



SIAHL 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 about 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

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 Director, Dean Tait (dtait@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 both mstace@sharksice.com and dtait@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.
- A player must be fifty (50) years of age or older to play in Over 50 League and forty (40) years or older for goaltenders.
- All players must be registered and insured by USA Hockey and be registered with the League **prior** to playing in any game. USA Hockey registration is found here: www.usahockey.com
- All players must sign the online Sharks Ice Adult Hockey League Waiver **prior** to playing in any game. The online waiver is found 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 here: <http://sharksiceatsanjose.s3.amazonaws.com/doc/Sharks-Ice-Code-of-Conduct-2014-15.pdf>



LEAGUE RULES

Divisions 1, 2, 3, 4, & SIAHL Fremont Advanced Intermediate

- Players are not permitted to enter ice unless instructed to do so by a game official, the referee or scorekeeper. Game time will not start until the warmup clock starts.
- All 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 one 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.**
- Each team is allowed one (1) 30-second 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.

Divisions 5, 6, 7, 8, 9, Over 35/50, Fremont Intermediate & SIAHL Women's League

- Players are not permitted to enter ice unless instructed to do so by a game official, the referee or scorekeeper. Game time will not start until the warmup clock starts.
- All 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 1st and 2nd period, only the last thirty (30) seconds will be played stop time. At the end of the 3rd period, only the last two (2) minutes will be played at stop time regardless of the score.
- Each team is allowed one (1) 30-second timeout per game.
- See shootout rules for tied games in regular season.
- Defensive blue line icing shall be called.
- All minor penalties are three (3) minutes; and major penalties are seven (7) minutes; including stop time and overtime. All penalties are subject to the rules of the running clock for starting and terminating.



SHOOTOUT RULES

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; 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:

- The visiting team shall shoot first.
- The penalty shots are taken alternately by the teams.
- If, before three (3) 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. 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 (1) additional round to determine the winner. If after the additional round there is still no winner, the game will be ruled a tie.
- No player may shoot twice in a shootout.
- 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.
- 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*



PLAYOFF RULES

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. The schedule will also be available on the playoff standings link. (The Over 35 and Over 50 Leagues have 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. Winter Season requires 8 games for players and 3 games for goalies. Summer Season requires 5 games for players and 2 games for goalies.
- Women's League does not have minimum game requirements.
- 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 as players can only play as a player. You must be qualified in both positions in order to play both positions in playoffs.
- Games played as players and goalies are not interchangeable; games played credit will only count for the position played in each game.



Playoff Protocol

- For playoffs, any emergency or non-rostered and/or non-qualified goalie must be approved by the Head Scorekeeper or League Director, regardless of the number of games he/she has previously played for the team.
- 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, played 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, played eight (8) minutes running time, two (2) minute stop time.
- If any playoff game is still tied after overtime, a shootout shall commence immediately according to the Playoff Shootout Procedure

Playoff Shootout procedures

- The shootout will be five (5) shots, the visiting team shall shoot first.
- The penalty shots are taken alternately by each team.
- If, before five (5) 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.
- If, after both teams have taken five (5) 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.
- Each shot is taken by a different player and all eligible players must take a shot before any player can take a second shot.
- 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 shots.
- Before the start of the shootout, the referee(s) shall ensure that only an equal number of players from each team participate in the shootout and shall identify same.
- Only goalkeepers rostered for the game, dressed, and on the players bench may participate as a goalkeeper in the shootout.
- Any player still serving his penalty when overtime expires may NOT participate in the 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 RULES (ALL LEVELS)

All players must comply with USA Hockey Equipment 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.
- GoPro and/or any other type of camera is not allowed to be attached to a player's helmet or other player equipment and cannot 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 Advanced Intermediate and Intermediate

- 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 & OVER-35/50:

- 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 a dark jersey
- All players are required to wear the **same primary color** as the rest of their team.
- Every player must have a legible number on their jersey, according to USA Hockey rules.
- Each player must have a unique number per team. No duplicate numbers are allowed on the same team.
- No blank jerseys allowed. **No tape numbers on jerseys.** Tape may only be used to correct duplicate numbers.
- All player numbers must correspond with the sign-in sheet and scoresheet.
- Any player who does not comply with the jersey regulations may not participate in the game until the player complies.



