

HIGH PERFORMANCE HOCKEY LEAGUE

RULES AND REGULATIONS

(Revised July 12, 2022) Amended 10.13.22

ARTICLE 1

Membership and Team Registration

1.1 All High Performance Hockey League (HPhL) member organizations are required to pay a non-refundable per team League fee prior to the beginning of each regular season. The amount and due date of said fee shall be set by the Board of Directors of the HPhL.

1.2 All teams fielded by an HPhL member organization must be registered with USA Hockey, Inc. (hereinafter "USA Hockey"), by and through its local affiliate, and as required thereby. Official USA Hockey rosters for each HPhL team will be filed with their organization prior to the first League game of the season. The Director of each organization will submit all certified team rosters in PDF form electronically to the League in one batch prior to the first HPhL game of the season.

ARTICLE 2

Team and Player Eligibility

2.1 HPhL teams may only carry on their rosters players who are validly registered with their local USA Hockey affiliate. Except as may be otherwise provided for herein, once a team turns in its official roster to the League, it is frozen as to players who are eligible to play on that team for that year's regular season and playoffs. Thereafter, a team may only add players to its roster by and with the express approval of the Commissioner of the HPhL. Said approval may only be granted when hardship or other exigent circumstances warrant it.

2.2 Teams claiming hardship or exigent circumstances that necessitate the adding of a new player to their roster must first receive the required permission from their USA Hockey affiliate for the addition and must thereafter petition the Commissioner for permission to roster the new player. This petition shall be made in writing to the Commissioner and shall explain in detail the circumstances that warrant the addition. In order for permission to be granted, the request must receive approval from the Commissioner. The Commissioner will inform the petitioning organization of the determination. Thereafter, the petitioning team shall only have recourse to the Board of Directors if it is able to muster enough support among the League members to call for a Special Meeting of the Board. In any event, the Commissioner's or the Board's determination, as the case may be, shall be final. The Commissioner may unilaterally approve additions to rosters under twenty (20) players as long as the added player did not come from a League partner in the current or previous season (pending all financial obligations with the prior club are met.)

2.3 Teams needing to bring a player up to an older level may do so providing the player is within their own organization, the move is for a specified amount of time (games) and the local affiliate has approved the temporary move of the player. This move should be viewed as temporary and does not constitute a change in the original certified roster provided to the league. Should a permanent roster change be warranted, please refer to section 2.1 and 2.2.

2.4 A player to be added to a team's roster as provided for herein must receive written release from his current team, must be registered with his new team in compliance with all USA Hockey and USA

Hockey local affiliate requirements, and must not have any outstanding financial obligations to another HPHL team or organization. Such a player may not play in any HPHL game until such player has received written permission to do so from the League Commissioner and or Board of Directors.

2.5 To be eligible for competition in the HPHL, a player must be validly registered with USA Hockey through the player's USA Hockey local affiliate both individually and as a member of a validly registered team. There are no exceptions to this rule.

2.6 All HPHL team rosters must comply with USA Hockey requirements.

2.7 Any team that plays a game with an unrostered player, or with an improperly rostered player, shall forfeit that game. If a team persists in playing such a player, it shall be guilty of conduct detrimental to the HPHL and may be sanctioned or fined as provided for in the League Bylaws 2.8. The purpose of the following is to ensure all persons affiliated with the HPHL have a clear understanding of the League policies governing tampering and the recruitment of Players, Coaches, and Managers. Failure to follow the rules, regulations, and policies may subject the offending individuals to disciplinary action including revocation of member in good standing status. Team and/or organizational success should be built around the development of individual and team skills and not through the recruitment of players. The HPHL operates under the auspices of USA Hockey and its local affiliates. As such, all USAH rules, regulations, and policies governing the conduct of Coaches, Players, and Organizations in regard to player recruitment apply to all HPHL members.

ARTICLE 3

Player Registration

3.1 All players and parents/guardians must complete a Player Commitment document, supplied by the member organization or local affiliate, prior to the commencement of each season in order to be eligible to play in the HPHL for that season. Player Commitment documents must be signed by a designated organization officer.

