



PLAYING RULES

2025 – 2026

1. LEAGUE GAMES

1. All games will be played under USA Hockey Rules as modified by Minnesota Hockey and District 1. Fair Play rules (cf. section VIII. Playing Rules in the Minnesota Hockey Handbook will be followed. All games will comply with the Boarding and Check-from- Behind (“C-F-B”) rule as specified by Minnesota Hockey in its current handbook.

2. Actual game starting time could differ from the scheduled starting time due to backups at the arena or due to arena equipment problems. It is important that the arena attendant, referees and BOTH coaches are aware of this, so you are sure to get your allotted time. A game ending time must be agreed upon by ALL the above-mentioned parties PRIOR to starting the game.

3. In the event there is only one (1) referee at the arena when your game is scheduled to start, please notify the referee scheduler by phone and every effort will be made to get a second referee to the arena as soon as possible. The game will be started and played with one (1) referee if agreed upon by BOTH Head Coaches.

a. PLAYERS WILL NOT BE ALLOWED ON THE ICE UNTIL AT LEAST ONE (1) OF THE REFEREES IS ON THE ICE!!! THIS IS A USA HOCKEY INSURANCE REQUIREMENT.

2. INCLEMENT WEATHER POLICY

A. All regularly scheduled league games will be played as originally scheduled, except under the following circumstances:

1. The arena for which the game was scheduled to be played has been closed.

2. In the event that the weather is such that it might be hazardous to travel, the game may be officially postponed. If the Head Coaches from BOTH teams wish to postpone a league game due to inclement weather, BOTH Head Coaches must contact the District Director for approval at least two and one half (2 ½) hours prior to the game time. The District Director will notify the referees. Any disputes regarding postponed league games must be discussed with the District Director.

The Home team is responsible to reschedule the make-up game.

B. The District 1 rescheduling procedure must be followed, with the exception that the

\$ 25.00 rescheduling fee will be waived.

C. ALL rescheduled games MUST have the approval of the District Director.

3. HOME TEAM DESIGNATION

A. The Home Team and Visiting Team will be designated on the master game schedule.

B. The Home Team will wear their white or light-colored jerseys.

C. The Home team is responsible for supplying a Timekeeper and the Visiting team is responsible for supplying a Scorekeeper.

D. The Home Team shall supply pucks for warm-up.

E. All games will be played during one (1) hour, except for 14UB and Jr. Gold games, which will be played during one and a half (1 ½) hours.

F. League Game formats for levels run by the District are as follows:

Squirt

Warm-up	Four (4) minutes
Periods	Three (3) twelve (12) minute stop-time

Pee Wee

Warm-up	Four (4) minutes
Periods	Three (3) twelve (12) minute stop-time

NOTE - If a six (6) goal differential exists in the third period, running time will begin. If the differential becomes less than six (6) goals, stop time will resume.

E. The game will be considered completed and official when any of the following occurs:

1. Completion of the third period.

2. The end of the agreed upon ice hour. In this case, a game may end with time remaining on the game clock.

3. A game is considered complete after two (2) full periods of play and the ice hour for the game has expired. Any game which has not completed two (2) full periods when the ice hour expires is not considered a complete game. The game **MUST** be rescheduled and played anew. Both teams will share the cost of the ice and referees for the rescheduled game.

F. There will be no overtime periods during regular season league games

G. There will be NO time-outs during regular season league games.

H. INJURIES DO NOT EXTEND THE LENGTH OF A GAME.

I. COACHES MUST NOT COME ONTO THE ICE DUE TO AN INJURED PLAYER, UNLESS CALLED FOR BY THE REFEREES.

J. Teams will shake hands at center ice following the completion of the game.

K. The team that has taken the bench furthest from the locker rooms will remain at their bench after the hand shake, to allow the other team to leave the ice.

L. Games can end in a tie.

M. When District 1 teams are participating in a combined league with another Minnesota Hockey District; the two Districts will come to an agreement specifying which District's Playing Rules will apply in League games. Playing rules will revert to those of District 1 for games between District 1 teams and for District 1 playoff games. District 1 members violating rules requiring disciplinary action during a combined league event will be brought before the District Disciplinary Committee.

