



INTERSCHOLASTIC HOCKEY LEAGUE

Rules & Procedures

2026-2027

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INTERSCHOLASTIC HOCKEY LEAGUE

RULES AND PROCEDURES

2026-2027

Unless specifically stated otherwise, all Rules and Procedures contained herein are applicable to all teams in the Interscholastic Hockey League ("ISHL" or "League").

ISHL General Philosophy and Goals

The overall purpose of the ISHL is to provide the administration to maintain a program for high school/intermediate students enrolled in public, parochial, private or preparatory schools and students that are homeschooled without regard to sex, religion or ethnic background, to participate in the sport of ice hockey; and further to foster among its participants, supporters and team officials the understanding and adherence to the high levels of sportsmanship and conduct exemplified by the traditions and rules of USA Hockey, ISHL, TAHA, and UIL rules (as they apply); to coordinate standards with those school administrations who choose to be involved relative to eligibility, supervision and safety of their participants; to maintain and foster among the general public an interest in the sport of high school/intermediate ice hockey; to exercise a general care, supervision and control over the playing interest of its players and their teams. The ISHL is committed to providing and promoting a positive, well-rounded and effective high school ice hockey program in the Houston area. The ISHL accommodates school district regulations when possible, including the No Pass/No Play rule. The ISHL encourages and supports each team to strive to obtain and maintain official club status through their respective school administration as quickly as possible.

In all cases, the Executive Committee reserves the right to interpret policies and rules in the best interest of the League members. Should a situation or circumstance arise that is not explicitly addressed in the League rules, the Executive Committee has the discretion to rule on the issue and implement policy for the current and future seasons. All League decisions are final.

SECTION A: League Rules and Policies

1. Team Composition for Varsity League

The ISHL Team Composition Committee is responsible for approving the final rosters for all teams to ensure they are in compliance with all team composition rules. The following definitions and eligibility hierarchy will serve to aid the formation of each team:

1. Definitions:

(a) "Named School Team"

An ISHL "Named School" will be defined each year by the Team Composition Committee. Generally, the school's name will be in the team's name. In the case of "Consolidated Teams," the schools considered as Named Schools will be defined by the

Team Composition Committee. Players may try out only for their Named School if they are a member of a Named School.

A player is a member of a Named School if that player is enrolled in that Named School for the current school year.

Note: See also UIL Constitution and Contest Rules, Subchapter M, Section 442

(b) "Consolidated Team"

All ISHL "Consolidated Teams" will be defined each year by the Team Composition Committee. Generally, this will occur when a high school links up with one or more other high schools.

(c) "Grandfathered Player"

A player is considered "Grandfathered" if:

- they played for a particular team in that team's previous season **and**
- the Grandfathered player's own school does not have a Named School team. If the player is a senior, they still retain the option of playing for the previous team.

(d) "Full Team"

A team is considered a "Full Team" per ISHL rules if that team has 18 or more skaters and 2 or more goalies from the Named School(s) and Grandfathered players.

(e) "Distressed Team"

A team is considered a "Distressed Team" per ISHL rules if that team has fewer than 13 skaters and 1 goalie.

(f) "Skater"

A forward or defenseman (e.g., a player without goaltending equipment and special goalie privileges, such as closing hand around the puck, during the course of play).

(g) "Goalie"

A player wearing specialized goaltending equipment for the purposes of stopping shots on goal with certain playmaking privileges as described above.

(h) "Unaffiliated Player"

A player is considered unaffiliated if they neither attend a Named School nor have been grandfathered to a team.

2. Eligibility Hierarchy for Skaters: The following hierarchy must be followed to determine a player's eligibility to play for a specific ISHL team. Distressed teams do not circumvent the process. The decisions of the League will be final in all cases involving player placement and eligibility. The hierarchy is as follows:

- (a) Named School
- (b) Grandfathering Provision
- (c) Sibling Rule
- (d) Unaffiliated Players

A brief explanation is shown below:

- (a) Named School: Players must try out for their Named School team if it has an ISHL team.
 - (i) If the player is judged to meet minimum playing ability requirements and without the player the team has 17 or fewer skaters (if the player is a skater) and 1 or fewer goalies (if the player is a goalie), the player must play for that team.
 - (ii) If the team is full (18 and 2), and said player does not "make the cut," the player may be carried on the team's alternate roster (up to 30 total) or elect to use their grandfather privilege (if previously played for another team), or elect to be placed on a different ISHL team as an unaffiliated player.
- (b) Grandfathering Provision:
 - (i) If a player is not a member of a Named School, the player will directly try out for the player's previous team.
 - (ii) If the Grandfathered player's own school subsequently forms a team or is added as a Named School for an existing team, that player must try out with that team, unless the player is a senior. Such seniors may choose to try out for either team, assuming an available roster opening.
- (c) Sibling Rule: The ISHL may make special concessions or provisions to place siblings on the same team.
- (d) Unaffiliated Players: If a player does not attend a Named School, and is not Grandfathered, then the player shall attend the Open Tryout. Unaffiliated Players shall be assigned to teams by the League based on geography (North/South) and team need. Player assignments shall be for the duration of a player's high school career. On a case-by-case basis, the League may consider re-assigning an unaffiliated player in exceptional circumstances.
- (e) Private School/Home Schooled: Students attending private schools or who are home-schooled are eligible to play in the ISHL. Private/home schooled players shall:

- (i) attend tryouts for their private school if it has a team; or
- (ii) attend tryouts for the team that represents the public high school attendance area in which the student resides if such school is a Named School; or
- (iii) attend the Open Tryout if neither subsection (i) nor subsection (ii) above is applicable.

Note 1: If a team has more than 18 skaters and/or 2 goalies from the Named School, home/private schooled players cannot be added to that team.

Note 2: See also UIL Constitution and Contest Rules, Subchapter M, Section 442.

Note 3: Players may be required to provide proof of residency prior to being placed on a team.

3. Developmental Players:

Developmental players are identified by their coach or during evaluations as players who require more skill development in order to play in the ISHL Varsity League.

Players identified as developmental may be required to attend additional evaluations to determine if they possess the minimum playing ability required to play Varsity. This determination shall be made by the Varsity League Commissioner or an ISHL Representative.

Developmental players will be provided with the opportunity to enroll in Junior Varsity and/or ISHL development clinics. They will be allowed to practice with their Varsity team but will not be allowed to participate in Varsity games until reevaluated by the Varsity League Commissioner or an ISHL Board Representative. If the player is deemed eligible to play Varsity games following such reevaluation, the player will pay a pro-rated sum of the normal ISHL fees.

Developmental players who are eligible and successfully evaluated that wish to be rostered as a Varsity player must do so before the December 15 roster deadline.

4. Practice Players:

(a) Only registered ISHL players will be allowed on the ice at any Varsity practice. Any coach missing players for practice can invite any currently registered ISHL players to fill in.

(b) A practice player may be a "Developmental Player".

Teams that fail to comply may be subject to disciplinary action by the board including head coach suspension.

