

## Integrity Hockey League – Rules Guide

The Integrity Hockey League requires each of our participants to read and accept the Integrity Hockey League Code of Conduct, Rules Guide, and Penalty & Suspension Guide.

### 1 DEFINITIONS

- 1.1 Player – An individual who has signed all necessary forms, paid Integrity Hockey League dues/Rink Fees, and agreed to abide by the Integrity Hockey League Code of Conduct.
- 1.2 Substitute - An individual who is registered with the league to fill in for Players who are unable to attend their game.
- 1.3 Run Time – The game clock will not be stopped for any reason.
- 1.4 Captain/Alternate Captain - A Registered Player officially designated as one of the team spokespersons. Goalies are not allowed to function as Captains as we expect our Captains to manage both the on ice and bench behavior of their respective teams.
- 1.5 Spectator - An individual watching a game for entertainment with no physical involvement.
- 1.6 Contest Area – Defined as locker rooms, interior viewing/seating area in and around any rink – along with the internal lobby of the facility.
- 1.7 Commissioner/Chaplain Team – Each team has an assigned commissioner and chaplain.

### 2 GAME RULES

- 2.1 Integrity Hockey League follows all USA Hockey rules with a few additional requirements.
- 2.2 Failure to follow any of the Integrity Hockey League/USA Hockey rules or the rules can/will result in possible suspensions and an automatic forfeit.
- 2.3 We play quantity 3, 15 minute stop time periods.
- 2.4 A game moves to run time if a team is trailing by 6 or more goals with 10 minutes left (or less) in the 3rd period. The clock will move back to stop time only if the losing team reduces deficit to 4 goals or less.
- 2.5 In regular season, the format is a 5 player versus 5 player shootout format. If tie is not resolved in first round of the shootout, move immediately to a sudden-death shootout. All players on the bench must shoot once before any player can shoot twice (regardless if the 2 teams have a different amount of players on the bench).
- 2.5.1 In post season, the format is a sudden-death, 6 minute running clock. If tie still remains, move to 5 player versus 5 player shootout. If tie is not resolved in first round of the shootout, move immediately to a sudden-death shootout. All players on the bench must shoot once before any player can shoot twice (regardless if the 2 teams have a different amount of players on the bench).

### 3 SCORING RULES

- 3.1 For Divisions C1, C2, C3, D1, D2: No player is eligible to score more than three (3) goals per game, including OT, in both regular season and playoffs. If a player scores a fourth (4th) goal in a game, the player who scored the goal is assessed a 2:00 minor penalty for unsportsmanlike conduct and results in an End Zone Face-off.

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Players who have reached the goal limit are eligible to participate and score in the shootout.

- 3.1.1 Rule 3.1 does not apply to the B division.
- 3.2 For Divisions C1, C2, C3, D1, D2: A seven (7) goal lead shall be considered 'safe' in the final five minutes of the third period. In the final five minutes of the game, if any player/substitute of the team scores a goal that results in a goal differential in excess of seven (7) goals, the player who scores the goal receives a 2:00 minor penalty for unsportsmanlike conduct and results in an End Zone Face-off.
- 3.2.1 Rule 3.2 does not apply to the B division.

### **4 ROSTERS, REGISTRATION, SUBSTITUTION RULES**

- 4.1 The minimum roster requirement for each team is detailed below:
  - (a) 12 full-season players, one captain and one goalie
  - (b) 11 full-season players, 2 half-season players, 1 captain and 1 goalie
  - (c) 10 full-season players, 4 half-season players, 1 captain and 1 goalie
  - (d) 9 full-season players, 6 half-season players, one captain and 1 goalie
- 4.2 Integrity Hockey League reserves to right to bring each roster to a total of 14 full-season players.
- 4.3 The maximum number of players on each roster is 20 players.
- 4.4 All players must be registered with USA Hockey prior to registration.
- 4.5 Any declined registration payments will result in indefinite suspension until payment has been made.
- 4.6 Players may elect to skate on no more than two teams within Integrity Hockey League. Due to scheduling concerns, these players must choose one full-season team, and one half-season team. These players also can only play up or down one division of the highest division registered for. For example, a player registered for a C2 may also play on a C1 or C3 team but cannot register for a D1 or D2 team.
- 4.7 All substitute players must be registered before they step on the ice. A list of all registered players can be found on the website under the Resources tab.
- 4.8 All substitute players must be a registered participant in the divisional game or lower. For example, C3 teams can't use a player registered for C2 or C1.
- 4.9 All captains must submit an updated roster to the scorekeeper before each game including all registered substitute players on the bench. It is encouraged that captains notify opposing captains when substitute players are being utilized.
- 4.10 We allow teams to utilize registered players from within their division to bring the total number to 10 skaters. Additional subs cannot be used after the team has 10 skaters unless approved by the opposing captain.

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- 4.11 Players registered as a \$50 substitute are not eligible to participate in playoffs. Additional substitution rules during playoffs, please refer to the Playoffs Rule Guide found on our website under the Resources tab.