

# LAKHSHL RULES & PROCEDURES

*Revised 2025-2026 Season*

## I. DEFINITIONS

1. "LAKHSHL" shall mean the Los Angeles Kings High School Hockey League.
2. "CAHA" shall mean the California Amateur Hockey Association.
3. "Commissioner" shall mean the individual designated to oversee the daily administration of the League and League activities.
4. "League" shall mean Los Angeles Kings High School Hockey League
5. "League Game" shall mean any Regular Season Game or Playoff Game.
6. "League Year" shall mean September 1 through the following August 31, encompassing one complete League Season.
7. "Member Team" shall mean any team which has been accepted as a Member of the League pursuant to the procedures set forth herein.
8. "Playoff Game" shall mean any one or more of the games played as part of the League playoff schedule, as such schedule is established from time to time.
9. "Regular Season Game" shall mean any one or more of the games played as part of the League's regular season schedule.
10. "Team Official" shall mean any person serving as a coach, manager, team representative or other official capacity assisting on or off the Players' Bench during a League Game pursuant to Penalties/Misconducts herein for a Member Team.
11. "League Operations Game Day Rep" shall mean one of the League officials (Commissioner, League Administrative Staff Employee, or a Los Angeles HS League, LLC representative) available on gameday.

## II. MEMBER TEAM PARAMETERS

### 1. New Pure Team Rules and Regulations

- a. Schools or districts wishing to join the League must submit a Membership request, in written form, no later than April 1<sup>st</sup> preceding the League Year in which the team desires to participate. The League shall decide whether to admit the applicant based on several factors, including ice availability.
- b. Team must have at least 14 skaters and a goalie by May 1<sup>st</sup>. All members must also place \$250 non-refundable deposit.
- c. Team must have 17 players and one goalie by June 1<sup>st</sup>. All members must also make 2nd league payment and sign Letters of Intent.
- d. Programs failing to meet these requirements must file a petition with the League in writing with 24 hours of each assigned deadline.
- e. Meeting the requirements set forth in the request does not guarantee admittance into the League. However, any teams meeting such qualifications but not admitted to the League at that time will be admitted as ice time becomes available or Member Teams drop out in the order in which qualified applications were received.

## 2. Coach Selection

- a. Each Member Team shall be responsible for selecting all of its coaches and team officials. In the event a Member Team is having difficulty finding a Head Coach, the League may assist in the process by providing the names of potential coaches to a representative of the Member Team seeking a Head Coach. Upon selection of a Head Coach by a Member Team, such Member Team shall notify a member of the League administration of its selection. All coaches and team officials are subject to final approval by the League, with such approval not being unreasonably withheld.

## 3. Background Checks

- a. All adults involved in any LAKHSHL member league/association, including coaches (head and assistant), team representatives, team managers, trainers and/or any other adults directly involved with the administration, organization, operation, or coaching of the players of the team, must pass a basic background check that will be administered and required by CAHA. All paid coaches (head and assistant) must pass a basic background check that will be administered and required by AEG. Anyone not agreeing to this provision will not be allowed to hold any type of administrative or coaching position related to that team. Each respective team will be tasked with administration and enforcement of this regulation.

## 4. Accreditation of Coaches

- a. All Head Coaches and Assistant Coaches must have coaching credentials AT Level 1 or above from USA Hockey. All coaches will be required to provide a certificate on completion from one of the following (online) concussion awareness programs:
  1. "Heads Up" concussions in youth sports by the CDC ([www.cdc.gov/concussion/HeadsUp/online\\_training.htm](http://www.cdc.gov/concussion/HeadsUp/online_training.htm))
  2. "Concussion in sports- What you need to know" from the NFHS (<http://www.nfhslearn.com/electiveDetail.aspx?courseID=1500>)
  3. All Coaches will also need to complete the USA Hockey Safe Sport Training Program: (<http://www.usahockey.com/page/show/908023-usa-hockey-safesport-program>)
- b. Proof of such accreditation shall be presented to the League prior to the first official team practice in which such coach is the Head of Assistant Coach of a Member Team.

# III. PLAYER ELIGIBILITY PARAMETERS

## 1. General

### a. Eligibility

1. Varsity: Students must be in the 9-12 grades and attend school full-time to be eligible for a team. Full-time attendance shall mean a student is taking two consecutive semesters of four classes at his or her school per year. A player may appear on only one (1) roster filed with the LAKHSHL.
2. Junior Varsity: Students must be in the 9 -12 grades and attend school full-time to be eligible for a team. Full-time attendance shall mean a student is taking two consecutive semesters of four classes at his or her school per year. A player may appear on only one (1) roster filed with the LAKHSHL.

### b. Age Restrictions- Maximum Age

1. Players must be 19 years or under prior to September 1 of the upcoming season.

### c. Private School Students

1. In the event that the private school they attend is not represented by a team in the League, the student shall be eligible to play for the LAKHSHL district team in the district where students reside, subject to the rostering rules under Section IV (2a & 2b). Districts are designated by the LAKHSHL.

### d. Home School Students

1. Home-schooled students residing in a school's or district's attendance area are eligible to play only for the team representing that school or district (home-schooled children are not eligible for teams representing private schools), subject to the rostering rules under Section IV. Home-schooled students will be considered as attending the represented school or district for purposes of roster composition.

e. Independent Study Students

1. Students participating in an Independent Study program are considered 'home school students' if they do not attend class at least one time per week.

f. "Visiting" Players

1. Players shall not be eligible to play for a Member Team if such player is rostered on another ice hockey team outside the Southern California area during the current season, unless such player permanently relocates from such area to Southern CA. Players relocating to the area must comply with the deadlines set forth in Article III (Sections i1, j1, k1). Players, officially rostered on the out of town team, returning from an out of town ice hockey team after the December 31 deadline to finish the current school year in the Southern California area will not be eligible to participate in the League during such season.

g. Tryouts

1. Each Member Team will be responsible for assisting the league with coordinating try-outs. Try-out sessions may not be longer than 2 on-ice sessions, 60 minutes each.