2. Teams for Varsity League

1. Varsity team tryouts will be held prior to the beginning of each season. All players wanting to participate in the ISHL Varsity for the upcoming season are required to attend a scheduled tryout session for evaluation.
 - (a) If a player is unable to attend a Varsity tryout due to extenuating circumstances (i.e., injury, travel team commitment, etc.), an exception request must be made to the Varsity League Commissioner before tryouts. This request must be in writing, stating the reason the player is unable to participate in the tryout. If the request is granted, the Varsity League Commissioner will respond in writing. This request and acceptance must be on file at least 3 days prior to the scheduled tryout session. If extenuating circumstances prevent the request from being made within said time frame, the decision to grant the waiver will be made by the Team Composition Committee.
 - (b) Transfer players that move into the district after the scheduled tryouts are exempt from this rule.
2. The Coach and Team Representative will be responsible for each team roster. Each team shall submit a pre-season roster signed by the head coach or designated representative to the ISHL Varsity Commissioner within 24 hours of the completion of tryouts.
3. Teams shall have a minimum of 13 skaters and 1 goaltender. The maximum roster a team shall be allowed to dress for a game is 20 players and not more than 18 skaters.
 - (a) Teams will be allowed to roster more than 20 players, up to a maximum of 30 players, only to accommodate players that actually attend that school (or Named Schools) and in accordance with paragraph 4 of this section. After the roster is formed, the coach will designate his top 18 skaters and top 2 goalies. The remaining players will be designated as "Alternates." After the coach designates the Alternate players, the parents of those players will be contacted and offered the following options:
 - (i) Remain on the team as a rostered player, paying full price and knowing that the player may not dress or play in any games; **or**
 - (ii) Enter the ISHL's unaffiliated player assignment process and possibly be assigned to a team that has fewer than 18 skaters and 2 goalies on the roster.

Each team's head coach will decide his game roster.

4. All teams must have a designated goaltender.
5. Any new or first year team in the League must have a minimum of 10 skaters plus 1 goalie from that Named School or named combined schools.
6. All returning teams must maintain a minimum of 50% of rostered players zoned to a Named School.

- (a) Any returning team that does not have a roster consisting of at least 50% of its players zoned to its Named Schools prior to the annual try-outs must either drop out of the League, petition the Board of Directors for a one-year exception, or petition the Board of Directors to add additional Named Schools.
 - (b) The League may designate teams as consolidated or ISD teams. In this case the League will define exactly which schools are considered the core Named Schools. The consolidated or ISD teams are allowed to consider players from all core Named Schools in determining their percentage.
- 7. Private schools may combine with other private schools within each ISD to form one team if they comply with the numbers stated above.
 - 8. Club Status: The purpose of the ISHL is to promote high school ice hockey, not all-star teams. Teams that have received official club status from their specific schools have to abide by all rules set forth by their schools concerning club status. Some schools' club status rules require that only players that attend that school may play on that team. A Club team must provide the ISHL with a copy of the Club by-laws and rules prior to the tryouts for review. A Club team will be required to follow ISHL rules.
 - 9. No individual player may be added to a team roster after December 15.
 - 10. A player must play a minimum of six (6) regular season games to be eligible for post-season play. A written request for a waiver may be made to the board in the event that a player had a medically documented long-term injury that limited the number of games the player was able to participate in.
 - 11. Each member team/club shall appoint a team representative (manager). The head coach of the team shall make such appointment. All selections for team representative are subject to the approval of the ISHL board.

3. Background Screening

All adults involved in the ISHL including, but not limited to, coaches (head and assistant), team representatives, trainers, locker room monitors and/or any other adults directly involved with the administration, organization, operation or coaching of the players of the team, must submit to and pass a basic background screening that will be administered through USA Hockey. Background screenings that are not administered through USA Hockey will not be accepted. Anyone not agreeing to this provision will not be allowed to hold any type of administrative or coaching position related to any ISHL team.

4. Coaches

- 1. All head coaches, with the exception of school sponsored teams or teams from other associations allowed to play in the ISHL will be hired by the League and assigned to

teams. The League will consider applicants brought forth by member clubs, but the League will have sole discretion over the hiring and termination of coaches.

2. Head coaches may select as many assistants as appropriate to run the team. However, only three assistant coaches may be on the bench during a game. All assistant coach selections are subject to the approval of the ISHL.
3. All coaches must be accredited at the appropriate USA Hockey CEP level, complete the USA Hockey 13+ age level module, complete SafeSport training, and complete the USA Hockey background screening process. Coaches who are not in compliance will be removed from their team's roster and will not be eligible to receive their stipend until they are in compliance
4. ISHL Coaches Meeting:

An annual coaches meeting will be conducted by the ISHL prior to the beginning of each competitive season. Attendance at this seminar by at least one coaching representative (either the head coach or an assistant coach) from each Varsity team is mandatory. Failure to comply with this requirement will result in the head coach of that team being suspended from the first regular season scheduled game, unless previously excused by the President. This seminar will cover the coaches' code of conduct, rule changes for the upcoming season, and any other pertinent information.

5. All coaches will emphasize sportsmanship and discourage bad language both on the ice and on the bench.

5. Non-Players on the Bench

1. USA Hockey rules allow only four (4) Non-Player Team Officials on the bench. These four (4) Non-Player Team Officials must be USA Hockey Certified coaches, must have completed the age level appropriate training, and must be listed on the original team roster sent to USA Hockey.
2. A player who is unable to play due to injury may be on the players' bench without being considered a Team Official if they are wearing their team jersey and all required head and face protective equipment. Therefore, according to the strict interpretation of this rule, all other non-players or otherwise ineligible players will not be allowed on the bench during the game. At no time shall more than 20 players (maximum 18 skaters), including those unable to play, be on the players' bench.

Note: No photographers, spectators or other team personnel are allowed on the bench.

6. Off-Ice Officials

Each team is required to provide the following personnel to assist during the game:

1. Home Team will provide a scorekeeper and one (1) penalty box attendant.

2. Visiting Team will provide a timekeeper and one (1) penalty box attendant. If the visiting team does not have a person familiar with the home team's clock, then these duties may be swapped during the game. However, the home team is still responsible for the final score sheet and statistics for that game.
3. In the event that a League provided scorekeeper/timekeeper is available, then both home and visiting team shall provide one (1) penalty box attendant.:
4. These personnel are considered off-ice officials. As such they may advise the referee in charge of any poor sportsmanship and/or bad language displayed by a player in the penalty box.
5. Off-ice officials are expected to refrain from any overt or improper behavior while performing their duties.
6. Both home and visiting team must supply a Locker Room Monitor for each game.

7. Team Conduct and Locker Room Procedures

1. Keep the locker room locked. The team representative must make sure the locker room is unlocked immediately prior to the end of the game. There should be no delay for the players waiting to get into the locker room after the game.
2. Ensure locker room is left in the same condition that you received it. Each team is responsible for cleaning up its own trash. Each team is responsible for any damage to the locker room that is a direct result from a member or representative of the team.
3. No parents are allowed in the locker room before or after the game, except for team representatives, coaches, or locker room attendants.
4. Per USA Hockey rules, an adult must be present in the locker room whenever players are in attendance. Each team will appoint a locker room monitor for the season. This person must be registered with USA Hockey, have completed SafeSport training, and have completed a background check.
5. The use of a mobile phone or other device with recording capabilities in the locker rooms is not permitted at any USA Hockey sanctioned event.
6. Teams, coaches and/or team administrators are responsible for compliance with the locker room supervision requirements.

