

2024-2025 Southern Girls Hockey League Rules & Regulations:

Section A: Southern Girls Hockey League Basic Rules & Regulations

1. The Southern Girls Hockey League will adhere to the current USA Hockey Rules and Regulations.
2. **Team Registration:** All teams, Exhibition teams included, must be registered as Non-National Bound house/rec, travel, or lower in their appropriate age division. The SGHL board must have a certified roster (signed by the Affiliate Registrar) on file.
3. **Player Registration:** All players must be registered with USA Hockey.
4. **Team Rosters:** It shall be the responsibility of each coach or team manager to check the age eligibility of the team members and submit an official USA HOCKEY 1-T Roster form showing player name and birth date. Failure to file the roster may result in forfeiture of all games until a complete roster is on file. Any updates or roster changes resulting in a revised roster must also be filed.
5. **Team Make-up:** A team roster shall consist of no more than twenty (20) registered players, 18 skaters and 2 goalies.
 - Double-rostering/subbing will only be permitted if the team in need has less than thirteen (13) players participating in the Southern Girls Hockey League weekend games upon SGHL Board approval. Double-rostering/subbing can only be defined as a player playing in their designated age division or playing up in an older age division for another team. Double-rostering/subbing for an emergency goalie can be submitted to the SGHL for approval. There will be no double-rostering in the Southern Girls Hockey League playoff and championship weekend unless approved by the SGHL Board. All double-rostered players must be designated to a team prior to February 1, 2025.
 - There will be a MAXIMUM of 5 AA players allowed per team for the 2024-25 season. If a team plays with more than 5 AA players, the team will forfeit points for a win and the points will go to the opposing team. If a team requires AA player participation, that team must submit a waiver for each individual player and supply a written request with explanation. Once a waiver is submitted, the SGHL board will then vote on each player and supply the team with a written decision. The team manager or coach is required to notify the SGHL board of any changes made to the team's roster.

6. Team Make-up Clause: Players who are younger than the age brackets (12U, 14U, 16U & 19U) will be evaluated by the SGHL Board and approved by the affiliates registrar to play up one division. These players can be moved back and forth between teams throughout the season if needed, but the move must be approved by the commissioner. Play up forms must be on file at all times for the entirety of the season.

7. Jerseys: Each association shall be responsible for supplying their teams with a set of light and dark jerseys. All players shall be dressed uniformly. Teams may agree to switch jersey colors prior to the game.

8. Fine for Failure to Play: Any Southern Girls Hockey League team that does not show up to play in a scheduled league weekend, without prior approval by the league, will have their association assessed a \$750.00 fine. This fine is for each team that does not show up from the organization. If the fine is not paid in its entirety within 30 days or 7 days prior to the Southern Girls Hockey League Championships the fined association will not be allowed to participate in the Southern Girls Hockey League at any level the following year until the fine is paid in full.

9. No Refunds: Each organization shall be required to pay the established league weekend ice fees to their host cities. There will be no refunds issued for teams that drop out of a game weekend. If the home team drops out, they are still expected to host and pay for their portion of the weekend.

10. Tournament Play: Any team found to have participated in more than two tournaments deemed to be Tier I is considered a Tier I team per Southern Girls Hockey League rules and thus will be deemed ineligible for postseason play and final league standings.

Section B: Player & Coach Rules

1. USA Hockey Registration: All Coaches and Players must be registered with USA Hockey.

2. Coaches' Qualifications: All Coaches must have completed a background check, their Safe Sport training AND the age appropriate USA Hockey coaching module before being approved on the USA Hockey 1-T roster and being permitted to perform any coaching privileges for a Southern Girls Hockey League team. Additionally, they must register for their USA Hockey CEP membership and register and attend a USA Hockey coaching clinic/seminar prior to December 31 of the current season. Should the coach not attend the clinic/seminar to complete his/her USA Hockey CEP certification program prior to December 31 of the current season, he/she will be removed from the bench beginning on January 1 of the current season and will not be eligible to carry out any coaching privileges for the remainder of the season.

3. **Suspensions:** In any situation where USA HOCKEY rules provide for a participant (Player or Coach) to be suspended for one (1) or more games, the suspension is to be applied and served at the next scheduled Southern Girls Hockey League sanctioned game(s). This game must be a regularly scheduled game shown on the master schedule. Violation of this rule will result in forfeiture of the game.

4. **Recording of Suspensions:** Suspensions should appear on the official Southern Girls Hockey League scoresheets, and while we will make every effort to keep the suspensions up to date, it remains the ultimate responsibility of the coaches & managers to comply and not play any player that is to be serving a suspension. Any Coach/Player that knowingly participates in a game that he/she should be serving a suspension will lead to forfeiture of the game along with any Sanctions outlined in USA Hockey. In addition, the Coach/Player will still be required to serve the suspension in a subsequent game.