h. Junior

1. Players rostered on any Junior Club (Any Tier) as of September 1 AND participate in 1 Junior level game will not be eligible to participate in the league for the remainder of the season.

i. Tier I

1. Players rostered on a Tier I team may play on either Varsity or Junior Varsity

j. Tier II

1. Players rostered on a Tier II team may play on either Varsity or Junior Varsity

k. Anaheim Ducks High School Hockey League

1. No player may be dual rostered on an Anaheim Ducks High School Hockey League team and an LAKSHSL team.

l. Proof of Eligibility

1. Each player will be required to show, prior to the team's first game, a physical school ID indicating they are a student for their rostered school and a full-time student. The team will then be required to keep a photo copy of each rostered player's school issued ID. Any player which has not completed this by the specified date above may not be eligible to participate in any League games until the school ID has been verified to a member of the League administration. If a school ID is incorrect/invalid, all games played with that student-athlete will be forfeited.

Multiple District Teams

2. In the event that a Member Club has enough players to create 2 district teams subject to team player maximums and minimums from Article IV, the League reserves the right to determine the proper player selection process needed to create 2 separate teams. The creation of 2 district teams in the same districts is also subject to Article II. Section 1 b.

Roster Deadline

3. No individual may be added to or deleted from a team's roster after the team has completed 50% of its scheduled league games **OR** November 30<sup>th</sup>, whichever comes first. Any player moving into the school or district in question after November 30<sup>th</sup> may practice with that team, but not play in games; provided such team has less than 30 players on the official roster at that time. No player may be added to a team, at any time, which already has thirty (30) rostered players.

m. Playoff Eligibility

1. Players must participate in 50% of the league games to be eligible for playoffs. This requirement includes Tier I & Tier II players. "Participate" shall mean the player's name

appeared on the official score sheet for a game and that the player was verified by a League official as one of the up to twenty (20) players dressed for that game. Games missed due to verifiable injury with a certified medical professional note will be counted as games played for play-off eligibility. Varsity teams may use JV players in Varsity playoff games if they have played JV for a minimum of 60% of regular season games. Such players must have been added to the official USA Hockey roster. Varsity players may not appear on a JV roster.

n. Exceptions

1. Any deviations from the standards set forth herein shall be at the determination of the League. Persons or teams seeking such deviations shall submit, in writing, a request for an exemption to the League Commissioner prior to November 1 of the League Year for which the exemption is sought. The League shall make a final determination of all such applications no later than November 15.
2. Matters must be communicated to the League no later than November 5 to ensure that a decision with respect to such matter will be reached for the upcoming season. If application is not submitted prior to November 5, the League cannot guarantee determination of eligibility for the upcoming season and the affected player(s) will most likely not be considered for eligibility until the following season.

o. Early Graduation

1. The league will not penalize a player who qualifies for early graduation, if the player in question began the season enrolled in the high school for which he/she is eligible to compete.
2. If an early graduate should enroll in a college or university, his/her eligibility to participate in sanctioned high school hockey play shall terminate when he/she begins taking classes on a full- or part-time basis.

p. No Pass/No Play

1. The Los Angeles Kings High School Hockey League (LAKHSHL) strictly enforces the No Pass/No Play regulations for the Varsity and Junior Varsity divisions.
2. A player must be a "student in good standing" at his/her school according to the academic pass/play rules for his/her school. To be eligible to play, all players must provide their coaches or a team official with a copy of the most recent grading period report card. THE LEAGUE MAY REQUIRE THE SUBMISSION OF THIS GRADE RECORD AT ANY TIME. FAILURE TO PRODUCE THE GRADE RECORD WILL CAUSE THIS PLAYER TO BE DECLARED INELIGIBLE.
3. Any player that is not academically eligible according to his/her school will not be allowed to play in any regular season or post-season games until such time as he/she becomes academically eligible according to their respective school.
4. This suspension is in effect until the student/athlete is reinstated by the school authorities. All member teams must abide by the following rules:
  - a. Each team is required to obtain a copy of their respective school's academic eligibility rules. If there are none, CIF rules will apply.
  - b. Each team is required to complete an academic eligibility report for each grading period, which lists every player on their official USA Hockey **roster that is not in good standing only**. This report will declare those players as being academically ineligible. This report must be signed by both the team representative/manager and the head coach.
  - c. Each team representative/manager will be required to verify the academic eligibility status of every player on the team's official USA Hockey roster each grading period. The representative/manager can satisfactorily meet this verification requirement either by reviewing the student's report card each grading period or by receiving a signed academic eligibility status report by a school official (i.e. Principal, vice-principal, club-advisor or counselor). This report need only declare whether or not the student is considered by the school as being academically eligible or ineligible according to the

No Pass/No Play rules.

- d. Any player for which verifiable documentation as listed above is unavailable for any reason will be listed as ineligible and not allowed to participate in any games until the academic eligibility can be verified.
- e. A student that receives an “incomplete” on a report card for any grading period is ineligible until such time as the work is completed and a final passing grade rendered. An “incomplete” grade is considered the same as a failing grade until replaced with a passing grade.
- f. A student that is protesting a grade on a report card for any grading period is ineligible until the protest is concluded and a final passing grade rendered.
- g. All students must maintain a 2.0 or above in all subjects each grading period in order to be eligible to play.
- h. If a student is considered eligible by their respective school to participate in any other CIF approved sport, then he/she is eligible to play high school hockey in the LAKHSHL.

q. School Suspension

1. 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 regular season or post-season games until he/she 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 he/she is in or have been placed in alternative education classes or are under any type of school-imposed suspension by the public school, that student will not be eligible to participate. He or she must be a “student in good standing” at his/her 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. This suspension is in effect until the player/student is reinstated by the school authorities.
2. In order to participate in the LAKHSHL, the player must be a student in good standing in his/her respective school. Generally, if a student would otherwise be eligible to play a CIF recognized sport for their respective school, then he/she is eligible to play high school hockey.

