



League/Division/Season

- League rules, which incorporate USA Hockey's Official Rules of Ice Hockey, shall be used in the administration of the TSHL and its league, games, and events.
 - All League games shall follow the rules herein and USA Hockey Rules. In the event any conflict exists between the TSHL Rules and the USA Hockey Rules unless otherwise indicated herein, the USA Hockey Rules will take precedence.
- The TSHL will run from the end of March until the end of May 2024.
 - 3/29, 3/30, 4/5, 4/19, 4/26, 5/3, 5/4, 5/10, 5/11, 5/17, 5/18
- This league will consist of two divisions: a MINOR and MAJOR division. Each team registered will receive ten games guaranteed.
 - Friday game times are slotted to start between 5:30-10:15 PM.
 - Saturday game times are slotted to start between 2:00-8:30 PM
 - Incoming Freshmen, current 8th graders, are welcome to join the league.
 - Graduating Seniors, current 12th graders, are not allowed to join this league.
 - Top two teams in each division will play in a Championship Game.
- Players will be required to provide a valid USA Hockey Number, while coaches must have Valid USA Hockey Coaching Certifications.
- Games may not be rescheduled except for rink-related issues or acts of nature at the sole discretion of the AHCI Hockey Department.

Game Play Rules

- Period Length: 3 x 14-minute periods. 1 time-out per game
- Players ARE permitted to ice the puck during penalty kills.

Revised 3/8/2024.

- We will play with Delayed Offsides
- Please make sure teams are ready to play at least 10 minutes in advance.
- Warm-up: 3-minute warmup
- If the game finishes in a tie at the end of regulation, the game will conclude with a 3-man shoot-out to determine the winner of the game. The home team will decide who shoots first. If still tied after a 3-man shootout, we will have 1 shooter for each team, sudden death.
- This is a “checking” hockey league.
 - Competitive contact and board play are permitted.
 - Big open ice hits will not be allowed.
- Players who still have time left on a penalty at the end of regulation are NOT permitted to shoot in the shoot-out.
- Running clock will begin after a 6-goal difference is established. The clock will return to stop time if the lead changes back to 5 or less. Run time only in 3rd period.
- If a team forfeits a game for any reason, the game will be recorded as a 1 to 0 win in favor of the non-forfeiting team and no statistics will be entered for the game.
- All teams must have both a set of dark and light-colored jerseys.
 - No players on the same team may have the same numbered jersey.
 - Light jerseys will represent the home team, while dark jerseys will represent the Away team

Penalties

- Players will be ejected from the game if they take 4 minor penalties.
- A player from either the bench or ice can serve the ejected player’s penalty.
- Fighting – An automatic 1 game suspension imposed by USA Hockey Rules for a first fighting offense. For any player that receives a second fighting offense, an automatic 1-game suspension imposed by USA Hockey Rules will be in effect and that player shall receive an additional automatic 1-game suspension from the TSHL, for a total of a 2-game suspension.
- If a team takes 12 minor penalties, the Head Coach of that team will be suspended for the following game.

Rosters

- Roster Limit of 24 skaters, 3 goalies
- Teams can dress 18 skaters and 3 goalies.
 - Teams may only play 2 goalies during the game. Coaches must identify who the two goalies will be before the start of the game.
 - A team must start a game with a minimum of six players. Any time that a team has been reduced to less than four players, the game shall be declared a forfeit.
- No roster write-ins for games. Any additions must be submitted 3 days in advance for consideration.
- A Major Team Roster is allowed 5 two-way players and 1 two-way goalie.
 - Players designated as Two-Way players may participate in both Major and Minor games when a substitution is needed.
 - Teams may have no more than 5 two-way skaters and 1 Two-way goalie.

- **Two-way players must be submitted 24 hours before the start of the first game of the season.**
- Substitute Goalie - If a Team has no goalie available for a game, that Team may use another goalie from within the TSHL provided that the goalie and the opposing coach agree to the substitution or otherwise approved by the TSHL Director. Such substitution must be noted on the score sheet.
- Substitute Coach - If a Team has no Coach available for a game, that Team may use another Coach from within the TSHL or otherwise approved by the TSHL Director. Such substitution must be noted on the score sheet.

Point System & Tie Breakers

- Win in regulation- 3 Points
- Shootout Win- 2 Points
- shootout loss- 1 point
- Loss in regulation- 0 points
- Tiebreakers
 1. Team with the most wins
 2. Head-to-head
 3. Team with the most points earned in games played between the tied teams.
 4. Team with the fewest Goals Against during league play.
 5. Team with the highest Goal Differential.
 6. Team with the fewest penalty minutes accumulated during league play.

Championship Games

- Period Length: 3 x 14-minute periods. 1 time-out per game
- If at the end of regulation the game is tied:
 - First overtime - 5-minute period - 4 on 4
 - If tied after first overtime – 4-minute period – 3 on 3
 - If tied after second overtime – 3-minute period – 2 on 2
 - If tied after 3rd overtime – 3 player shootout
 - If tied after 3 player shootout, sudden death shootout, each team receives an opportunity to score
 - Penalties do carry over to the shootout, penalized players cannot participate
 - After initial 3 player shootout, players can be utilized for unlimited shootout attempts