3.2 All rostered players, parents/guardians and coaches who participate in HPHL games must register with the HPHL under the organizations they are currently rostered with and agree to abide by all rules and regulations of the HPHL and USA Hockey.

3.3 If a player moves within the season to a different HPHL organization, is rostered on a new team and the player is participating in HPHL games, a new registration is required for the player and parent/guardian under the new HPHL organization.

3.4 A player with unpaid financial obligations to any HPHL Member or Associate Member club or team will not be permitted to participate in any HPHL game or other League activity for any other HPHL Member or Associate Member club in the present season or any future seasons until such financial obligations are paid in full.

3.5 The HPHL is committed to keeping personal information including e-mail addresses confidential. The HPHL does not sell, rent, or lease the registration lists to third parties and will not provide your personal information to any third-party individual.

ARTICLE 4

Tampering And Recruitment of Players, Coaches, And Managers

The tampering or recruitment of Players, Coaches, and Managers rule includes the following. The intent of the following is to prevent a coach or Manager from taking a team or group of players from a team from one organization to another.

- 4.1 This rule is in addition to all applicable rules, guidelines, and codes of ethics issued by USA Hockey and USA Hockey Affiliates (e.g., MAHA, AHAI, etc.).
- a) In-Season Contact - Contact with any player(s) should not occur during the progress of a season when the player's team is still actively engaged in their schedule of play.
- 4.2 For purposes of this rule, recruiting and tampering is defined as any communication to or from a current HPHL Player (including a parent or guardian), Coach, or Manager to attempt to persuade the Player, Coach, or Manager to become affiliated with any other HPHL team or club for the current or future HPHL playing seasons.
- a) All Directors, Coaches, Managers, and other agents (including players and their parents or guardians) of member and/or associate member organizations or teams are prohibited, directly or indirectly, from recruiting or otherwise tampering with players, coaches, or managers during the playing season.
- b) For purposes of this HPHL Policy, the playing season commences on the date a Player, Coach, or Manager signs on with his/her organization for the upcoming season and ends on the last day of the season for his/her age division.
- c) Any person registered with USA Hockey as a Coach or Manager of an HPHL team is prohibited from coaching or managing in the same age division (e.g. 1999; 14U if a multiple year division) the following season without the express written permission of the preceding member organization's Director unless the current HPHL organization has elected not to retain the coach or manager for the upcoming season. Additionally, a Boy's 16O Coach shall not be eligible to move to a Boy's 18U team (see point f) unless the current HPHL organization elects not to retain the Coach or Manager in his current position for the following season. In this case the Coach or Manager is free to move to any HPHL organization in any position.
- d) Notwithstanding the above, a Coach or Manager may move to a prohibited age division provided the Coach or Manager (if he/she was previously on the USA Hockey roster) obtains written consent (filed electronically with the HPHL Office) from the previous organization's Director. In any case, the Coach or Manager must obtain the official release prior to pursuing a position within another organization regardless of the level. Note: A coach is free to coach at another Division the following year (e.g., 2011-12 1999 Division may coach 2011-12 2001 Division without the previous organization's release; however, the Coach is not able to begin conversation with a new organization without written acknowledgement of the current organization's Director. The acknowledgement will not be withheld without cause. {This also applies to a manager.} If the current HPHL organization elects not to retain the Coach or Manager in his current position for the following season, the Coach or Manager is free to move to any HPHL organization in any position.
- e) A player, if he/she wants to switch teams during the season (prior to the official tryout date for said division), must have written consent (filed electronically with the League Office) from the previous organization's Director, as well as a release from USA Hockey through its affiliate, before being officially released to pursue or join another organization.
- f) Notwithstanding the above, a Player, Coach, or Manager is eligible to receive or initiate discussions with a Director, Coach, Manager or agent of a member organization and/or associate member organization provided that written permission is granted by the recruitee's organization in advance.
- g) Exceptions to the policies outlined above may be made at the discretion of the HPHL Board of Directors.