r. Maximum Number of Seasons

1. A player shall not participate in more than four (4) Varsity seasons, if a player becomes ineligible during the season (i.e. due to grades or suspension), this period shall count as part of, or as a full season. A player who joins the JV Division in 8<sup>th</sup> grade may participate in no more than 5 combined Varsity or JV seasons.

s. Concussions

1. A player who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A player who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and **receives written clearance** to return to play from that health care provider per CAHA established guidelines. All coaches (or team managers) are required to notify a league administrator within 48 hours of all concussions. Prior to the player returning to the ice in ANY capacity (i.e. for a game OR a practice), a copy of the written “return to play” clearance shall be maintained in the Team Manager file and a copy shall be provided to the LAKHSHL Commissioner or his designee. Failure to do either will result in a penalty at the discretion of the LAKHSHL Commissioner. Additionally, two or more violations of this rule may result in permanent dismissal from the LAKHSHL for the player, coach, team representative, administrator, or other school official designated with oversight responsibilities.

t. Registration Fees

1. Any players who are delinquent with their registration fee past 15 days will be suspended until payment has been completed.
2. Late payments will result in a \$25 fine for every 15-day period that the payments are outstanding.

#### **IV. HIGH SCHOOL TEAM ELIGIBILITY PARAMETERS**

##### **1. Public/Private Single School Teams**

a. The Los Angeles Kings High School Hockey League encourages the growth of high school hockey and the addition of new teams to the league. When a new team is formed, players attending the school(s), or district, which comprise the new team will be required to play for that team, regardless of where they played in previous seasons. No players will be “grandfathered.” All other players attending the new member school must play for the new member team regardless of past affiliation. The decisions of the league will be final in all cases involving eligibility.

##### **2. School Teams**

###### **a. Roster Composition (Varsity & JV)**

1. Participating schools are encouraged to roster 100% from the active student body (Pure), for both Varsity and/or Junior Varsity division. Schools must complete a “pure” roster, with a minimum of 17 players, prior to the addition of a second team to the program. If the school cannot complete a “pure” roster, the following rostering rules will apply for the single team. Schools can roster players that do not attend that school to complete their roster. Students that do not attend the named school must reside in the school district of the named school. A player’s eligibility will be determined by his primary residence and school ID. If a player is rostered on a “club” team, they are only eligible to play on the high school team within the district they reside, if their school does not have a team.
2. Schools can roster home schooled players to fill needed spots, as outlined in Section III (d) Home schooled players can account for up to 6.7% of the total rostered players. This is a maximum of 2 home-schooled players per team. Teams with 14 rostered players have 1 home-schooled player and teams with greater than 15 rostered players can have 2 home-schooled players. Once a home-schooled player is rostered with a school, he/she should remain part of that school for his/her entire LAKHSHL playing career. If a new school (or district) in which the home-schooled player resides is added to the league, the home-schooled player will be required to play for that school or district team. If a home-schooled player wishes to change schools (other than his new school or district team as mentioned above), he/she may do so, but will be required to sit out from the LAKHSHL for one (1) season. Home schooled players must remain on one roster if the school offers more than one team (i.e. they cannot be rostered on Varsity and Juniors Varsity.)
3. Schools/Teams that cannot meet “pure” rostering requirements from one school can roster students from within the common school district. This will then be known as a “District” team and all the rostered players must reside within that district. In an effort to maximize the “essence of High School Hockey”, district teams will be evaluated by the League Rules Committee for district composition and student enrollment. District teams will be limited, by the League, to which schools’ players can be rostered from to generate their official USA hockey roster. As potential districts get added, or existing districts remain in the league, these eligible schools within districts will be reviewed by the league and be communicated to districts prior to try-outs. This will be reviewed on a yearly basis.
4. Schools that for whatever reason cannot meet these roster requirements may petition the LAKHSHL for a waiver or exemption. Such petition must be made prior to November 15<sup>th</sup> of the relevant league year. In all cases, the Los Angeles Kings High School Hockey League has final authority over all teams.

###### **b. School Transfers**

1. Players transferring between participating schools, or districts, after September 1<sup>st</sup> of each season will be required to play for the original team they were originally rostered on for the remainder of the season.

### **3. Enforcement (False Residency Clause)**

- a. Any team which uses a player who does not satisfy the requirements set forth herein, shall forfeit any game(s) in which such player participates. The official score of such game shall be 3-0 and all individual statistics shall be recorded as if there had not been a forfeit. Players violating the requirements will be suspended from the League indefinitely. The Head Coach will receive an automatic, unpaid, 30-day suspension.

## **V. LEAGUE SCHEDULE- GENERAL**

### **1. Game Schedule and Location**

- a. The League will schedule games each season based on ice availability. Ice availability will dictate the final number of home and away games for each team.

### **2. Tournaments and Scrimmages**

- a. Member teams may play in games other than League Games. However, League Games take precedence over other games. Any team not participating in a scheduled League Game shall forfeit such game and shall be subject to such disciplinary action as is deemed appropriate by the League. All officiated home scrimmages/games are under the jurisdiction of the Los Angeles Kings High School Hockey League.

### **3. Organization of Teams by Conferences and/or Divisions**

- a. Organization of Member Teams into Conferences and/or Divisions shall be at the discretion of the League. The goal of such alignment shall be to provide a relatively balanced playing schedule, to promote geographical and traditional rivalries and to conform to State Championship divisional organization.

## **VI. LEAGUE GAMES**

### **1. General**

- a. The rules and regulations set forth in this section shall be applicable to all League games including Regular Season Games and Playoff Games for both Varsity and Junior Varsity. General game format shall be as described by USA Hockey, with the exceptions noted below.

### **2. Game Day Roster**

- a. Verification of hand-written score sheet must be done by each team. Entering or verification of the rosters will be required 15 minutes prior to game time. Any suspended players, or injured players must be crossed off the score sheet.

### **3. Seven Goal Rule**

- a. If **at any time** during a League Game, the score differential reaches seven (7) goals, the game clock shall be operated using a running time format for the rest of the game regardless if the deficit falls below seven goals.

