Following such hearing the Disciplinary
Committee shall determine the penalty to be assessed the player or coach, including
permanent suspension from the league. This discipline is to include situations in which a
coach receives a game misconduct due to his team receiving 15 or more penalties.

This includes multiple game misconducts incurred in a single game. For example, a
player receiving his or her first and second game misconduct of the season in one game
will be suspended from their team’s next three actually scheduled league games. It is the
coach’s responsibility to check all game sheets and verify that his team has receive a no
suspensions.

Should a player, play in a game that he/she has been suspended, the game shall be
forfeited, the player must sit the initial game suspension plus an additional game
suspension, and the coach of record will be suspended for the next three scheduled league
games.

Any HSHLNC team playing as such in a non-league game during which player, coach or
Team official receives a game misconduct penalty or suspension must report that
incident and submit a completed score-sheet of the game to a member of the Board of
Governors within 72 hours of the completion of the game. Any coach failing to report the
incident to the league will be suspended for the next scheduled league game including
playoffs. For the second offence in the same season the coach will appear for a hearing
before the Discipline Committee and explain his or her actions and face supplemental
discipline as well as a mandatory one game suspension from the teams next scheduled
league game. The hearing before the Disciplinary Committee shall be held within thirty
(30) days of the leagues’ discovery of that a coach failed to report the incident and submit
a completed score-sheet to the league for the second time following a non-league game.
All score-sheets must have the referee’s name clearly printed as well as signed.

Any player who receives a 5-minute penalty for “a check from behind” will be suspended
from the team’s next actual high school league game.

Any player who receives a major penalty for fighting shall receive a two (2) game
suspension. Any player who receives a second major penalty for fighting within a period
of 12 consecutive months shall receive a three (3) game suspension. For a third fighting
major in a 12 consecutive month period, the player shall be suspended until a hearing is
conducted by the Disciplinary Committee.
2. **MATCH PENALTIES**

   In accordance with USA HOCKEY and NYSCSH rules, any person assessed a Match Penalty must have a hearing within 30 days of the incident. The Hearing may be conducted by the local organization in all cases except those involving physical abuse of officials. The AAU Metropolitan Ice Hockey Director or his designees hear these cases.

   A player receiving a Match Penalty shall be suspended from his team until a hearing is held, which will be within 30 days

   Any coach, manager, or other team official receiving a match penalty, or gross misconduct penalty shall be suspended, appear at a hearing of the Board of Governors within 30 days and confirm to any other conditions set forth by the Board of Governors.

   A player receiving a second Match Penalty shall be ruled ineligible for the balance of the season, including all play-offs.

3. **PARENT/SPECTATOR MISCONDUCT:**

   A game may be stopped by Off Ice, On-Ice, or League Officials when a parent/spectator displays inappropriate or disruptive behavior which interferes with other parents/spectators or the game and refuses to leave the arena when instructed to do so by the official. The game may be stopped and the Off Ice, On-Ice, or League Official(s) will identify the violator(s) to the coaches for the purpose of removing the offending parent(s)/spectator(s) from the parents’/spectators’ viewing and game areas. Once removed, play will resume. Parent/Spectator violators will incur a minimum mandatory 3-game or three weeks (whichever is longer) suspension from that Organization’s games, and must appear before the Board of Governors before the offending parent/spectator will be allowed to return to any League games. Violators are subject to further disciplinary action by the Board of Governors.

4. **SUPPLEMENTAL DISCIPLINE**

   a. **Disciplinary Committee**

   Notwithstanding 1 and 2 above, the Board of Governors have the authority to increase the severity of the suspensions for repeated game misconduct penalties or other serious and/or repeated infractions of the rules by any player, coach, team representative, parent, fan or other person, after a hearing with the Board of Governors. The Board of Governors also have the authority to suspend or rule ineligible to participate any coach, manager, or other team representative, after a hearing with the Board of Governors for behavior detrimental to the code of conduct or unsuitable to the game of hockey.

   In addition, the league recognizes that it is the responsibility of the team and coaches to control their respective players. It is within the team’s prerogative to increase the duration of any suspension noted above, and it is also within the team’s prerogative to discipline their respective players for any violation of the tenets of sportsmanship, team rules, or insubordinate activity.
In accordance with USA HOCKEY and NYSCSH rules, a hearing must be conducted, within 30 days of the incident to suspend a player, coach, team representative, parent, fan or other person. At this hearing both sides must have the opportunity to present their case. Individuals have the right to appeal, to the AAU Metropolitan Ice Hockey Director. These cases are heard by the AAU Metropolitan Ice Hockey Director or his designees.