Rule 410 | Supplementary Discipline

(a) In addition to the suspensions imposed by the on-ice officials, The Southern Girls Hockey League reserves the right, at its discretion and after the game has been completed, to investigate any incident that occurs in connection with any game. Any incident that occurs prior to, during, or after the game is subject to review regardless of whether the action was penalized by the Referee and is open to supplementary discipline of players, coaches, managers, and spectators.

5. After the game has ended and players and coaches have left the benches and entered the playing surface, if any player or coach is assessed a Misconduct or Game Misconduct (including but not limited to during the handshake protocol), that player or coach will receive an automatic AND additional 2 game suspension.

6. Rule 411 | Progressive Suspensions

(a) Any player who receives their third major penalty during the same season for any combination of aggressive infractions listed below shall receive an additional three game suspension. For any player who receives their fourth major penalty in this category, the player shall receive an additional five-game suspension. Any player who receives their fifth major penalty in this category during the same season shall be suspended until a hearing is conducted by the proper authorities (USA Hockey Affiliate). These designated game suspensions shall be in addition to any other suspensions imposed through the official playing rules.

(b) Any team that receives three major penalties in the same game shall have its Head Coach suspended for the next game of that team. For any subsequent game where that team receives three or more major penalties in the same game, the Head Coach shall serve a three-game suspension. For a third game with three or more major penalties by the same team during the same season, the Head Coach shall be suspended indefinitely until a hearing has been conducted by the proper authorities (USA Hockey Affiliate).

The aggressive infractions that fit into this category are:

- Rule 603 Boarding
- Rule 604 Body Checking (Body Contact categories)
- Rule 606 Butt-Ending
- Rule 607 Charging
- Rule 608 Checking From Behind
- Rule 609 Cross-Checking
- Rule 611 Elbowing
- Rule 619 Head-Butting
- Rule 620 Head Contact
- Rule 621 High Stick
- Rule 627 Kicking
- Rule 628 Kneeing
- Rule 634 Slashing
- Rule 635 Spearing
- Rule 639 Tripping/Clipping/Leg Checking
- Rule 640 Unnecessary Roughness (Roughing)

(c) Any player who receives a second major penalty for fighting with the same team during the same season shall receive a three- game suspension. For a third fighting major with the same team in the same season, the player shall be suspended until a hearing is conducted by the proper authorities under Rule 410 Supplementary Discipline.

7. Player's Equipment: It shall be mandatory that the following equipment be worn by players in league games:

- Helmet and full-face mask (USA HOCKEY approved, HECC, CSA, etc.)
- Hockey Gloves
- Shoulder Pads
- Shin Guards
- Hockey Pants
- Elbow Pads
- Mouth Guard per USAH Guidelines
- Any other equipment mandated by USA HOCKEY RULES
- Neck Guards per USAH Guidelines (Mandatory)

8. False Registration: Any player, parent or coach who willingly gives materially false information in connection with a player's registration for a team shall be suspended for the current season. The same shall apply to any player who signs his parents' name to his contract.

9. Player Dismissal: Any Coach may replace a player on the team roster for any reason. Once a player is removed from the team's roster, that player shall not rejoin the team during the current season. Such changes must be reported to the Southern Girls Hockey League Association so that a certified updated USA HOCKEY roster can be obtained. The updated roster must be submitted to

the Commissioner before the replacement player can play in any league game. This rule begins with the first weekend of league games. The league reserves the right to allow the player to rejoin the team if the player was removed for an injury.

10. **Age Eligibility:** Eligibility for play in an age bracket will be based on the year of birth as provided in USA Hockey guidelines for developmental leagues. Players are not permitted to play down an age division in the Southern Girls Hockey League.

11. **Zamboni Rules:** While ice is being resurfaced, no player shall step onto the ice until after the Zamboni has left the ice and the Zamboni exit doors have been closed.

12. **Tournament Play for players:** Any Player who participates in more than 10 league games or 2 tournaments on or with a Youth Tier I team or roster, that player will be ineligible for Southern Girls Hockey League playoffs and championship weekend. Any team that rosters a player that has been deemed ineligible above shall forfeit all games played with this player on the roster once the player has been deemed ineligible by the rule prescribed above. Players must play in 50% of league games prior to the championship weekend to be eligible to play in the championship weekend, unless approved by the board during an appeal process.

13. **Code of Conduct:** All coaches and players must complete a Code of Conduct.

Section C: League Play

1. **Game Rules:** All Southern Girls Hockey League games will be played under the rules of USA Hockey. In addition, the Southern Girls Hockey League may modify or supplement USA Hockey rules with local rules applicable to Southern Girls Hockey League games as appropriate.

- There is a three goal max per player per game. If a player shall score a fourth goal that goal doesn't count on the scoresheet or the scoreboard.
- All scrimmages (friendly's) will not count towards points and has nothing to do with the Southern Girls Hockey League.