8. Forms

1. All players must be registered with USA Hockey for the current season. This USA Hockey confirmation number is needed prior to ISHL on-line registration.

2. All rostered players will need to submit either a government issued birth certificate or passport, if requested. (Commemorative birth certificates issued by hospitals are not acceptable)
3. The following forms must be completed for each player: USA Hockey Consent to Treat form, Code of Conduct, and ISHL waiver. The player will not be allowed on the ice to practice or play a game until all documents are signed and accounted for. There are no exceptions.
4. The team representative must have readily available the USA Hockey Consent to Treat for every player at every practice and game. These forms must be kept in the team's first aid kit. This first aid kit is required to be purchased and maintained by the team and must be readily available at all practices and games.

9. Player Fees & Refund Policy

Player Fees will be set by the Board each season.

1. ISHL Refund Policy:
 - (a) Prior to the posting of team roster (post-tryouts) – 100%
 - (b) Up to the first practice of the team – 75%
 - (c) Prior to the first ISHL scheduled game for the League – 50%
 - (d) After the first ISHL scheduled game for the League – No Refund

A player who suffers a season ending injury will receive a prorated refund based on the number of games remaining in the season. All refunds are subject to a 3.5% administration fee.

10. ISHL League Sponsorship for Varsity League

1. The ISHL offers League sponsorships to individuals or companies wishing to support the ISHL.
2. The ISHL is a nonprofit 501c3 organization. Sponsors should make checks payable to the ISHL and the League will issue a written receipt.

11. Additional Games, Scrimmages, and Tournaments

Any ISHL team wishing to play in any additional non-league games, scrimmages, and/or tournaments must obtain approval of the Executive Board.

Teams that participate in additional games, scrimmages, or tournaments without prior approval may be subject to disciplinary action by the board including head coach suspension.

12. Player Eligibility for Varsity League

1. School Attendance

- (a) To be eligible for play, team members must attend the high school for which they play or reside in the school district or meet other requirements as specified in Rule 2 above and deemed to be a full-time student.
- (b) The player must be in at least the ninth (9th) grade and not beyond the twelfth (12th) grade at the Varsity level.
- (c) No player may participate if they have attended more than eight (8) semesters beyond the eighth (8th) grade.
- (d) For interpretation purposes, participation in one League game shall constitute play in that season.
- (e) The ISHL intends to avoid the inclusion of eligible players who are rostered at the beginning of the League Year, but with the knowledge and expectation that they will not play for their team for much of the ISHL season because they intend to leave the area to play hockey elsewhere. Therefore, players that leave the area during the school year to facilitate playing on a Junior, AAA/Tier I, AA/Tier II, or Preparatory/Boarding School team or any other hockey team or league not based in the area may not be added to the roster and are ineligible to play in any remaining regular season or post-season games, even if they were originally on the team's official roster, unless they permanently return to the area prior to December 15 of the current competitive season.
- (f) Any player commuting to, relocating to, or billeting in the area for the sole purpose of playing Junior, AAA/Tier I, or AA/Tier II is not eligible to play in the ISHL.
- (g) Junior Players: Players who are rostered on a Junior A-Tier 1 or Junior A-Tier 2 team as of October 1 of the current competitive season will not be eligible to participate in the League.

2. Minimum Playing Ability: All players in the ISHL must possess basic playing ability to be deemed eligible to play in the League. Minimum playing ability will be judged by ISHL representatives during evaluations with standards suitable for the level of play in Varsity.

3. Age of Player: Players must be at least 13 years old and under 20 years old on December 31st of the calendar year in which the season begins. In addition, the player may not have initially enrolled in the ninth grade more than four calendar years ago.

4. Academic Eligibility for the ISHL Varsity League

- (a) The ISHL strictly enforces the TEA & UIL No Pass/No Play regulations for the Varsity League. Each team representative is responsible for obtaining a copy of their school calendar(s) regarding the grading periods and the dates when students may lose/gain

eligibility in reference to the No Pass/No Play rule. The team representative must provide a copy of this calendar to the ISHL no later than the first practice of the season.

- (b) A player must be a “student in good standing” at his/her school according to the academic pass/play rules for the individual school districts.
- (c) Any player determined to be academically ineligible shall not compete in any ISHL scheduled season or post-season game until that player has fulfilled the requirements of the individual school district and is deemed to be academically eligible.
- (d) This suspension is in effect until the school authorities reinstate the player/student. Should a student elect to withdraw from public school and enroll in either a private school or be home schooled while the student is considered academically ineligible by the public school, that student will not be eligible to participate in the ISHL. The player must be a “student in good standing” at his/her public school according to the academic pass/play rules for the individual school districts prior to withdrawing from that school. Should the student physically change addresses and become part of a different public school district while the student was academically ineligible at the previous school, the student must become a “student in good standing” at his/her new public school according to the academic pass/play rules of the public school the student is attending.
- (e) Each team’s head coach and team representative must review the report card of each player at the first practice/game following the end of each academic reporting period. It is the responsibility of the head coach and team representative to verify the academic eligibility of each player according to the school district’s rules governing academic eligibility. Academic ineligibility and re-eligibility dates shall be set by using the dates shown on the school’s ISD eligibility calendar.
- (f) Each team’s head coach and team representative are required to complete, sign and submit the ISHL Academic Eligibility Form, ISHL Form AE 010, after each grading period. Teams will not be allowed to play until these forms are submitted.

5. School Suspension

- (a) Any player who is placed in the alternative education classes, suspended out of school, or placed in in-school suspension is not eligible to compete in any League scheduled season or post-season games until the player has been back in the regular classroom setting for one complete school day. Should a student elect to withdraw from public school and enroll in either a private school or be home schooled while the student is in or has been placed in alternative education classes, or is under any type of school-imposed suspension by the public school, that student will not be eligible to participate in the ISHL. The player must be a “student in good standing” at the player’s public school and have completed any and all disciplinary requirements or other suspensions or required attendance in alternative education classes assigned by the public school prior to withdrawing from that school. Should the student physically change addresses and become part of a different public school district while the student was attending

alternative education classes at the previous school, the student must become a “student in good standing” at his/her new public school according to the rules of the public school the student is attending.

(b) This suspension is in effect until the player/student is reinstated by the school authorities.

6. Noncompliance of Eligibility Requirements

(a) Any team dressing an ineligible player shall forfeit the game or games and the ineligible player(s) shall have points scored during the game(s) stricken from the official League records.

(b) The head coach of any team dressing an ineligible player will be suspended for two (2) games.

(c) Any ineligible player(s) participating in a game will be suspended for one (1) game, to be served after regaining eligibility.

(d) The Executive Board shall review the actions of the team’s officials for additional disciplinary action.