4. TEAMS

A. A team may play with only one (1) goalkeeper. If that goalkeeper is unable to continue to play, the game will not be stopped to allow another player to dress as a goalkeeper or temporary goalkeeper.

1. A sixth player may replace the goalkeeper on the ice, but will not have any of the goalkeeper's privileges.

B. One (1) Captain may be appointed by each team.

1. The Captain may wear the letter "C" (minimum of 3" high and of contrasting color) in a conspicuous place on the front of the jersey.

a. Arm bands with the letter "C" are an acceptable alternative.

2. The Captain shall have the privilege of discussing with the official any rule interpretation during the game.

a. If the Captain is not available due to injury or assessed a penalty, another player may be designated as acting Captain.

C. All players shall be seated while occupying the players' bench area during a game.

D. Substitute Players. In the event a rostered player(s) is not able to participate in a scrimmage or league game, a substitute player may play in place of the rostered player provided;

1. The substitute player is not from a higher Age or Play Level.

2. Substituting does not interfere with activities of his/her home team

3. The substitute player may play ONLY if rostered players are not able to play.

4. The team must have the approval of the District Director on the Substitute Player / Substitute Goalie form. This form may be submitted to the District Director from the District 1 website.

5. Skaters or Goalkeepers may be substituted.

6. In the case of a skater, a substitute may be used only if a team would otherwise have less than ten skaters and may only be used to bring the team up to 10 skaters.

7. In the event a rostered goalie(s) is not able to participate in a scrimmage, league, invitational tournament, or District Tournament game, a substitute goalie may play in place of the rostered goalie.

8. A team may substitute up to two skaters and one goalie in any District scrimmage or league game. Substitutions beyond this number are allowed at the discretion of the District Director, but will result in a game forfeit for the substituting team.

5. SCRIMMAGE GAMES

A. CONTROLLED SCRIMMAGES - Two teams sharing the same ice with two (2) or more coaches conducting a practice session with BOTH teams. No referees are required, no clock is used, a score book is NOT maintained and two (2) coaches MUST be on the ice (wearing helmets) at all times.

B. SCRIMMAGE GAMES – A meeting of two teams under normal game conditions with the following REQUIRED criteria:

1. The score book and clock are maintained.
2. USA Hockey registered officials (fully trained and capable to officiate at the applicable level of competition) are used.
3. The District 1 Referee Scheduler must be contacted to secure District 1 officials for scrimmages involving use of District 1 Association home ice. If the District 1 Referee Scheduler determines that no appropriate District 1 officials are available, USA Hockey registered officials (fully trained and capable to officiate at the applicable level of competition) from another district may be used for the scrimmage. The names of officials ultimately used in such an instance must be sent (via e-mail) to the District 1 Director and the District 1 Referee Scheduler.
4. Failure to follow proper scrimmage game/scheduling procedures will result in a \$500 fine per incident.

6. REFEREE FEES

League and Scrimmage Games;

SQUIRT & 10U.....\$89.00 per crew

PEE WEE & 12U.....\$95.00 per crew

\$112.00 per crew/75-minute games

BANTAM C.....\$125.00 per crew/75-minute games

JUNIOR GOLD \$225.00 per crew

1. Teams will be assessed referee fees for ALL League Games through the District (association fees).
2. Associations will be invoiced for referee fees for Scrimmage Games.
3. For scrimmages, the Home association teams incur the cost of the referees.
4. All Bantam and lower games will be officiated using the two (2) man system
5. All Jr. Gold games shall be Four (4) man system
6. Scrimmage games will be officiated using the same referee systems as league games.

7. MINOR OFFICIALS

A. The minor officials shall consist of a Scorekeeper and Timekeeper and may include Penalty Box Monitors.

1. The ONLY other person allowed in the penalty box area will be an assigned EMT/Trainer for Festival, District Playoff, or Regional/State games.

2. NO MINORS (under age 18) WILL BE ALLOWED IN THE PENALTY BOX AREA. NO EXCEPTIONS

B. The Minor Officials shall:

1. Remain impartial at all times, while conducting their duties.

2. Make no derogatory remarks to the referees, coaches or players.

3. Be subject to removal by an on-ice official for violation of #1 or # 2.

C. The Scorekeeper MUST have the referees sign the official game score sheet. The scorekeeper must ensure the score sheet is properly filled out.