### **4. Jerseys**

- a. All League teams shall have two sets of matching jerseys, one white or light-colored and one dark. All teams must notify the League of their jersey colors prior to July 1 of each League Year.
- b. The designated home team shall wear dark colored jerseys.
- c. Temporary numbers may not be taped on to jerseys at any time.
- d. No player may use the numbers 30, 16, 18, 99, 20, or 4 on a game jersey during league play (official LA Kings retired jersey numbers).

## 5. Protective Equipment

- a. All protective equipment required by USA Hockey Rules must be worn by all players on Member Teams for all on-ice League practices and games.
- b. Ear pieces and mouth guards must be worn by all players on Member Teams for all on-ice League practices and games.
- c. The League requires all players on Member Teams to wear neck guards for all League practices and games.
- e. A neck guard shall be defined as a piece of protective equipment that is specifically designed to protect the neck and throat area. Sweat bands, socks and similar items are not considered neck guards for the purposes of this Section.
- f. Players are not required to wear the helmet and gloves sponsored by the League during practices and games. If a player chooses not to wear the League sponsored helmet or gloves, the player's helmet and gloves must exactly match the color or colors of the league sponsored helmet and gloves. All helmets must be HECC approved and must have J clips.

## 6. Official Rosters

### a. General

1. Players must be rostered on the official roster that is turned into the league. For example, a player must be rostered on both the Varsity and Junior Varsity rosters if you wish to play him/her at both levels. If a player is rostered on the Junior Varsity team's roster and not the Varsity team roster, you are not allowed to call the player up to play varsity. Just because a player is listed on the Junior Varsity roster doesn't mean you can automatically pull a player up to play Varsity. The player **MUST** be listed on the official roster to play.
2. All Varsity and JV players are limited to a total of 16 regular season League games regardless of whether it was a JV or Varsity game.

### b. Player Minimum

1. The minimum number of players in a program to field one team will be 17, 15 skaters and 2 goalies. Exceptions to this rule are the discretion of the League, teams with less than 17 players must be approved by the League.

### c. Roster Due Date

1. Clubs must submit Varsity and Junior Varsity rosters that meet the minimum number of players to the League by July 1<sup>st</sup>.
2. Clubs with both Varsity and Junior Varsity teams will have a four (4) game grace period to finalize rosters.
3. If the team determines a Varsity player would benefit from playing for the JV team, the team has until the end of this grace period to change the team rosters.
4. Once the 4-game grace period has ended, no Varsity player may be moved to the JV team.

### d. Player-Ups

1. Any player rostered to the Junior Varsity team will be eligible to play games for the Varsity team. JV Players can play up to 4 games with the Varsity team and still remain on the JV roster. Once a JV player plays a 5th game at the Varsity, that player will be locked to the Varsity team and can no longer play in JV games.

### e. Roster Adjustments

1. Players that are rostered to a Junior Varsity team will be reviewed throughout the season by the League to ensure that proper level of play. If a player is deemed inappropriate for the JV level, the League will move that player permanently to the Varsity level.

### f. Roster Limitations

1. When attending a USA Hockey sanctioned event, outside League events, teams must abide by the USA Roster Hockey Rules.

2. The minimum number of players in a program to field two teams will be 38, 34 skaters and 4 goalies. For programs with two teams, each team in that program must permanently roster all players on specific teams and each team must have a minimum of 15 players and 2 goalies.
3. High School Roster limit is thirty (30) and only twenty (20) players may dress for one game per CAHA established guidelines. If a team rosters three (3) goaltenders, the League will contact these goalies to confirm they are aware that there are three goalies on the team, before committing to the registration

## VII. REGULAR SEASON SCHEDULE

### 1. General

- a. The number of Member Teams, number of League Games each such team plays, times of games, length of season and other elements of the League schedule shall be determined at the discretion of the League.
- b. No Regular Season Game shall be scheduled prior to September 1 or later than the second weekend of March during any League Year.
- c. Each Member Team shall play the same number of Regular Season League Games each Season. If this is to change all teams will be notified in advance.

### 2. Regular Season Game Format

- a. All Regular Season Games shall be limited to three periods of sixteen (16) minutes utilizing the stopped clock concept, with a five (5) minute warm-up, and an ice cut at the second intermission during Varsity games. Should the allowed ice slot run short of time, at the point when there are 5 minutes remaining in the allowed ice slot AND the game clock shows 5 minutes remaining in the third period, the game clock will switch to running time. If this occurs in a tied game, the below overtime will **still** take place.
- b. Tied Games - **No game shall end in a tie. If a game is tied at the end of regulation then a three on three, 5-minute running clock, sudden death OT will be played. If the game remains tied at the end of OT then a 3-man shootout will determine the winner.** Each coach will pick three (3) players to participate. Each of those three players will shoot on the opposing goalie in penalty shot fashion. The Home team coach will elect whether he wants his team to shoot first or second. Once that is determined, the teams will alternate shooters until three from each team have gone. The team scoring the most goals out of the three shooters is the winner.
- c. If an equal number of the three shooters from each team score, each coach will select a 4th shooter (who was not among the original three). The teams will continue to alternate shooters in the order until one shooter scores and the other does not. Each team will continue selecting shooters who have not shot yet, until all players dressed for that team for that game have shot. No player who was serving a penalty at the end of overtime may participate in the shootout. In any one shootout, all players, except goaltenders, must shoot once before a player shoots for a second time. The team with the larger roster is allowed to restart the shooting order when the team with the smaller roster restarts their shooting order.

### 3. League Standings- Regular Season

- a. League standings shall be determined by awarding two (2) points for a victory, one (1) point for an overtime or shootout loss, and zero (0) points for a regulation loss.
- b. In the case of a tie, the following guidelines shall be followed:
  1. Tie between **two** teams:
    - a. Most wins in all league games
    - b. Points earned in head to head games between the 2 teams
    - c. Fewest penalty minutes allowed in all league games
    - d. Fewest goals allowed in all league games
    - e. Coin toss
  2. Tie among **three or more** teams:
    - a. Most wins in all league games

- b. Fewest penalty minutes allowed in all league games
  - c. Fewest goals allowed in all league games
  - d. Coin toss
- c. At the discretion of the League (and CAHA), the playoffs and/or the regular season may be used to select varsity participants to represent the League at post-season and state tournaments.