7. Player Financial Standing

(a) Players that are not in good financial standing with the ISHL will be ineligible to participate in any ISHL games or practices. Additionally, the ISHL will add these players to the TAHA Outstanding Debt List and report such to any other TAHA teams on which the player also participates.

(b) An ISHL player must be in good financial standing with any other TAHA hockey leagues before the player will be allowed to be rostered to an ISHL team. The league will suspend a player once the regular season has started if contacted by another league and notified that the player is on the TAHA Outstanding Debt List. The player will be allowed to return to play once removed from the TAHA Outstanding Debt List.

13. Playing Time for Varsity Teams

The ISHL Varsity League is not an equal playing time league. As with any high school sport, some players will receive significantly more playing time than others. Younger players and those who are less skilled may receive very little playing time. Parents need to be aware of this policy and accept the decisions of the head coach.

14. Substitute Goaltenders

Due to the limited number of available goaltenders, and the specialized nature of the position, if a team does not have a rostered goaltender available for a League game, they may use a substitute goaltender from another ISHL team. This substitute must be arranged through, and

approved by, the League prior to the game. A substitute goaltender that has not been approved by the League shall be considered an ineligible player as per Rule 12.6.

15. Discriminatory Behavior

Any type of sexual harassment or abuse, physical abuse, racial slurs or other types of discriminatory behavior or actions will not be tolerated by the ISHL.

The ISHL will follow and adhere to all SafeSport guidelines and policies

16. Use and Possession of Controlled Substances, Dangerous Drugs, Alcohol, Inhalants, Narcotics, and/or Marijuana

The use and possession of controlled substances, dangerous drugs, alcohol, inhalants, narcotics, and/or marijuana will not be tolerated by the ISHL. The ISHL also reserves the right to not confer ISHL awards, such as player of the month, league most valuable player, scholarships, or other awards to individuals participating in activities of this nature.

17. Complaint and Dispute Resolution Process

1. Complaint Process

- (a) Complaints regarding an individual coach or referee (or other suggestions) must be made in writing and submitted to the ISHL Executive Board no earlier than 24 hours after the occurrence of the incident giving rise to the complaint. A response to the complaint or suggestion will be provided in a prompt and appropriate manner by the Executive Board. The Executive Board will use reasonable efforts to retain on file all letters received for a period of two (2) years from the date of the letter.
- (b) The following procedures will be followed:
 - (i) First Incident during a 12-Month Period. The President shall contact the coach or referee to discuss the circumstances. If warranted, the code of conduct for coaches and referees will be re-emphasized. The President may refer the situation to the Executive Board for review. The Executive Board may take further action as deemed appropriate.
 - (ii) Second Incident during the Same 12-Month Period. The coach or referee must appear before the Executive Board to discuss the circumstances. If the Executive Board determines the allegations surrounding the second incident are valid, the Executive Board will take action as it deems necessary. This action may range from counseling to suspension, up to and including termination from any and all duties involving the ISHL.

- (iii) Third Incident during the Same 12-Month Period. The coach or referee must appear before the Executive Board to discuss the circumstances. If the Executive Board determines the allegations surrounding the third incident are valid, and provided the circumstances surrounding the first two incidents of the same year were also valid, the coach or referee will be immediately terminated from any and all duties involving the ISHL. If the circumstances of either of the first two incidents were unfounded, then the Executive Board will take action concerning this third incident as it deems necessary. In addition to the above:
- (iv) Any written complaint of physical or verbal abuse by a coach or referee towards a player, another coach or referee, parent or spectator will be thoroughly investigated by the Executive Board. If the Executive Board determines the allegation of physical or verbal abuse is valid, the Executive Board will take action as it deems necessary up to and including the permanent termination from any and all duties involving the ISHL.
- (v) Complaints of profanity being used by a coach or referee will require the coach or referee to appear before the Executive Board. If the Executive Board determines the allegations are true, the coach or referee will be suspended from all duties for three (3) games. If the Executive Board receives a second written complaint within a 12-month period involving the use of profanity and concludes the allegations are valid, the Executive Board will take action as it deems necessary up to and including the permanent termination of all duties involving the ISHL.

2. Dispute Resolution

- (a) Liability and Sanctions: Unless otherwise stated herein, the procedure set forth herein shall constitute the sole and exclusive remedy for all controversies and disputes between or among the ISHL, members of the ISHL, players, teams, coaches, referees, game officials, and other persons and entities affiliated with the ISHL that have not been resolved by good-faith discussions between the parties involved. Failure to follow and abide by such procedure shall subject the offending person or entity to the following:
 - (i) Liability of Expenses: Liability for any and all expenses, including reasonable attorney fees, incurred by the ISHL or any of its representatives as a result of the offending conduct of the member, player, team, coach, referee, game official, and other person and entity.
 - (ii) Sanctions: Immediate suspension and/or disqualification from membership and/or participation in the ISHL.
- (b) Procedure: Unless otherwise stated herein, the procedure to resolve disputes that have not been resolved by good-faith discussions between the parties involved shall be the dispute resolution procedure set forth in the USA Hockey Bylaws – Bylaw 10 (as may be amended, renamed or renumbered from time to time).

- (c) Player Eligibility During Dispute Resolution Process: A player who is suspended or otherwise ineligible will remain ineligible for the duration of any dispute resolution or appeals process.

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SECTION B: Playing Rules, Suspensions, and Supplementary Discipline

Unless otherwise noted in this document, the applicable rules of USA Hockey shall apply to all ISHL games.

18. Penalties

1. Penalties shall be of the following durations:
 - Minor Penalty – Two minutes (2:00)
 - Major Penalty – Five minutes (5:00)
 - Misconduct Penalty – Ten minutes (10:00)
2. Four Penalty Rule: Any player who incurs four penalties in the same game shall be assessed a game misconduct penalty as per USA Hockey Rule 401(b).
3. Twelve Penalty Rule: Any Head Coach whose team receives twelve or more penalties during one game shall be suspended for the next scheduled League game for that team as per USA Hockey Rule 401(b).
4. Senior Final Game Penalties
 - (a) If a senior in the last game of his team's current competitive year/season receives a major penalty for fighting, then the head coach of that team will receive a minimum of a 1- game suspension to be served in the first league game of the next competitive season.
 - (b) If a senior in the last game of his team's current competitive year/season receives a match penalty, then the head coach of that team will receive a minimum of a 2-game suspension to be served in the first league games of the next competitive season.
 - (c) In both cases (a) and (b) above, should the head coach of that team be different for the upcoming competitive season, then the penalty will follow the team, not the coach, and the new head coach of that team will serve the penalty.
 - (d) In both cases the ISHL Board maintains the right to review and adjust the penalty as the case dictates.

19. Protective Equipment

All protective equipment as required by the USA Hockey rule book must be worn at all times by all players and coaches during all on-ice sessions.