The results of any hearings before the Disciplinary Committee may be appealed to the Board of Governors provided notice of the appeal and a “Statement of Appeal” is delivered to the Board of Governors within ten (10) days following the delivery of the Disciplinary Committee’s decision to the subject(s) of the hearing. If the notice of appeal to the Board of Governors is not delivered to the Board within ten (10) days the decision of the Disciplinary Committee shall become final. The “Statement of Appeal” submitted by the appealing party must, at a minimum, be a written statement of why the decision of the Disciplinary Committee should be overruled, modified or reversed. The board must schedule a hearing of the appeal within fifteen (15) days of its receipt of the notice and Statement of Appeal. If the appealing party so requests, the hearing date may be postponed to a mutually convenient time for the appealing player and the Board. The results of any hearings before the Board of Governors may be appealed to the AAU Metropolitan Ice Hockey Director within twenty (20) days of the Hearing before the Board of Governors.

A written report of all disciplinary hearings before the Disciplinary Committee and/or Board of Governors must be sent to the AAU Metropolitan Ice Hockey Director.

b. **Coaching Evaluation Committee**

The Board of Governors also have the authority to suspend or rule ineligible any participating coach, after a hearing with the Board of Governors for behavior detrimental to the code of conduct or unsuitable to the game of hockey.

It will be the Coaching Evaluation Committee’s responsibility to review all inquiries related to a coach’s actions and see that USA Hockey’s Coaches Ethic Code is being followed. Conduct which will commence an evaluation will include a coach being verbally or physically abusive towards his or her own players, parents, referees, and opposing coaches, players or parents, inappropriate actions regarding cultural, role differences, gender, race, ethnicity, national origin, religion, sexual orientation, disability, language and socioeconomic condition.

The results of any Coaching Evaluation before the Coaching Evaluation Committee may be appealed to the Board of Governors provided notice of the appeal is delivered to the Board of Governors within twenty (20) days following the delivery of the Coaching Evaluation Committee’s decision to the subject(s) of the hearing. The results of any hearings before the Board of Governors may be appealed to the AAU Metropolitan Ice Hockey Director within twenty (20) days of the Hearing before the Board of Governors.
A written report of all Coaching Evaluation hearings before the Coaching Evaluation Committee and/or Board of Governors must be sent to the AAU Metropolitan Ice Hockey Director.

c. **Appeals to the AAU New York Metro Board of Review:**

Any person or entity suspended or otherwise disciplined by the HSHLNC Disciplinary Committee, the HSHLNC Coaching Evaluation Committee and/or the HSHLNC Board of Governors, may appeal the final determination of the Board of Governors with respect to such suspension or disciplinary action to the Board of Review of the AAU New York Metropolitan District (the "Board of Review"), by notifying that committee in writing within ten (10) days of receipt of the final determination of the HSHLNC Board of Governors. If the Notice of Appeal is not received by the Board of Review within said ten (10) day period, the suspension or disciplinary action shall become final.

The Notice sent to the Board of Review shall, at a minimum, include a written statement of why the suspension, or disciplinary action should be overruled or reversed (the “Statement of Appeal”). The Statement of Appeal shall also include the written record (if it was requested by any party) and decision of the HSHLNC Disciplinary Committee, the HSHLNC Coaching Evaluation Committee and/or the HSHLNC Board of Governors.

Any suspension or disciplinary action shall continue in force and effect until it expires or the Board of Review modifies it. The Board of Review may hold a hearing, at its option, or consider the appeal on the written submissions of the parties to the appeal and establish other hearing rules so long as each party is treated substantially equal. Notice of a hearing, if any, shall be given to all parties. The Board of Review may affirm, reverse or modify (including increase or decrease the term of a suspension) any decision as it deems proper under the circumstances before it. There shall be no further appeals from the decision of the Board of Review, and administrative remedies shall be deemed exhausted.

**5. ZERO TOLERANCE POLICY**

A) The league has a policy of zero tolerance with respect to hazing (including cyber-bullying) and/or any form of racial, sexual, religious or other discrimination. Any player, coach, team official, parent, fan or other person found to have engaged in such conduct shall appear at a hearing before the Board of Governors and shall be subject to such discipline as the Board see fit after a hearing as to the facts of the case.