## **VIII. LEAGUE PLAYOFFS**

### **1. Playoff Format**

- a. The League playoff format is affected by numerous factors including the number of Member Teams. Therefore, the playoff format may change from time to time and shall be determined by the League prior to the midpoint of each League Year. However, the following formats Article VIII (Section 2) will be the basis.
- b. The seedings for the play-off brackets will be based upon the above described point system for all league games played. If teams are tied after this seeding process, the tie-breaking rule of Article VII (Section 3) will be used.

### **2. Playoff Game Format**

- a. All Playoff and Championship Games shall be two-hour time slots, and shall consist of three periods sixteen (16) minutes utilizing the stopped clock concept, with a five (5) minute warm-up, and an ice cut at the second intermission. Play-Off format will be a single elimination, seeded bracket. The higher seed team in the play-offs will be the designated home team for that play-off game. Sudden death overtime shall be utilized to determine the outcome of Playoff Games in the following manner:
  - 1. All Playoff Games and the Championship Game, tied at the end of regulation time shall play one (1) Three on Three, five minute, stop-time, sudden death overtime period. If the game remains tied at the end of such overtime, a shoot-out, as described below in Article VIII (Section 3), will be utilized to determine the winner.

### **3. Shoot-out Format**

- a. Each coach will pick three (3) players to participate. Each of those three players will shoot on the opposing goalie in penalty shot fashion. The Home team coach will elect whether he wants his team to shoot first or second. Once that is determined, the teams will alternate shooters until three from each team have gone. The team scoring the most goals out of the three shooters is the winner.
- b. If an equal number of the three shooters from each team score, each coach will select a 4th shooter (who was not among the original three). The teams will continue to alternate shooters in the order until one shooter scores and the other does not. Each team will continue selecting shooters who have not shot yet, until all players dressed for that team for that game have shot. The team with the larger roster is allowed to restart the shooting order when the team with the smaller roster restarts their shooting order.

### **4. Game Replay**

- a. No game, playoff or regular season, will be replayed in part or in full for any reason, including administrative errors by the scorekeeper, officials or league management.

## **IX. PENALTIES/MISCONDUCTS**

### **1. General**

- a. The rules and regulations set forth in this section shall be applicable to all League games, including regular season and playoff games.
- b. If a player is suspended pursuant to a Match Penalty, the suspended player cannot participate in any USA Hockey activities during such suspension.
- c. If a player is on both the Varsity and Junior Varsity roster, the player may NOT play for the team for which the suspension did not occur during the suspension. The player will be suspended until the

suspension is served for the team in which the penalty occurred, including games the other team he is rostered on plays. For example, if a player is suspended during a JV game that player cannot participate in EITHER a Varsity or Junior Varsity game until the complete suspension is served covering Junior Varsity games only. However, if a player is suspended pursuant to a Match Penalty, the suspended player cannot participate in any USA Hockey activities during such suspension.

## **2. USA Hockey Rules**

- a. USA Hockey's Official Rules of Ice Hockey ("USA Hockey Rules"), in conjunction with League playing rules as set forth herein, shall be used in all League games.

## **3. Game Misconduct**

- a. Per USA Hockey Rule 404(b) "A Player or Team Official incurring a game misconduct penalty shall also be suspended for his team's next (the game already appearing on the schedule of that team at the time of the infraction), except that when such penalty is imposed under Rule 403(b) (Second Major in Game) there shall be a minimum two-game suspension.

## **4. Fisticuffs**

- a. Any player who receives a major penalty for Fisticuffs (Fighting) per (USA Hockey Rule 615) shall be assessed the following:
  1. First Offense: A five (5) minute major penalty, a game misconduct and a one (1) game suspension. (Consecutive to the minimum (1) game suspension from USAH/CAHA) Total of 2.
  2. Second Offense (same League Year): A five (5) minute major penalty, a game misconduct and a three (3) game suspension. (Consecutive to the minimum (1) game suspension from USAH/CAHA) Total of 4.
  3. Third Offense (same League Year): A five (5) minute major penalty and suspension for the remainder of the season, including playoffs.
- b. Any player who receives a penalty for being the first to intervene in an altercation (USA Hockey Rule 615(d) shall be assessed a one (1) game suspension in addition to any other penalties assessed pursuant to this section (i.e., Fighting).
- c. Any player identified as the instigator of or aggressor in an altercation (USA Hockey Rule 615(a)) shall be assessed a three (3) game suspension unless the player also receives a fighting major. If the instigating player has also received a fighting major, then one (1) additional game for instigating will be added to the suspension received for fighting.
- d. Any player who receives a penalty for leaving the bench to participate in an altercation (USA Hockey Rule 629(a) shall be assessed a three (3) game suspension in addition to any other penalties assessed pursuant to this section (i.e., Fighting).
- e. Any player who received a major penalty for Fisticuffs (Fighting) after the game is completed, will receive an automatic 30-day suspension and will be requested to attend a hearing with the LA Kings HS Hockey Disciplinary Committee.

## **6. Major or Match Penalties received by a non-senior in the final game of the season**

- a. Any player in the last game of his or her high school team's current competitive year/season that receives a major penalty will serve a minimum of a one game suspension at the start of the next high school competitive season. This penalty will follow the player, which means the player will serve the suspension regardless of what high school team he or she may be playing for in the next competitive season.
- b. Any player in the last game of his or her high school team's current competitive year/season receives a match penalty will abide by and comply with the decision and ruling of the respective high school association's hearing conducted as per USA Hockey rules concerning players receiving match penalties.
- c. In both cases the Los Angeles Kings High School Hockey League maintains the right to review and

adjust the penalty as the case dictates. The league may increase the penalties set forth above but may not reduce the penalties set forth above.