20. Suspensions

1. Any player, coach or team member who receives a Game Misconduct penalty shall be immediately expelled from the current game and shall be assessed a suspension for the next scheduled League game. No appeal is available.
2. Any player, coach or team member who receives a Match Penalty shall be immediately expelled from the current game and shall be suspended from the team pending review by TAHA. The ISHL will seek to notify the other Houston USA Hockey Leagues of any and all match penalties issued to players within the ISHL so that the other leagues are aware of the player's suspension and may impose the required discipline within their respective leagues. The ISHL will request a reciprocal agreement from the other Houston leagues to do likewise.
3. No suspended player may participate in any League scheduled regular season or playoff game(s) until said suspension has expired.
4. Any suspension not served during the current season will carry over into the player's/coach's next season of play.
5. The ISHL Board or the League Commissioner has the authority to review and/or suspend coaches for any conduct by the coach(es) and/or team that is deemed detrimental to the league.
6. Should a suspension be issued in accordance with item 5 above, the coach and/or team has the right to request a hearing with the League Commissioner.
7. ISHL Executive Board Review: All suspensions shall be subject to review by the ISHL Executive Board for possible further disciplinary action at the Board's discretion.
8. Official written notification of suspensions will only be issued for Rule 601 match penalty suspensions, Rule 615.F third fighting major suspensions, and Rule 410 supplementary discipline actions. These notifications will go to the team representative and to the TAHA district. All game misconduct and other suspensions are automatic and cannot be appealed according to USA Hockey and ISHL League rules. As such, no written notification other than the score sheet will be issued.
9. All suspensions incurred in League games must be served in scheduled League games. If a team's next game is a scrimmage or tournament game, the player must miss that game to satisfy USA Hockey Rule 404 and must also miss the team's next scheduled League game.

21. Match Penalty Suspension

1. Any player receiving a match penalty is automatically and immediately suspended from all games and practices for any USA Hockey sanctioned team until the player appears before TAHA. ISHL follows the sanctions set forth by TAHA.

2. The Referee must complete the Referee's Game Report for any match penalty. This report must be completed and electronically submitted to the League office within 24 hours of the infraction.

3. Appeals

Procedures for Match Penalty appeals will be in accordance with TAHA and USA Hockey Bylaws and Rules and will be discussed on an individual basis between the ISHL Executive Board and the Team Representative as necessary.

22. Cumulative Team Penalty Minutes

The Head Coach of any team that accumulates excessive penalty minutes throughout the season shall be suspended as follows:

- 300 team penalty minutes – One (1) game suspension
- 400 team penalty minutes – Two (2) game suspension
- 500 team penalty minutes – Suspended pending hearing with League

23. Leaving the Players' Bench or Penalty Bench

Any player who receives a penalty for Leaving the Players' Bench or Penalty Bench under USA Hockey Rule 629 shall be assessed a two (2) game suspension in addition to any suspensions required by USA Hockey.

The Head Coach of a team that has a player who receives a penalty for Leaving the Players' Bench or Penalty Bench shall be assessed a one (1) game suspension in addition to any suspensions required by USA Hockey.

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SECTION C: Game Procedures

24. Game Location

ISHL scheduled games shall not be played at any rink that has not been approved by the Executive Committee.

25. Game Length

1. All ISHL regular season Varsity games will be scheduled for 1 hour and 30 minutes. The players will have a five-minute warm-up period, optionally followed by the U.S. National Anthem and starting lineups. All ISHL regular season games shall be limited to three (3) regular periods. All three (3) periods will be fifteen (15) minutes in length utilizing a stop-clock format. There will be one (1) minute between periods. Each team will be allowed one (1) timeout per game that will be one (1) minute in duration. No timeouts will be allowed during the third period if, because of time restraints, the period time has been reduced. The only exception to this rule is if one team has been awarded a timeout previously in the game, then the other team will be entitled to their timeout in the third period, regardless of whether the third period time was reduced or not.
2. Should the time remaining in the 90-minute ice time slot equal the amount of time remaining in the game, the remainder of the game shall be played with a running clock. The timekeeper shall immediately notify the referee when this occurs.
3. During a regular season game, if at the end of regulation time the score is tied, the game will be recorded as a tie and each team will receive one (1) point.
4. If, in the opinion of the Referee, the playing conditions become unsatisfactory during the course of the game, they may call the game at any time and the score of the game shall be what it was when the game was called. It shall be "no game" unless two (2) periods have been completed.
5. The officials will monitor closely the post-game handshaking ritual. All players will leave all equipment on, including helmets, for this process. The only exception will be the removal of a glove to shake hands. The referee will have the final decision on whether to allow the handshaking line to proceed. If in the opinion of the referee the situation is too volatile, the referee may dispense with the procedure and order the visiting team to the locker room. The home team will remain on the ice until the visiting team has entered the locker room. There will be a zero-tolerance policy on any unsportsmanlike behavior in the handshake line. The League will assess a two (2) game suspension to any player causing a fight during this process. This suspension will be in addition to any USA Hockey incurred suspensions.

26. League Standings and Playoff Rules

1. League division standings shall be determined by awarding two (2) points for a victory, one (1) point for a tie, and zero (0) points for a loss or a forfeit for all division and non-division ISHL games played during the regular season.
2. The winner of each division will be the team within the division that has accumulated the most points during the regular season.
3. Tie-Breaking Rules to Determine Standings Position: If two or more teams have an equal number of points, their position in the standings shall be determined by the following tie-breaking format. If one tie-breaker establishes a position for one or more teams, each team is placed in the applicable position. Once a team is placed, the remaining tied teams shall start the tie-breaking process over again at step 3(a). The tie-breaker formulas are as follows:
 - (a) Standings – Most points (head-to-head between the tied teams)
 - (b) Most wins (head-to-head)
 - (c) Most wins (overall)
 - (d) Least Penalty Minutes (overall)
 - (e) Coin flip by the ISHL President, League Commissioner, City Tournament Director or another League designee.
4. The City Championship playoff seeding shall be assigned according to each team's standing.
5. The Playoff format will be set by the League and communicated to the teams prior to the start of the season.
6. Game Format for all playoff games: A two-hour time slot shall be scheduled for Varsity playoff games when possible. For Varsity games, there will be a five-minute warm-up period, followed by the U.S. National Anthem and starting lineups. If at the end of regulation time, a playoff game score is tied, the following procedures will be followed to determine a winner:
 - (a) A 10-minute stop clock, 5-on-5, sudden-death overtime period will be played.
 - (b) If no winner is determined during the overtime, a five (5) round shoot-out will be conducted. The home team shall decide which team shoots first.
 - (c) If after the five round shoot-out no winner is determined, a sudden death shoot-out will be conducted until a winner is determined. The five players selected for the five-round shoot-out will not be eligible for the sudden-death shoot-out until all other eligible players on the team have had a shot. At such time, the rotation will start over. The eligibility of

players serving penalties at the expiration of the overtime period to participate in a shoot-out is governed by USA Hockey Rule 638(c).