D. The game score, including Fair Play points, must be submitted to GameSheet by the visiting team. Within two (2) days of completing the game.

E. Minor Officials are responsible for determining, recording and reporting HEP Fair Play points earned by teams in League games.

F. Fair Play Point Criteria (Criteria based on 1-hour games for Pee wee/12U and below and 1½ hour games for Bantam/15&Under and up.)

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|---------------------------------|------------------------------|
| a. Squirt 10 minutes | f. Girls 10U..... 8 minutes |
| b. Pee Wee 12 minutes | g. Girls 12U..... 10 minutes |
| c. Bantam 14 minutes | h. Girls 15U..... 12 minutes |
| d. Jr. Gold 16 16 minutes | i. Girls 16U..... 14 minutes |
| e. Jr. Gold..... 16 minutes | j. Girls 19U..... 14 minutes |

For the purposes of total Fair Play penalty minutes, the following outlines the penalty “equivalency” minutes associated with each of the following classifications of penalties:

Pee Wee/12U, Squirt/10U

- | | |
|-------------------------------------|---|
| a. Minor/Bench Minor 2 Minute | e. Match..... 5 Minutes |
| b. Major 5 Minutes | f. Minor and Misconduct (2 & 10)12 Minutes |
| c. Misconduct 10 Minutes | g. Misconduct for no mouth guard2 Minutes |
| d. Game Misconduct 10 Minutes | h. Penalty Shot.... Equivalent minutes to penalty |

assessed

8. PLAYER/TEAM OFFICIAL PENALTY TIME

A. Penalty times shall be as follows:

Minor Penalty

Bantam/14U and above.....two (2) minutes

Pee Wee/12U, Squirt/10U.....one (1) minute

Major Penalty.....five (5) minutes

Misconduct Penalty.....ten (10) minutes

B. Penalty time shall begin at the drop of the puck following the penalty assessment.

C. Only Minor and Major penalty times shall be displayed on the arena scoreboard.

D. The Official Scorekeeper shall keep a record of all penalty times.

E. All minor officials should have a thorough understanding of the penalty time(s) and expiration procedures.

F. A team player or team official who receives a game misconduct in play outside of the District will receive the automatic USA Hockey penalty PLUS one additional game misconduct penalty.

G. A player's first penalty for fighting will result in a three-game suspension. A second such penalty in a season will result in a five-game suspension. Any subsequent fighting infraction will require the player appear before the District's Disciplinary Committee.

9. ARENA LOCKER ROOMS

A. The use of locker rooms in the various arenas shall be in accordance with the rules set forth by the arena management and USA Hockey.

B. Each District 1 team shall be responsible for any damage done by that team to the arena property.

C. Each District 1 team shall be responsible for maintaining the cleanliness of any locker room they utilize.

10. ZERO TOLERANCE (VERBAL ABUSE)

In an effort to make ice hockey a more desirable and rewarding experience for all participants, the USA Hockey Youth, Junior and Senior Councils have instructed the Officiating Program to adhere to certain points of emphasis relating to sportsmanship. This campaign is designed to require all Players, Coaches, Officials, Team Officials and Administrators to maintain a sportsmanlike and educational atmosphere before, during and after all USA Hockey sanctioned games.

A. PLAYERS - A minor penalty for unsportsmanlike conduct (Zero Tolerance) shall be assessed whenever a player:

1. Openly disputes or argues about any decision by an Official.

2. Uses obscene or vulgar language in a boisterous manner to anyone at any time, including any swearing, even if it is not directed at any particular person.
3. Visually demonstrates any sign of dissatisfaction with an Officials decision. Any time a player persists in any of these actions, the player shall then be assessed a Misconduct Penalty. A Game Misconduct Penalty shall be assessed if a player continues with these actions.

B. COACHES - A minor penalty for unsportsmanlike conduct (Zero Tolerance) shall be assessed whenever a coach:

1. Openly disputes or argues any decision by an Official.
2. Uses obscene or vulgar language in a boisterous manner to anyone at any time, including any swearing, even if it is not directed at any particular person.
3. Visually demonstrates any sign of dissatisfaction with an Officials decision, including standing on the boards or standing in the bench doorway, with the intent of inciting the Officials, players or spectators.
4. Other.