B) The league has a policy of zero tolerance with respect to the use of profanity by any player or coach. Any player or coach who uses profanity anywhere in the rink before during or after a game shall be assessed a misconduct penalty. (USA Hockey Rule 601(c)(2)). Any player or coach who makes an obscene gesture anywhere in the rink before during or after a game shall be assessed a game misconduct penalty. (USA Hockey Rule 601(e)(2). In the event the referee cannot identify the specific player or coach, but knows which team the player or
coach is on, the referee shall assess a bench minor penalty against the offending team. (USA Hockey Rule 601(b)(2)).

C) Any team official, parent, fan, spectator or other person who verbally or physically abuses an off ice league official shall be subject to immediate ejection from the facility for the duration of the game in progress and shall not be permitted to attend any other League games until he or she appears before the League Disciplinary Committee and/or Board of Governors to explain his or her conduct. The Disciplinary Committee and/or Board of Governors has the discretion to access any additional suspension or fine (not to exceed $50 for a first offense) for each such offense. The monetary penalty may be doubled at the discretion of the Discipline Committee and/or Board of Governors for each subsequent violation of this rule.

D) Under no circumstances may a parent, sibling or spectator engage a player of the opposing team in any type of conversation or altercation, verbal or otherwise that could be considered confrontational. This specifically includes engaging a player for anything that happened during a game or after. Also, those same persons are specifically restricted from coming in confrontational proximity of the oppositions locker room and are further prohibited from attempting to enter the locker room at all times. Any inquiries regarding game play or injuries should be directed to team officials, not parents or players.

6. FACILITY SPECIFIC RULES

A) Coaches must monitor the conduct of players in the locker room at the Town of Oyster Bay Ice Arena in Bethpage (the "Bethpage facility") and make sure that the locker rooms are left in a clean condition.

B) The Bethpage facility will inspect locker rooms after each game. If a locker room is not clean when a team leaves it, the Bethpage facility will issue a warning to the team which left the locker room in a messy condition. A second violation of this rule will result in the suspension of that team from the Bethpage facility for the remainder of the season in progress.

C) The league will not reschedule any games which are lost as a result of such a suspension. If the suspended team cannot find acceptable replacement ice, that team will forfeit all games for which it has been suspended by the Bethpage facility.

D) The Bethpage facility is also implementing a new "Zero Tolerance Policy" with respect to players and parents. All League Players and Parents will be required to sign a Zero Tolerance Policy notice. The policy will cover the conduct of players and parents anywhere on the property of the Bethpage facility. It will NOT apply to the conduct of players on the ice.
E) The first infraction will result in the removal of the player/parent/spectator involved from the rink for the rest of the game in progress. Any further violations will result in the suspension of the player/parent/spectator from the Bethpage facility for the balance of the season in progress.
# TABLE OF CONTENTS

I. ORGANIZATIONAL RULES AND REGULATIONS .............................................. 1
   1. MEMBER RESPONSIBILITIES ................................................................. 1
      a. COACHING RESPONSIBILITIES .................................................... 1
      b. TEAM RESPONSIBILITIES ............................................................. 3
   2. ORGANIZATIONAL MERGERS .............................................................. 5
   3. TEAM ROSTERS .................................................................................. 7
   4. PLAYER ELIGIBILITY ........................................................................... 7
   5. GAME PROTESTS ............................................................................... 10
   6. STANDINGS ....................................................................................... 11
   7. PLAY-OFF ELIGIBILITY ..................................................................... 11
   8. DECIDING PLAY-OFF GAMES ............................................................ 12

II. GAME RULES ........................................................................................ 12
   1. PLAYING RULES .................................................................................. 12
   2. START OF GAMES ............................................................................... 13
   3. PLAYING TIME ................................................................................... 13
   4. PLAYER CONDUCT ............................................................................ 13
   5. BENCH CONDUCT ............................................................................. 14
   6. SIGN-IN SHEETS ............................................................................... 15
   7. UNIFORMS AND EQUIPMENT ............................................................ 15
   8. LEAGUE OFFICIALS .......................................................................... 16
   9. TEAM LIAISON .................................................................................. 17

III. PENALTIES/DISCIPLINARY RULES ....................................................... 17
   1. GAME MISCONDUCT PENALTIES .................................................... 17
   2. MATCH PENALTIES .......................................................................... 19
   3. PARENT/SPECTATOR MISCONDUCT .................................................. 18
   3. SUPPLEMENTAL DISCIPLINE ............................................................ 19
      a. Disciplinary Committee ................................................................. 199
      b. Coaching Evaluation Committee ............................................... 20
      c. Appeals to the AAU New York Metro Board of Review: ............ 21
   4. ZERO TOLERANCE POLICY ............................................................... 21
   5. FACILITY SPECIFIC RULES ............................................................. 22