7. ISHL Justice Varsity City Cup Trophy

- (a) The ISHL Justice Varsity City Cup Trophy is the property of the ISHL.
- (b) Each year the ISHL Justice Varsity City Cup Trophy will be awarded to the winners of the ISHL Justice Varsity City Tournament.
- (c) The City Champion teams will take possession of the respective trophy for one calendar year or until the next ISHL Varsity City Champions are crowned, whichever occurs first.
- (d) The ISHL Justice Varsity City Cup Trophy may be displayed at the champion team's school until the end of the current school year if permission to do so is obtained from the school.
- (e) In the event the champion team's school will not allow the trophy to be displayed, the trophy will be placed on public display at the champion team's "home" rink.
- (f) It is the sole responsibility of the City Champion Team to return the respective ISHL Justice Varsity City Cup Trophy in undamaged condition to an ISHL Board Member prior to the start of the next competitive season's city tournaments, or one calendar year after taking possession, whichever occurs first.
- (g) Should any damage occur to the trophy while in the team's possession, the team is financially responsible for the complete repair or replacement of the trophy.
- (h) Should the trophy be lost, stolen, damaged beyond the capability to repair, or for any other reason not be returned, the team last in possession will be 100% financially responsible for the replacement cost of the trophy.
- (i) In the event of item (h) above, the replacement cost of the trophy must be paid in full by the responsible team no later than the beginning of the next regular scheduled season.
- (j) Failure of the team to pay the replacement cost of the ISHL Justice Varsity City Cup Trophy in full will place that team in financially bad standing and it will not be allowed to participate in the next ISHL season until such payment is made in full.
- (k) A form stating the above conditions and responsibilities must be signed by the team representative or club president prior to taking possession of the ISHL Justice Varsity City Cup Trophy.

27. Mercy Rule

If at any time during a game the goal differential between teams reaches six (6), the game clock will immediately go to running time and will not stop for any reason, other than at the direction of

the on-ice officials, until the game ends or the goal differential becomes less than 6. This means the clock will not stop for goals scored, penalties, injuries or for any other reason while the mercy rule is in effect unless ordered to be stopped by the on-ice officials. Teams will not be permitted to call a time out while the mercy rule is in effect. If the goal differential becomes less than 6, the stop time rule as described above will be applied.

28. Uniforms and Jersey Colors for Varsity Teams

1. All teams are responsible for obtaining their own jerseys and socks.
2. All players, including the Goalie, on a specific team will wear matching jerseys and socks. The colors will be:
 - Named School – school colors
 - Consolidated Team – prior approved colors by the ISHL
3. Each player will have two jerseys:
 - Home jersey will be predominately dark
 - Visiting jersey will be predominately white/light
4. Jerseys and socks will be in accordance with a normally accepted ice hockey style and material.
5. Each jersey will have numbers on the back, minimum of ten (10) inches high.
6. All players on the game roster shall wear a visible individually identifying number. Only whole numbers from 0-99 inclusive shall be allowed.
7. The player's name on the back of the jersey is optional. If the team elects to put the player's name on the back of the jerseys, the maximum height of the letters will be four (4) inches.
8. All players must wear their assigned jerseys for all games. No jersey; no play. No switching of jerseys among players will be allowed. Teams are encouraged to have players bring both their home and away jerseys to all games. The ISHL understands there are circumstances beyond the control of the player where the player's jersey may not be available for an upcoming game or during a game. Such circumstances might be the jersey was stolen or torn beyond repair in a previous game. Because of these circumstances, teams are required to purchase and maintain official substitute jerseys that are exactly the same as their team's home and visitor jerseys in terms of size, color, and design for both the jersey and numbering of the jersey. The substitute jerseys must not have a jersey number that is assigned to a player for that season on that team. Only an official substitute home jersey may be used if the team is the home team, and only an official substitute visitor jersey may be used if the team is the visiting team. It is the responsibility of the team providing the substitute jersey to make a clear indication of the change in jersey number on the score sheet and pre-game roster so that the appropriate individual is credited for points or penalties. Players will be allowed to play with a temporary white or dark jersey until they receive their official team

jersey. The temporary jersey must have a distinct number. No player will be allowed to play without an official team jersey after November 1st of each season. After the November 1st deadline if a name is present on the back of jersey it must belong to that player.

29. Organization of Teams

Each season, the ISHL may organize teams into divisions if it deems doing so appropriate based on the number of teams in the ISHL. The number and makeup of divisions will be determined when the exact number of teams for the upcoming season is determined.

30. Termination of Game

1. It shall be “no game” unless two (2) periods have been completed.
2. Statistics for a “no game” situation will not be recorded.
3. A game terminated under the conditions of this paragraph prior to two (2) full periods will not be rescheduled.

31. Game Forfeit

1. If a team elects to forfeit a game for any reason prior to the start of the game (e.g., insufficient players), no stats will be entered for that game, even if the forfeiting team chooses to hold a scrimmage against the team, they were originally scheduled to play in order to utilize the scheduled ice time. The game will go down as a 1 to 0 victory for the non- forfeiting team. The forfeiting team representative must notify the division representative and commissioner as soon as possible.
2. Games may be played with a minimum of six (6) players (6 skaters or 5 skaters and 1 goalie).
3. If a forfeit is imposed, after the completion of a game the scoring statistics of the player(s) causing the forfeit will not be recorded (any penalties incurred by the player(s) would be counted), but those of all other players would count. The game score would still be recorded as a 1–0 loss.

32. Disputed Calls

1. The ISHL Executive Board cannot reverse any penalties.
2. Scoring and penalty errors must be brought to the attention of the referee by the captain of the team during the game. Penalties and scoring cannot be changed after the scoresheet has been signed by the officials.
3. The ISHL will deal with scorekeeping clerical errors as needed.

33. Game Day Procedures for Team Representatives

1. The home team and visiting team representative or their designee, the scorekeeper, the timekeeper, and both penalty box officials will assist as required to ensure the safe conduct of all games. Such team representatives will help settle any complaints ensure no parents carry complaints directly to the referee or coach, and that a parent or other individual desiring to make a complaint is made aware of the complaint process outlined in this manual. Both team representatives will ensure that only players, coaches, team representatives, and approved locker room monitors are allowed in the locker room area.
2. The home team representative will ensure the scorekeeper, timekeeper, and both penalty box helpers are in place at least five (5) minutes prior to the scheduled start of the game.
3. For Varsity games, if no security officer(s) are present at least ten (10) minutes prior to the scheduled start of the game, the home team representative will notify the League President as soon as possible, and also notify the rink manager.
4. Home team representative should make sure the officers are positioned throughout the rink before, during, and after the game.
5. In the event of an injury to a player, the home team representative will ensure the proper rink authorities are notified and, if required, the proper emergency medical personnel are alerted.
6. It is the duty of the home team representative to email a copy of the scoresheet to the Varsity Commissioner immediately following the completion of each game. As well, the home team representative shall enter the scoresheet into the ISHL statistical database prior to Noon CST of the next day following the game.

Note: Even if the duties are switched (score keeping and running the time clock), the home team representative will still retain the responsibility of entering the game score and additional game statistics.

34. Additional Security for Varsity Games

If, in the opinion of the ISHL Security Representative, the hired security officer(s) on duty at each game, or the ISHL Executive Officers, an extra guard or guards are required to ensure a secure and safe environment for a particular game (generally due to a history of fighting or other unsportsmanlike behavior between two teams or increased friction among the spectators representing a team or teams), the team or teams responsible for the increased security will be assessed the extra cost for the League to provide the additional security. This assessed fee must be paid to the League prior to the next scheduled game of the team or teams at which such increased security is deemed necessary. Failure to pay the assessed fee by the team or teams in question will result in a game forfeit for the offending team.