#### **7. Major or Match Penalties received by a senior in the final game of the season**

- a. If a senior in the last game of his or her team's current competitive year/season receives a major penalty, the head coach of that team will receive a minimum of a one (1) game suspension to be served in the first regular scheduled high school game of the next competitive season.
- b. If a senior in the last game of his or her team's current competitive year/season receives a match penalty, then the head coach of that team will receive a minimum of a two (2) game suspension to be served in the first two regular scheduled high school games of the next competitive season.
- c. In both cases Article XI (Section 6 & 7), 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.

#### **8. Non-Team Officials**

- a. No more than four (4) individuals, other than players, shall be in a Member Team's Players' Bench area during League games. League medical staff is excluded from this rule.
  1. If a head coach is thrown out of a game and any other coach is also thrown out of that same game, the team must forfeit the game.
- b. No parents, friends, relatives or other individuals who are not a player or Team Official shall enter the players' bench area, penalty box area, scorekeepers' area or attempt to enter any of these areas or the ice surface during a League Game.
- c. Any Member Team violating the rules set forth in this section shall be assessed the following:
  1. First Offense: A two (2) minute minor penalty and the game shall be stopped until the offending individual is removed from the building.
  2. Second Offense (same League Game): The game shall be ended and declared a forfeit.
- d. A violation of any rule set forth in this article shall be considered a first offense and any subsequent violation shall be considered a second offense for the purposes hereof. (It is not necessary that the violation be of the same type to declare the game a forfeit.)

#### **9. Multiple Penalties in a League Game**

- a. Any player incurring four (4) penalties of any kind in the same League Game shall be assessed a game misconduct penalty.
  1. A double-minor penalty shall be counted as two (2) penalties for the purposes of this section.
  2. Any ten (10) minute misconduct or other misconduct penalty shall be counted as one (1) penalty for the purposes of this section.
  3. Any misconduct incurred pursuant to this section shall be applicable for the next League Game scheduled at the time the penalties were incurred. Any games scheduled after the penalties are incurred shall not be relevant for the purposes of serving any suspensions related to such misconduct. However, in the event such a game(s) is scheduled after the suspension is incurred, the suspended player must sit out the first such game, in addition to the next scheduled game as of the time of the suspension.
- b. Any Head Coach, or Coach on the bench that is in charge of the team, whose team incurs twelve (12) or more penalties in the same League Game shall be suspended for that team's next scheduled League Game (including Playoffs).
  1. A double-minor penalty shall be counted as two (2) penalties for the purposes of this section.
  2. Any ten (10) minute misconduct or other misconduct penalty shall be counted as one (1) penalty for the purposes of this section.
  3. Any suspension incurred pursuant to this section shall be applicable for the next League Game scheduled at the time the penalties were incurred. Any games scheduled after the penalties are incurred shall not be relevant for the purposes of serving such suspension. However, in the event such game(s) is scheduled after the suspension is incurred, the suspended Head Coach

must sit out the first such game, in addition to the next scheduled game as of the time of the suspension.

#### **10. Multiple Game Misconducts**

- a. Any Head Coach whose team incurs 5 game misconducts shall be suspended for that team's next scheduled League Game and must appear before the Disciplinary Board for review. Match Penalties will be referred to as one (1) game misconduct.

#### **11. Notification of Suspensions**

- a. All game misconducts and suspensions (other than Match Penalties) less than five games or thirty days are automatic, non-appealable according to USA Hockey and LAKHSHL League Rules. No written notification other than the score sheet shall be issued.

#### **12. Serving Suspensions**

- a. A player suspended pursuant to this section (not including those players suspended for a specified number of days), shall be listed on the official score sheet as a Suspended Player for any game(s) for which such player is suspended. If a suspended player is not so listed on the official score sheet for the Game, such game shall not count toward the player's suspension, regardless of whether the player participated in such game.

#### **13. Forfeits**

- a. If a team must forfeit a game, the forfeiting team will be given a 1-0 loss. The winning goal will be attributed to the Captain of the opposing team. The forfeiting team will be fined \$800 and no make-up game will be scheduled.

### **X. MATCH PENALTIES**

#### **1. Discipline Committee**

- a. Any player, coach or team official who receives a Match Penalty shall be suspended from all USA Hockey activities (including all League activities, including practices), until a hearing is held by the League or State Disciplinary Committee.
- b. The Disciplinary Committee shall hold hearings pursuant to a schedule established by the Disciplinary Committee. No hearings shall be held other than those held pursuant to such schedule, unless a hearing is not scheduled within thirty (30) days of the date on which the match penalty or gross misconduct was incurred.
- c. Any suspension rendered by the Disciplinary Committees shall be retroactive to the date of the incident. Once a decision is rendered, the Disciplinary Committee shall, within three (3) business days of the hearing, notify the Head Coach of the appropriate Member Team and CAHA of any suspension imposed.
- d. Any player, coach or team official suspended pursuant to this section shall be suspended from all League activities, including practices, until such suspension has been served in full.
- e. The LA Kings HS Hockey Disciplinary Committee will utilize the footage from only league approved professional sources, for example CIH Media or Live Barn, to review if a player is called for a hearing.

#### **2. Appeals**

- a. Procedures for any appeals shall be in accordance with CAHA and USA Hockey By-Laws and Rules and Regulations and will be discussed on an individual basis between the League and the appropriate Team Representative as necessary.

### **XI. PLAYER RESPONSIBILITIES AND CODE OF CONDUCT**

#### **1. The following behavior by League players will not be tolerated:**

- a. Drugs, alcohol, or any other substance abuse will not be tolerated. If a player is caught by a coach,

manager, rink representative, referee, or league official, the player is subject to removal from the team and the LAKHSHL.

1. No refunds on player dues will be issued

## **XII. COACHES RESPONSIBILITIES AND CODE OF CONDUCT**

### **1. All League Coaches Shall:**

- a. Strive to provide a safe and positive environment at all times and promote fair play and sportsmanship among all players, coaches, referees and parents.
- a. Conduct themselves in a positive and sportsmanlike manner at all times.
- c. Refrain from engaging in any activities or conduct which are, or may be viewed as being, detrimental to any player, team, school or district or the League.