SCORESHEETS AND ROSTERS

The Time to Score (TTS) Roster is the official roster for each team

- 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 displayed on League TTS scorekeeper terminal and is used for checking in players for games and for keeping League statistics.
- Rosters will be frozen on March 1st for the Winter season and July 1st for the Summer season.
- No players may be added or deleted after the lock date, but sub players may still be used for regular season games.
- The League may amend these dates as needed each season. If amended an email will be sent to Captains with the new date.
- 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 via the Captains Page.
- The System is set up to require you to use one (1) of your thirty (30) rosters spots for a goalie only.
- A team is required to identify a primary Captain on their roster and all goalies via the on-line system. It is recommended that each team roster two (2) goalies.
- Only players on your official roster or registered with the League in the TTS 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 by the end of the warmup or a two (2) Minute bench minor penalty will be assessed for delay of game.
- 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.**
- A roster sign-in sheet from another team will be deemed fully handwritten and ineligible for Game Played credit if more than half of its players (excluding the goalie) are handwritten.
- The game will not start until both teams have turned in a sign in sheet.
- The official roster is the one in the League management system (Time to Score). Official rosters are not supplied by 3rd party sites (Hockeyvite, 1League, 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: If a game is forfeited, the team that did not forfeit has 48 hours to email the Head Scorekeeper (mstace@sharksce.com) a roster of player names for Game Played credit.



PLAYER ELIGIBILITY

- The SIAHL is an adult League, 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 registered with the League (in the TTS) with a current waiver on file 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) up to 16 weeks for the first offence
 - removal of any goals scored and/or assisted goals
 - forfeit of the game
 - suspension of the Captain of record (this includes any Assistant Captain or player acting as Team Representative at game time) up to 30 days for the first offence.
- An Over 35/50 team that has less than ten (10) players in uniform (exclusive of goaltenders) may temporarily utilize registered players from other teams in the Over 35/50 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 using subs.
- 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.
- Write-in subs listed more than three (3) levels above the game being played, will be allowed to play with the exception of sub goalies.

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 or non-qualified goalie must be approved by the Head Scorekeeper or League Director prior to game time.
- Every goalie must be registered with USA Hockey and have a valid online waiver on file (Sharks Ice Waiver) prior to game time. No Exceptions.
- 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. A "designated goalie" is a player without goalie gear who is otherwise playing the goalie position with all goalie privileges including freezing the puck.
- 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 will not prevent or punish the opposing team for using full slap shots if their level or division normally allows them.



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, College, 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.

PENALTIES

- In Divisions 1-9 any player – including goalies – who receive four (4) penalties in the same game will receive a Game Misconduct and be ejected for the remainder of the game.
- In Senior League (Over 35/Over 50) 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.
- SIAHL 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 and is a violation of the players code of conduct and is will result in suspension or expulsion from the League.
- Any player, game official or rink staff who is substance impaired may be prevented from playing or removed from the game at the discretion of the League and will result in suspension or expulsion from the League.
- Any behavior that endangers the players, participants, referees, or spectators is intolerable and will result in suspension or expulsion from the League.



SUSPENSIONS AND UNRULY PLAYERS

- All game misconducts (except for excessive penalties infractions) will result in an automatic suspension. Players are suspended even if they do not yet show up on the Captain's page.
- 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 the Captain of the team they received the game misconduct on to find out the number of game(s) suspended and when they can return to play. If they are not rostered on that team, they must contact the Captain who has them rostered.
- A player receiving a second game misconduct for excessive penalties during the season will receive a one (1) game suspension for each subsequent infraction.
- 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"

Penalty Accumulation Suspension

- Any player accumulating forty (40) penalty minutes for the Summer Season or fifty (50) penalty minutes in Winter Season for a specific team will receive a League issued one game suspension.
- The next threshold will be fifty (50) penalty minutes for Summer and sixty (60) penalty minutes for Winter and a mandated League review which will result in additional one game suspension and/or further League review and probationary status.
- Any player who skips the first threshold and goes straight to or past the second threshold, will receive a two (2) game suspension. This is a per team penalty minutes.
- 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.

Progressive Suspensions

- This rule applies for each game misconduct issued to a player in a season whether issued in one game or multiple games and regardless of whether it was received on different teams
 - 1st Game Misconduct: one (1) game suspension (USA Hockey minimum requirement for all Game Misconducts)
 - 2nd Game Misconduct: three (3) game suspension
 - 3rd Game Misconduct: six (6) game suspension, plus an eligibility review by the League Director



CAHA Reviewed Suspensions

- 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. Be advised that under CAHA rules this is a 30-Day Suspension pending a hearing.
- Players who receive a Match Penalty will be suspended indefinitely from all USA Hockey 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.
- Match penalties cannot be reviewed by the League.
- The League reserves the right to extend any suspension or probation issued by CAHA after any hearing or the 30 days if the hearing is waived.

SIAHL Disciplinary Measures

- Fighting is NOT tolerated. Players who violate this rule is subject to discipline that will result in suspension or expulsion from the League.
- Any physical or verbal abuse to an off-ice official, on-ice official or member of the rink staff is unacceptable and a violation of the player code of conduct and will result in suspension or 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 to the Referee who shall assess any appropriate penalty or penalties. Subsequent violations of this rule will result in suspension or expulsion from the League.
- 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.
- Persistent dangerous, unruly, or unsportsmanlike behavior by any player will result in suspension or expulsion from the League.
- Suspension from the regular season will carry over to the playoffs and future seasons if applicable.
- 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.