35. Game Protest

A game protest may only be made by the head coach (or in his/her absence the assistant coach). Immediately at the conclusion of the game the head coach will notify the referee assigned to the game that the game is under protest and state the reason(s) for the protest. The referee will make a notation that the game is under protest on the score sheet. The head coach will then file a written protest statement and forward this statement to the President of the ISHL. The referee will also file a written statement concerning the protest. The ISHL President will assign a committee to research the protest and make a resolution recommendation to the ISHL Executive Board. The ISHL Executive Board will issue a ruling on the protest within 30 days of receipt of the written protest.

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SECTION D: Codes of Conduct

36. Coaches and Team Staff Code of Conduct and Responsibilities

The ISHL is very appreciative of the dedication of coaches and other team staff. All coaches and team staff are representatives of their individual school district as well as the ISHL. In order to ensure that all coaches and team staff perceive their position and responsibilities in the same way, the following code of conduct and responsibilities have been developed.

1. Code of Conduct

- (a) Always conduct themselves in a manner that does not reflect badly on them as individuals, their school district, or the ISHL.
- (b) Do not engage in any activities, which are, or may be viewed as being, detrimental to any player, team, school district, or to the ISHL.
- (c) Conduct themselves in a positive and sportsmanlike manner at all times.
- (d) Strive to provide a safe and positive environment at all times and promote fair play and sportsmanlike behavior among all players, coaches, referees, and parents.
- (e) Abusive verbal confrontations with other coaches, referees, or parents will not be tolerated.
- (f) The use of profanity by a coach or referee in front of players will not be tolerated.
- (g) Any type of physical abuse towards a player, other coach, referee, parent, or spectator will not be tolerated.
- (h) Do not attempt in any way to circumvent the intent of the policies, rules, and procedures of the ISHL.
- (i) Any coach found to be in violation of this code of conduct is subject to review by the Executive Board for disciplinary action. The Executive Board may issue game suspensions or termination of coaching privileges in the ISHL as the Board deems necessary.

2. Responsibilities

- (a) All coaches must be registered by the USA Hockey Association in order to coach in the ISHL, and obtain and maintain the proper USA Hockey Coaching Certification required for the high school level and pass a basic background check.
- (b) Be familiar with all rules, guidelines and procedures contained in this rulebook, as well as all USA Hockey rules and guidelines pertaining to high school hockey.

- (c) Attendance at the annual ISHL coaches meeting conducted prior to the start of the season is mandatory for at least one coaching representative (either the head coach or an assistant coach) from each team. Failure to comply with this requirement will result in the head coach of that team being suspended from the first regular season scheduled game, unless previously excused by the President.
- (d) As provided, coaches should make every effort to attend all coaching clinics.
- (e) Conduct organized practice sessions for their team during the season.
- (f) For Varsity teams only: Review the report card of each player at the first practice/game following the end of each academic reporting period. It shall be the coach and team representative's responsibility to verify the academic eligibility of each player according to the school district's rules governing academic eligibility and to submit ISHL form AE010 as described in Rule 12.4 above.
- (g) Ensure all players wear the proper and required equipment for all practices and games.
- (h) Stay abreast of any and all rule or policy changes that are implemented throughout the season.
- (i) Maintain an open line of communication with the players and parents of their team and ensure they are kept informed of any and all procedures, circumstances, and rule or policy changes that may affect them.
- (j) Coaches must make sure they fulfill their commitment to the team. This means attending all games and practices. On the rare occasion a coach must miss an occasional game or practice, provisions for the assistant coach or other qualified adult coach must be made. That person must meet all current USA Hockey and ISHL coaching requirements.

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37. Players Code of Conduct and Responsibilities

1. Play for fun.
2. Work hard to improve your skills.
3. Be a team player – get along with your teammates.
4. Be a disciplined player and always exercise good sportsmanship.
5. Be on time for games and practices.
6. Learn the rules and play by them.
7. Respect your coach, your teammates, your parents, opponents, and officials.
8. Never argue with an official's decision.
9. Maintain academic eligibility at your school.
10. Be respectful of the ice rink facility, locker rooms and all other common areas of the facility at all times.
11. Do not use foul language or obscene gestures.
12. Never do anything that may be construed as “taunting” or otherwise unsportsmanlike to other players, coaches, referees, or spectators.

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38. Referees Code of Conduct and Responsibilities

1. Code of Conduct

Referees will be held to the same code of conduct as coaches. See Rule 36 above.

2. Responsibilities

- (a) Referees will be responsible for making all scheduled games or providing for a qualified replacement. Referees will be assigned games at all the rinks where the ISHL has games. This is to prevent the “Home Ref” perception.
- (b) All referees must maintain the proper certification as required by the USA Hockey Association.
- (c) Read the ISHL Rules & Procedures and know all the ISHL and TAHA rules in addition to the USA Hockey rules and regulations.
- (d) Referees will conduct a safety inspection of the rink to include the condition of the ice, dasher boards, gates, glass, and goals to determine whether the venue is safe to play prior to the commencement of the game. The referee will continue to monitor the conditions of the rink throughout the game. If at any time during the game the referee determines the condition of the ice and/or dasher board system becomes unsafe, the game will be immediately stopped.
- (e) Conduct a pre-game check and spot checks during the game to ensure all players are wearing the appropriate and required protective equipment.
- (f) As provided, referees should make every effort to attend all referee clinics.
- (g) Stay abreast of any and all rule or policy changes that are implemented throughout the season.
- (h) The ISHL’s policy is to schedule three or four officials for all games. On occasion due to the limited number of qualified officials, two officials will be scheduled. In such a case, both officials will be level three certified or above. The game will not be played if only one referee is available. If one or less officials show up, the coaches may agree to use any qualified referees/officials that may be in attendance at the game.
- (i) Intentional contact after the whistle must be called by the referee, especially in or near the crease with players trying to “protect” their goalie.
- (j) Officials should establish a basic rapport with the coaches before each game; i.e., cordial greeting, handshake, and basic philosophy of having a good clean game.

- (k) If there has been a game misconduct or match penalty, the referee must complete an Incident Report. A copy of the report must be e-mailed to the League within 24 hours of the infraction.

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39. Parents and Spectators Code of Conduct

All parents and spectators are expected to conduct themselves in a proper, respectful, and sportsmanlike manner while attending games. Obnoxious behavior, verbal abuse of players, coaches, referees, or the use of profanity will not be tolerated. The referee has the authority to request the offending parent or spectator remove themselves from the facility. If the person refuses to comply, the proper law enforcement agency will be summoned. Re-admittance of that individual to any future ISHL game(s) is subject to the approval of the ISHL League Commissioner.