2. **Age Classifications:** League play may be scheduled for teams entered in the following classifications for the 2023-2024 season:

- 10U (Separate Rules Provided - Addendum A)
- 12U
- 14U
- 16U
- 19U

3. **Participation:** The Southern Girls Hockey League Executive Board may restrict the number of teams in any one division or classification.

4. **Player Rosters:** USA HOCKEY Tier II rules for the registration of players and teams strictly apply. No team may dress a player(s) that are not on that team's (a) official USA Hockey 1-T roster and (b) official Southern Girls Hockey League roster for League games. Any team found to have violated this rule shall forfeit all games played with the ineligible player(s) and the Head Coach will be subject to league disciplinary measures.

5. **Start Times:** It is requested that players be at the rink thirty (30) minutes prior to the scheduled start time for their respective game. Games may be started as many as 15 minutes prior to their scheduled time. Referees have the latitude to issue delay of game penalties and teams will forfeit the option to warm-up if they are not ready to take the ice immediately after it has been resurfaced.

6. **Game Times:** The length of periods, time-outs, penalties and the number and the arrangement of games in a league weekend are determined by the playing rules for each division of play.

- 12U – 12- minute stop time periods; 1-minute and thirty second minor penalties, 5-minute major penalties, and one 60 second time-out allowed per team. 1 minute between periods for intermission.
- 14U, 16U and 19U – 15-minute stop time periods; 1-minute and thirty second minor penalties, 5-minute major penalties, and one 60 second time-out allowed per team. 1 minute between periods for intermission.

***3rd period times could be subject to change based on time allotment for each game during the 2024-25 season.**

7. **Curfew:** Games shall not start before 6:00 AM or after 11:00 PM.

8. **Game Officials:** The SGHL will supply all on ice and off ice officials including timekeeper and/or scorekeeper for all games. All teams should provide a team representative/volunteer to handle the duties in the penalty box. Each team representative/volunteer will need to have all USAH requirements including a background check and SafeSport completed prior to participation. Coaching is not permitted from ANY area other than the bench or by anyone who is not on a 1-T SGHL approved roster.

9. **Travel Rule (Inclement Weather):** All League games on the Southern Girls Hockey League master schedule are to be played as scheduled. In the event that inclement weather is imminent, the association representatives for the organizations affected should be in contact with each other and with the various state agencies and media sources as necessary to gather information to make the most prudent decision. In the interest of the safety of the players, coaches, families, and officials, it is best to err on the side of caution. Every effort must be made to reschedule the games as soon as possible. If the league weekend cannot reschedule the games, all affected games shall be counted as tied games. All organizations must make reasonable, good faith efforts to schedule the games; especially if the games have an impact on the positioning for playoffs. If all age groups cannot be rescheduled, then the divisions where playoff implications are greatest should be rescheduled first.

10. **Officials:** Every effort will be made to schedule not less than two on ice officials for 12U, 14U, 16U, and 19U per current USA Hockey rules. In the event an official cannot be present, both coaches must agree to play the game with the number of officials present and record and sign the scoresheet.

11. **Emergency Goalie:** An Emergency Goalie is a goaltender that can play a limited number of games as a substitute only in the instance that a team's rostered goalie(s) is/are not available to play. The following stipulations apply:

- a) The Emergency Goaltender MUST be from the same age classification or younger as the team seeking the emergency goalie.
- b) Tier I / Full season Alliance/Predators/Jr. Canes goalies cannot be an Emergency Goalie in the Southern Girls Hockey League.
- c) A team may only use an emergency goalie for a maximum of 4 Southern Girls Hockey League games (the Southern Girls Hockey League reserves the right to make an exception to this rule due to extenuating circumstances such as injury).
- d) The Emergency Goalie will not be added to the USAH roster of the team that requires the Emergency Goalie.
- e) In all instances, the Southern Girls Hockey League Board MUST be first notified and then pending approval will confirm with the parties.
- f) The Emergency Goalie must be a currently registered member of USA Hockey and must currently reside in the USA Hockey Southeast District.

12. **Determination of Champions or Place Positions:** Only full-time SGHL teams who are paid in full are eligible for the Championship weekend. Exhibition teams, even if they play 50% of the games, will not be eligible to compete. League champions may be recognized as per the direction of the Southern Girls Hockey League Executive Board. Teams will receive the following points based on game play:

- 2 points for a win in league play
- 1 point for a tie
- 0 points for a loss
- League champions may be recognized as per the direction of the Southern Girls Hockey League Executive Board.

In the event of a forfeit, 2 points will be rewarded to the opposing team regardless of the outcome of the game.