11. GAME DISQUALIFICATION PENALTY

A. For all District 1 games, the referees will be allowed to assess a Game Disqualification Penalty on any player or coach at any time during the game. The player or coach will only be removed from the game being played, when receiving this penalty.

B. Any player receiving, in ONE game, three penalties of any duration, shall receive a game disqualification penalty. This rule applies to any game played between District 1 teams and in leagues run by District 1.

Match Penalty Proceedings

When a match penalty has been assessed, the official(s) will submit the required incident report to the proper authorities as determined by the Affiliate. The proper authorities as determined by the Affiliate will designate an individual who shall review the report and make a preliminary determination of one of the following:

1.) The incident report is accurate and the proper application of the rule(s) has been implemented. The action warrants the suspension as outlined in the policy. The offending party is then notified of this finding and offered the opportunity to accept the suspension or reject the decision and request a hearing. If a hearing is requested, the hearing shall be offered in accordance Playing Rule 405(c) and with Bylaw 10D (Suspension Hearings/Domestic Competition Playing Rules).

(Note) If the offending party requests a hearing under this section, the hearing body may, as a result of that hearing, reduce the suspension, maintain the suspension or increase the suspension imposed.

2.) The incident report was determined to be inaccurate (mis-application of the rule(s) or wrong player identified), in which case the matter shall be turned over to the proper authorities as determined by the Affiliate for further review. -or3.) The incident report is accurate and the proper application of the rule(s) has been implemented. However, the

action and/or history warrants further disciplinary review. The proper authorities as determined by the Affiliate shall notify the offending party that a hearing shall be conducted in accordance with Playing Rule 405(c) and Bylaw 10D (Suspension Hearings/Domestic Competition Playing Rules). 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.

For the purpose of this policy, there shall be three levels of standardized suspension.

They are:

Level 1

Match penalties assessed under the below rules have a recommended range of a 6 - 10 Game Suspension

Rule 305(b) Dangerous Equipment

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

Rule 602(a) Attempt to Injure/Deliberate Injury of Opponent

Level 2

Match penalties assessed under the below rules have a recommended 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 recommended 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)

3. Details about hearings come from the District Director.

12. PROTESTS

A. In the event the Head Coach wants to protest a game because of a referee's alleged misinterpretation of the rules, the Head Coach **MUST** notify the referees, the scorekeeper and the opposing Head Coach before play continues. **NOTE** - the protest **MUST** be noted on the score sheet. **A FAILURE TO FOLLOW THIS PROCEDURE NULLIFIES ANY PROTEST.**

B. To complete the protest, a letter detailing which game you are protesting, which rule was misinterpreted and a description of the circumstances, plus a check in the amount of \$25.00 payable to District 1, **MUST BE FILED WITH THE DISTRICT DIRECTOR WITHIN 72 HOURS AFTER THE COMPLETION OF THE GAME.** The District Grievance Committee will hear the protest within five (5) days of receipt of the protest. If a decision cannot be reached by the Grievance Committee, appeal will be made to the District Director, whose decision will be final.

13. LEAGUE STANDINGS

A. League standings will be kept by the District Director or their designee. Bantam, Jr. Gold and Girls' standings will be kept by their respective leagues.

B. Standings will be available to each Association for Bantam "C", PeeWee "C" and Squirt "C"

C. Standings will be posted on the District web site.

D. League standings will be updated continuously as scores are submitted.

E. League standings will be based on:

2 pt. For Win

1 pt. For Tie

0 pt. For Loss

Plus 1 Fair Play point.

F. The determination of position of teams in the final standings will be the total points acquired in the league games played. The 1st place team will be the team with the most points followed in succession by the teams with the next highest points and so on. If two (2) or more teams are tied with an equal number of points, their position in the standings shall be determined in the following order:

1. Head-to-head competition among tied teams including Fair Play points.
2. Most wins in league play.
3. Fewest losses in league play.
4. Most Fair Play points earned in league play.
5. Largest goal differential among tied teams (six max. per game).
6. Greatest quotient: goals for divided by goals against among tied teams.
7. Largest goal differential for all league play (six max. per game).
8. Greatest quotient: goals for divided by goals against for all league play.
9. Flip of a coin by a league official in the presence of the District Director.

14. DISTRICT FESTIVAL

- A. An end of season Festival will be held for PeeWee, Squirts, 10U