- h) Claimed violations of this policy shall be referred for investigation to the Board of Directors, which shall have the authority to investigate the claim, determine if a policy violation occurred, and assess discipline to the involved Player, Coach, Manager, or Team or Club official.
- i) Violations of this policy subject the identified party(s) to disciplinary action up to and including revocation of member in good standing status in the HPHL and consequent ineligibility to participate as a member of the HPHL until such designation is rescinded by the League office.
- j) Organizations must notify a Coach or Manager that he/she is not being retained no later than 48 hours after the last game of the Tier I Youth National Championships for National bound teams and 48 hours after the last State Championship game for non-National bound teams.

4.3 League Process: The complaining organization/team compiles the documentation outlining and supporting the allegation. The complaining organization/team notifies the League Office of allegation via email. The complaining organization's Director will contact alleged violating organization's Director to discuss the issue and attempt to reach understanding regarding what happened. The complaining organization sends the League Office a detailed statement of the issue and the status reached after conversations with the alleged violating organization. If applicable, the violating organization recommends internal disciplinary action against the perpetrator and sends a formal statement of planned action to the HPHL Board of Directors for concurrence. The HPHL Board of Directors takes appropriate action based on the above.

ARTICLE 5

Player Equipment and Jerseys

5.1 All players shall be required to wear USA Hockey approved and required equipment for all games and practices.

5.2 Each team shall have both a "home" jersey based primarily upon a light color and a darker "away" jersey based primarily upon their organization's colors. The home team in all games shall wear their lighter-colored home jerseys and the visiting team shall wear their darker-colored away jerseys. However, if the referees determine that it is difficult to distinguish one team from the other based on these jerseys, it shall be the responsibility of the home team to change jerseys.

ARTICLE 6

Games

6.1 Playing Rules. USA Hockey rules and penalties shall apply to all HPHL games.

6.2 Length of League Non-Playoff Games.

- a) Youth 18 and under, 16 and under (Youth 15 Only/16 Only) games:
 - i) League Scheduled Non-Playoff Games: All League Scheduled Non-Playoff games shall be 17-minute stop-time periods with a five (5) minute pre-game warm-up. This section applies to all HPHL League Scheduled Non-Playoff Games.
 - ii) Local League games: for HPHL local League games all HPHL 18 and under, 16 and under (Youth 15 Only/16 Only) games will be 17-minute stop-time periods with a five (5) minute pre-game warm up.
 - iii) If the game is tied after regulation play, the following will apply:
 - a) A five (5) minute sudden death 4 on 4 (four on four) overtime period. Any overtime period shall be considered part of the game and all unexpired penalties shall remain in force. If a team ended the game in regulation time with a 5 on 4

advantage, the advantage will continue as 4 on 3 in the overtime period. If there is still no winner at the end of the overtime period, a shoot out will commence.

b) Three different shooters from each team will take alternate shots. The team with the advantage in goals scored will be deemed the winner. All designated players will have an opportunity to shoot unless it is evident by the score a clear cut winner can be determined.

c) If no clear winner emerges, the teams will continue in a “sudden death” shootout, until the game is decided. If the first player scores, the next player from the opposing team will have the opportunity to score. If this player does not score, the game is over and a winner is declared. All players must be used prior to using a single player again. Once all players have been used, any player can be used if the game is still tied. The players of both teams will take the shots alternately.

d) Any player whose penalty was not over when overtime ended cannot take the shots and must stay in the penalty box.

e) Only the decisive goal will count in the results.

f) The home team will choose whether to shoot first or second.

g) Shots will be taken at both ends of the ice. The goalkeepers will defend the same goal, as determined by the referee.

h) If either team declines to play in the necessary overtime period or shoot out, the game shall be declared a loss for that team.

b) Youth 14U and Younger League Non-Playoff Games:

i) League Scheduled Non-Playoff Games: All HPHL 14U and younger weekend non-playoff games shall be 15-minute stop-time periods with a three (3) minute pre-game warm-up. This section applies to all HPHL games.

ii) Local League games: for HPHL local League Games all HPHL 14U and younger games will be 15-minute stop-time periods with a three (3) minute pre-game warm up.