### **2. The following behavior by League coaches will not be tolerated:**

- a. Any type of physical, verbal or sexual abuse of a player
- b. Verbal or physical confrontations with other coaches, players, referees, parents or spectators.
- c. Any verbal or physical confrontations with coaches to a player on the opposing team will receive an automatic 30-day suspension and will be requested to attend a hearing with the LA Kings HS Hockey Disciplinary Committee.
- d. Excessive use of profanity.

### **3. Coaching Responsibilities**

- a. All League coaches shall adhere to certification requirements established by USA Hockey or the League.
- b. Coaches shall make efforts to continually develop their coaching skills and to learn new drills and coaching methods.
- a. Coaches shall conduct organized practice sessions for their team during the season.
- b. Coaches shall ensure that their players wear any and all equipment required by USA Hockey and the League for all practices and games.
- e. Coaches shall stay abreast of all rules, policies and procedures implemented by the League and shall maintain an open line of communication with team parents and officials to ensure that they are kept informed of any and all rules, policies and procedures so implemented that may affect them.
- f. All coaches registered with USA Hockey must wear ice hockey helmets during all on-ice sessions, including practices and controlled scrimmages.

## **XIII. REFEREES RESPONSIBILITIES AND CODE OF CONDUCT**

### **1. All League referees shall:**

- a. Strive to provide a safe and positive environment at all times and promote fair play and sportsmanship among all players, coaches, referees and parents.
- b. Conduct themselves in a positive and sportsmanlike manner at all times.
- c. Refrain from engaging in any activities or conduct which are, or may be viewed as being, detrimental to any player, team, school or the League.

**2. The following behavior by League referees shall not be tolerated:**

- a. Any type of physical, verbal or sexual abuse of a player.
- b. Verbal or physical confrontations with other coaches, players, referees, parents or spectators.
- c. Excessive use of profanity.

**3. Referee Responsibilities**

- a. All League referees shall maintain proper certification as required by USA Hockey.
- b. Referees shall be responsible for attending all League Games which they are scheduled to officiate.
- c. Referees officiating League Games shall conduct periodic equipment checks before and during games to ensure all players are wearing the appropriate and required protective equipment.
- d. Referees shall stay abreast of all rules, policies and procedures implemented by the League.

**XIV. PARENTS AND SPECTATORS CODE OF CONDUCT**

**1. General**

- a. All parents and spectators are expected to conduct themselves in a proper, respectful and sportsmanlike manner while attending League Games. Obnoxious behavior, verbal abuse of players, coaches, referees and other spectators or the use of profanity will not be tolerated. Any parent or spectator engaging in inappropriate behavior may be asked to leave the arena. If they do not, the proper law enforcement agency will be summoned. In the case of consistent or particularly egregious behavior, the League may ban a parent or spectator from all League activities in addition to the imposition of a monetary fine to be determined. Any parent or spectator so banished shall have the right to appeal the ban, subject to final review by the LAKSHSL Commissioner.

**2. Parent Professionalism Clause**

- a. All parents, guardians, and adults directly associated with a player registered in the League are expected to exhibit professional behavior at all times in any interaction (phone call, email, in-person interaction, etc.) with League administrative staff, officials, and fellow spectators. Any individual found in violation of this clause by the League is subject to fine and potential league suspension. The individual and player will be suspended from the league until all fines are paid in full. For avoidance of a doubt, any individual meeting the aforementioned player relationship criteria ejected from the spectator area by the on-ice officials, league personnel, league supervisors, or rink staff will also be subject to this section.
  - i. First Offense: \$50 fine, parent/guardian/associated adult is suspended for 30 days (In addition to any fines given by CAHA)
  - ii. Second Offense: \$100 fine, parent/guardian/associated adult is suspended for 60 days (In addition to any fines given by CAHA)
  - iii. Third Offense: Parent/guardian/associated adult is indefinitely suspended from the league; Player is suspended for 30 Days.
    1. Violations are cumulative over a player's entire LAKSHSL career
    2. Fines will be donated to the Kings Care Foundation

**XV. COMPLAINT PROCESS**

**1. Complaints**

- a. Complaints regarding a player, coach, referee, parent, spectator or other individual must be made in writing to the League administration. A response to such complaint shall be provided in a prompt and appropriate manner by the League. All written complaints shall remain on file with the League for a period of one year from the date of such complaint.

**2. The following procedures will be followed with respect to complaints registered with the League pursuant here to:**

- a. First Incident During a Twelve (12) Month Period. The Commissioner shall contact the individual involved to discuss the circumstances of the complaint. If warranted, the appropriate code of conduct

- and responsibilities shall be reemphasized. The League may take other actions it deems appropriate.
- b. Second Incident During a Twelve (12) Month Period. The appropriate individual(s) must appear before the Commissioner, or committee, to discuss the circumstances surrounding the complaint. If it is determined the allegations surrounding the second incident are valid, the League shall take action as it deems necessary. Such action may include termination from any and all duties involving the League and/or banishment from League events
  - c. Third Incident During a Twelve (12) Month Period. The appropriate individual(s) must appear before the Commissioner, or a committee designated thereby, to discuss the circumstances surrounding the complaint. If it is determined the allegations surrounding the third incident are valid, provided the actions alleged in the first two incidents in the same twelve-month period were also valid, the individual involved shall immediately be terminated from any and all duties involving the League and shall be banned from all League events. If the circumstances in either of the first two incidents were unfounded, the League shall act concerning the third incident as it deems appropriate.