In the event of a tie in the standings, the following tie breaker rules listed below will apply in this order until a team or teams is/are placed. If at any point during the tie-breaking process one or more

teams is placed, and two or more teams remain tied, the Tie-Breaker process starts back at Tie-Breaker #1 to place the remaining tied teams.

1. Most Points
2. Most Wins
3. Least amount of games that a scoresheet was not submitted for a game played by the team
4. Head to Head game results of Tied Teams
5. Least Goals Allowed in Games among Tied Teams
6. Most Goals Scored in Games among Tied Teams
7. Least Total Goals Allowed
8. Most Total Goals Scored
9. Least Number of Majors + Misconducts + Game Misconducts + Match Penalties.
10. Least Number of Misconducts + Game Misconducts + Match Penalties.

13. Overtime Rules for SGHL Championship Weekend: In the event of a tie in the SGHL Semi-Final and Championship games there will be a 3-minute 3v3 sudden death overtime to determine a winner. This 3 minute overtime will be a running clock.

For the 14, 16 and 19 age groups: Only changes on the fly will be allowed during the overtime as the clock runs. Officials will immediately start play at center ice for OT at the conclusion of regulation play. Teams are to put their first 3 players out immediately. If a team is delaying the game, the officials have been instructed to call delay of game penalties. This also applies to whistles during overtime play.

If a team scores, the overtime will end. If a penalty is assessed, the penalized team will play short-handed 3v4 for the 1 minute and 30 second penalty. If neither team scores in the 3-minute sudden death overtime then a 3 player shoot-out will occur. The lower seeded team will shoot first. Each team will provide 3 separate shooters. If a player, or players, end the 3-minute overtime in the penalty box, they are not eligible for the shoot-out. The shoot-out will continue until all 3 selected shooters have shot. If there is still not a winner, then 1 additional shooter will shoot from each team until a winner emerges. No player can shoot twice until all players are given an opportunity on each team with the exception of any penalized players who are still in the penalty box.

Addendum A - 10U SGHL

Purpose of 10U hockey: To provide a fun, safe environment for all female players involved while maximizing playing time and development, keeping in mind that the key factor to grow long term hockey players is fun. This is a NO Score-Keeping League with NO Stats to ensure that coaches, families, and players focus on the big picture of learning, growth, and fun. The adults involved (referees, coaches, managers, and parents) are responsible to create and uphold a positive culture that instills fair play, sportsmanship and always puts the player first.

Age Group: The league will follow the 2024-25 USA hockey ages, players that are 2014, 2015, 2016, 2017 are eligible to play.

Roster Sizes : Teams can consist of a minimum of 7 players (6 skaters and 1 goalie) and a maximum of 12 skaters and 1 goalies (13).

Jamboree Locations: The league will offer 3 Events this season.

January 3-5, 2025: Charleston, SC

February 28-March 2, 2025: Jacksonville, FL

March 7-9, 2025: Duluth, GA

Jamboree/Game Format:

- Each Jamboree will be a 2-day event consisting of 3 hours of ice time per day.
- Game length is 18 minutes run time, maybe adjusted depending on the number of teams in attendance. Each team will play each other over 1.5 hr ice time.
- Games are Half Ice (red line down to goal line) using boards on the red line
- All games use blue pucks and 36" by 48" Nets
- Buzzer every 90 seconds of play for players changes
- All games are 4v4 with a goalie, if both teams are short players coaches can agree to play 3v3.

HOME and AWAY Teams:

- Home team wears light jerseys, Away team wears dark jerseys.
- Coaches may coordinate with other teams and adjust if it makes sense to minimize jersey changes.

Half Ice games: One official per side

Faceoffs: Faceoffs occur at center ice **only** at the start of the game.

Line Changes: Players will change at the buzzer at the 90-second mark. The puck should be placed in a 50/50 corner before play starts. No player should get a breakaway off a line change and if they do their goal does not count. Officials may blow down the play and deem a faceoff, if necessary.

Puck out of Play: Officials should have extra puck in pocket to put in the nearest corner of play. If the official does not have extra puck, they will retrieve the puck and put the puck into play at the nearest corner to create a 50/50 battle.

Goalie Cover or Goal: Offensive team must back off from goalie to halfway, so the defensive team can get the puck from goalie. Defensive team takes the puck around the back of the net.

Penalties: Will be called and the player who was called will skate to the bench and be removed from play. The team will send out a replacement player to take their spot so the play will remain 4v4.

To Clarify Two Types of penalties that will be called:

1. Dangerous plays: Defined as any play that endangers the safety of another player. At this level collisions will happen but any major stick infractions or dangerous body contact as stated above should be called.
2. In the clear scoring chances: Defined by any player in the clear attempting to attack the other net for a breakaway and is tripped or hooked down or purposely impeded, a penalty is called.

Major Penalty:

- If a major penalty occurs the player is removed from the entirety of the game or jamboree depending on the referee discretion.