1. Display good sportsmanship. Always respect players, coaches and officials.
2. Act appropriately; do not taunt or disturb other fans; enjoy the game together.
3. Noise makers, bells, air horns or other loud and obtrusive noise making devises are not allowed at ISHL games and will be confiscated by security if used by any parent, fan, or other spectator.
4. Cheer good plays of all participants; avoid booing opponents, coaches or referees.
5. Cheer in a positive manner and encourage fair play; profanity and objectionable cheers or gestures are offensive and will be cause for removal from the game and facility.
6. Help provide a safe and fun environment; throwing any items on the ice surface can cause injury to players and officials.
7. Do not lean over or pound on the glass; the glass surrounding the ice surface is part of the playing area.
8. Support the referees and coaches by trusting their judgment and integrity.
9. Be responsible for your own safety – be alert to prevent accidents from flying pucks and other avoidable situations.
10. Respect locker rooms as private areas for players, coaches and officials. Parents and other spectators are not allowed in these areas before, during, or after a game.
11. Be supportive after the game – win or lose. Recognize good effort, teamwork, and sportsmanship.

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Waiver of Liability, Release, Assumption of Risk and Indemnity Agreement

For and in consideration of the undersigned participant's registration with Interscholastic Hockey Association and Interscholastic Hockey League, its affiliates, local associations and member teams (all referred to together as "ISHL") and being allowed to participate in ISHL events and activities, participant (and the parent(s) or legal guardian(s) of participant, if applicable) waive, release and relinquish any and all claims for liability and causes of action, including for personal injury, property damage or wrongful death occurring to participant, arising out of participation in various activities (the "Activities"), specifically including, without limitation, ISHL events and activities, the sport of ice hockey, and/or activities incidental thereto, whenever or however they occur and for such period said Activities may continue, and by this agreement any such claims, rights, and causes of action that participant (and participant's parent(s) or legal guardian(s), if applicable) may have are hereby waived, released and relinquished, and participant (and parent(s)/guardian(s), if applicable) does(do) so on behalf of my/our and participant's heirs, executors, administrators and assigns.

Participant (and participant's parent(s)/guardian(s), if applicable) acknowledge, understand and assume all risks relating to the Activities, and understand that the Activities involve risks to participant's person including bodily injury, partial or total disability, paralysis and death, and damages which may arise therefrom and that I/we have full knowledge of said risks. These risks and dangers may be caused by the negligence of the participant or the negligence of others, including the "Indemnified Parties" identified below. These risks and dangers include, but are not limited to, those arising from participating with bigger, faster and stronger participants, and these risks and dangers will increase if participant participates in Activities in an age group above that in which participant would normally participate. I/We further acknowledge that there may be risks and dangers not known to us or not reasonably foreseeable at this time. **PARTICIPANT (AND PARTICIPANT'S PARENT(S)/GUARDIAN(S), IF APPLICABLE) ACKNOWLEDGE, UNDERSTAND AND AGREE THAT ALL OF THE RISKS AND DANGERS DESCRIBED THROUGHOUT THIS AGREEMENT, INCLUDING THOSE CAUSED BY THE NEGLIGENCE OF THE INDEMNIFIED PARTIES AND/OR OTHERS, ARE INCLUDED WITHIN THE WAIVER, RELEASE AND RELINQUISHMENT OF CLAIMS CONTAINED HEREIN.**

Participant (and participant's parent(s)/guardian(s), if applicable) acknowledge, understand and assume the risks, if any, arising from the conditions and use of ice hockey rinks and related premises and acknowledge and understand that included within the scope of this waiver and release is any cause of action (including any cause of action based on negligence) arising from the performance, or failure to perform, maintenance, inspection, supervision or control of said areas and for the failure to warn of dangerous conditions existing at said rinks, for negligent selection of facilities or equipment, or negligent supervision or instruction.

PARTICIPANT (AND PARTICIPANT'S PARENT(S)/GUARDIAN(S), IF APPLICABLE) HEREBY AGREE TO INDEMNIFY AND HOLD THE INDEMNIFIED PARTIES HARMLESS FROM AND AGAINST ANY AND ALL LOSSES, EXPENSES, DEMANDS, CLAIMS, DAMAGES, PROCEEDINGS, OR CAUSES OF ACTION, WHETHER AT LAW OR IN EQUITY, RELATING TO OR ARISING OUT OF THE ACTIVITIES, SPECIFICALLY INCLUDING,

WITHOUT LIMITATION, CLAIMS RELATING TO BODILY INJURY (INCLUDING DEATH), PROPERTY DAMAGE, OR ECONOMIC DAMAGE. IT IS EXPRESSLY AGREED THAT THE FOREGOING INDEMNITY SHALL INCLUDE, WITHOUT LIMITATION, AN INDEMNITY OF THE INDEMNIFIED PARTIES AGAINST ANY CLAIMS ARISING OUT OF OR RELATING TO ACTUAL OR ALLEGED NEGLIGENCE OR GROSS NEGLIGENCE OF THE INDEMNIFIED PARTIES, EITHER SOLELY OR IN COMBINATION WITH THE NEGLIGENCE OR OTHER LIABILITY OF THE PARTICIPANT AND/OR OTHERS. PARTICIPANT (AND PARTICIPANT'S PARENT(S)/GUARDIAN(S), IF APPLICABLE) AGREE TO DEFEND ANY SUIT OR ACTION BROUGHT AGAINST THE INDEMNIFIED PARTIES BASED ON ANY SUCH CLAIM AND TO PAY ALL COSTS AND EXPENSES IN CONNECTION THEREWITH OR RESULTING THEREFROM, INCLUDING, BUT NOT LIMITED TO, ATTORNEY'S FEES, PREJUDGMENT AND POST-JUDGMENT INTEREST, APPEAL BONDS, AND SUPERSEDEAS BONDS.

It is the purpose of this agreement to exempt, waive and relieve all of the Indemnified Parties from liability for personal injury, property damage, and wrongful death, including if caused by negligence, including the negligence, if any, of any Indemnified Parties. "Indemnified Parties" include Interscholastic Hockey Association, Interscholastic Hockey League, its affiliate associations, national, regional, and local associations, member teams, event hosts, other participants, coaches, officials, sponsors, advertisers, owners and operators of the premises used to conduct any Activity, and each of the owners, shareholders, members, partners, directors, officers, managers, employees, representatives, and agents of each of the foregoing. Participant (and participant's parent(s)/guardian(s), if applicable) further agree to release and waive all claims against the ISHL and its authorized representatives for decisions and/or actions made by the ISHL and/or its authorized representatives in their good faith efforts to interpret and enforce the ISHL's Rules and Procedures, and/or to carry out the ISHL's purposes and goals, as they may so decide in their discretion.

Participant (and participant's parent(s)/guardian(s), if applicable) acknowledge that they have been provided and have read the above paragraphs and have not relied upon any representations of any of the Indemnified Parties, that they are fully advised of the potential dangers of the Activities and understand these waivers and releases are necessary and appropriate, and that they have received good, valuable, and adequate consideration for the execution of this document and the performance of the agreements and obligations set forth herein.

This Waiver of Liability, Release, Assumption of Risk and Indemnity Agreement has been agreed to, adopted, ratified, and executed by those persons whose signatures are set forth on separate signature pages which shall be considered incorporated herein for all purposes.