### **3. In addition to the above:**

- a. Any written complaint of physical abuse by any individual toward a coach, referee or player shall be thoroughly investigated by the League. If it is determined the allegation of physical abuse is valid, such individual shall be permanently terminated from any and all League duties and banned from all League events.
- a. Written complaints of the use of excessive profanity by a coach or other team official will require the individual to appear before the Commissioner. If it is determined the allegations are true, such individual shall be suspended for three (3) League Games (including Playoffs, if any). If the League receives a second written complaint regarding the use of excessive profanity within a twelve (12) month period and concludes such allegations are valid, such individual shall be terminated from all League duties.
- b. Written complaints of the use of excessive profanity by a referee will require the referee to appear before the Commissioner. If it is determined the allegations are true, such referee shall not be permitted to officiate League Games for one (1) month. If the League receives a second written complaint regarding the use of excessive profanity within a twelve (12) month period and concludes such allegations are valid, such referee not be permitted to officiate League Games for one (1) year.

### **4. Supplementary Discipline**

- a. Focus on concussions, head injuries, and hitting from behind is a major emphasis of discipline for the league. Any incident that occurs before, during, or after a game that a HEAD COACH feels should be reviewed may be reviewed by the League Administration regardless of whether the action was penalized by the Referee.
- b. A request must be submitted in writing to the League by the HEAD COACH within four (4) calendar days following the game. Video of the incident must accompany the complaint and the video will be the responsibility of the submitting team. Plays involving potential injury plays, penalized and non- penalized plays can be reviewed.
- c. The video will be reviewed by a committee consisting of at least one League representative and a referee representative. Written findings will be returned to the HEAD COACH and shall include one of the following results: Suspension (more games added), written warning, video review with violator and League representative or no further action.

### **5. Supplementary Discipline (Cont.) Hearings, Standardized Suspensions**

- a. USA Hockey has established suspension range recommendations for match penalties. These suspension ranges shall serve as a means to create consistency in the application of suspensions involving players or team officials assessed match penalties. The following procedure is followed by the Los Angeles Kings High School Hockey League and is determined by the LAKHSHL Player Safety Committee in each instance when a match penalty is assessed.

- b. (Note) Any match penalty assessed under Rule 601(e.1) (Physical Assault of Official) is excluded from this policy. Original jurisdiction in any hearing resulting from a match penalty assessed under Rule 601(e.1) (Physical Assault of Official) shall reside with the Affiliate and is governed by USA Hockey's "Resolutions of Disputes, Arbitration and Suspensions" section of the current USA Hockey Annual Guide.
- c. In all instances where a player or team official has been suspended for a period of time as a result of a match penalty, the player or team official shall be prohibited from participating in all USA Hockey activities for the length of the suspension. The required game(s) suspensions shall include the next regularly scheduled games that appear on the schedule of their team at the time of the incident. A player or team official who is rostered on multiple USA Hockey registered teams must serve the suspension in full before they are permitted to participate on any other USA Hockey registered team, unless otherwise specified by the proper authorities as determined by the Affiliate.
- d. Under the recommendation from USA Hockey, The LAKHSHL recognizes and enforces three levels of standardized suspension. All instances listed in Level 1, 2, or 3 are reviewable by the LAKHSHL Player Safety Committee and subject to mandatory hearings called by the LAKHSHL Player Safety Committee.
- e. The Los Angeles High School Hockey League Player Safety Committee reserves the right to call a Supplementary Disciplinary Hearing for any reason or reported incident, regardless of if a Match penalty was called on the said incident or not.

The three levels are:

Level 1 – Match penalties assessed under the below rules have a range of a 6-10 game suspension.

Rule 305(b) Dangerous Equipment

Rule 601(e) Abuse of Officials and Other Misconduct (This includes all match penalties assessed under this rule except 601(e.1) Physical Assault of an Official)

Rule 602(a) Attempt to Injure or Recklessly Endanger an Opponent

Level 2 – Match penalties assessed under the below rules have a range of a 4-8 game suspension.

Rule 603(c) Boarding

Rule 606(b) Butt-Ending

Rule 607(e) Charging

Rule 608(c) Checking from Behind

Rule 619(b) Head Butting

Rule 620(c) Head Contact

Rule 634(d) Slashing (Swinging Stick During Altercation)

Rule 635(b) Spearing

Level 3 – Match penalties assessed under the below rules have a range of a 3-5 game suspension.

Rule 601(e.3) Abuse of Officials and Other Misconduct Hateful/Discriminatory Language

Rule 604(e) Body Checking- Competitive Contact Category

Rule 609(c) Cross-Checking

Rule 611(c) Elbowing

Rule 615(c) Fighting (Helmet Removal)

Rule 621(c) High Sticks

Rule 622(c) Holding an Opponent

Rule 623(c) Hooking

Rule 627(b) Kicking Opponent or Puck

Rule 628(c) Kneeing

Rule 633(a or b) Refusing to Start Play  
Rule 634(c) Slashing  
Rule 639(c) Tripping/Clipping/Leg Checking/Slew Footing  
Rule 640(e) Unnecessary Roughness (Roughing)

## **6. Eligibility Challenges**

- a. Any team, or league official, that believes another team is playing with an ineligible player must contact the League in writing to request verification of the player's eligibility. The League shall call upon the player's team representative to verify the current status the player's eligibility. After review, the League will notify both team representatives of the outcome of the review within 10 days.
- b. Any game in which the player's name is listed on the score sheet, while in an ineligible status, shall be forfeited.

## **XVI. HARDSHIP/LEAGUE PETITION**

### **1. General**

- a. A member team may petition the league for a rule variance for any above rule. A League "Petition Form" will need to be completed and e-mailed to the League Commissioner. The petition will be reviewed and ruled on by the LAKHSHL Rules Committee. The rules committee members will be listed on the League website. The League will respond to the petition within (1) week of receiving the petition. Only one petition will be allowed for each situation. Ruling on the petition will be final and at the sole discretion of the League Commissioner.

## **XVII. BEST INTEREST OF THE GAME CLAUSE**

### **1. General**

- a. The league reserves the right to assess additional sanctions or penalties against any player, coach, team official or team/association member and/or modify rules and/or regulations if the league feels it is in the best interest of the league and its members. This includes, but is not limited to penalties assessed under USA Hockey rule 410, Supplementary Discipline.