d) Ice Resurfacing between Periods:

Ice resurfacing shall take place immediately after the first whistle after ten (10) minutes remaining in the second period in all HPHL 18 and under, 16 and under (Youth 15 Only/16 Only) League Scheduled and local games. Play will resume after the resurface at the spot of the last whistle. All local and League scheduled Non-Playoff League games at the Youth 14U, 13U, 12U, 11U and 10U shall not be resurfaced.

e) Rest Time between Periods:

Rest time between periods shall be one minute. In all HPHL games, at the end of each period of play in which a between-period ice resurfacing is not to take place, the timekeeper shall immediately run one minute (1:00) on the game clock and the next period shall begin immediately thereafter.

6.3 Game Officials. All games at the 18 and under, 16 and under (Youth 15 Only/16 Only) levels shall be officiated by the USA Hockey three-official system (one referee/two linesman). Only in an exigent circumstance may a two-official system be used at these levels provided both teams agree prior to play the game. All games at all other levels shall be officiated by the USA Hockey two-official system. When the two official system is used, the duties of the linesmen will be carried out by both referees. The home team shall provide the off-ice officials, including scorekeeper and when necessary, penalty box attendants. The home team shall provide the off-ice officials, including scorekeeper and when necessary, penalty box attendants. The home team may require the visiting team to provide a penalty box attendant for the visiting team’s penalty box.

6.4 GAMESHEET. GAMESHEET is the HPHL’s official scoresheet. All score sheets will be digital beginning with the 2020-2021 season. The home team is responsible for ensuring the

game is scored on the GAMESHEET App by the official scorekeeper as the game is being played. Post-game, each team's coach, or in the absence of the head coach, a designated team representative is responsible for thoroughly checking GAMESHEET and signing off on the iPad to verify accuracy prior to the referee submitting the final sheet. The iPad shall be provided by the home team for local games and host organization for league scheduled games . GAMESHEET shall become permanent League records and shall be signed by the coaches and game officials as may be required by USA Hockey and/or its affiliates.

6.5 Tie Games – Regular Season. For regular season games, if the score is tied at the end of three (3) periods, the game will end, and each team will be awarded one (1) point in the standings. (See section 6.2 - a iii)

6.6 Tie Games – Playoffs. Separate playoff rules will be provided prior to the playoffs.

6.7 Timeouts. During the regular season and playoffs, each team will be allowed one (1) minute timeout.

6.8 Handshakes. Team handshakes shall take place after each HPHL game.

6.9 Running Clock. In all HPHL games, whenever a goal differential of six (6) goals or more exists in the third period, the game shall revert to “running” time. Under this rule, the game shall revert to “stop” time whenever the goal differential is three (3) goals.

6.10 Major Penalties. All major penalties, whether for fighting or otherwise, shall be governed by USA Hockey Rules in effect at the time, and by Article 10 of these Rules and Regulations.

6.11 USA Hockey has adopted changes to the USA Hockey playing rules to address prorotation of penalty minutes based upon period lengths.

a) The HPHL in accordance with MAHA and AHAI have adopted the following penalties for levels 14U and younger beginning with the 2021-2022 season.

1) Minor penalties under Rule 402 for 14U and Younger Games: 1:30

2) Major penalties under Rule 403 for 14U and Younger Games: 4:00

3) Misconduct penalties under Rule 404 for 14U and Younger Games: 8:00

4) Match penalties under Rule 405: 4:00

b) A player who receives 4 or more penalties within the same game will serve a game under Rule 401b.

c) A team that is assessed 12 or more penalties within the same game, the head coach will serve a game under Rule 401b.

6.12 Curfew Games. No HPHL games may be cut short by a curfew. It shall be the responsibility of the home team to make satisfactory arrangements with its rink or rinks to guarantee that no HPHL games shall ever be subjected to curfew. If unusual or extraordinary circumstances result in a curfew being imposed on a HPHL game, the game shall be interrupted at that point, the time remaining in the game noted, and the balance of the game replayed at a later date, at the home team's expense and at the visiting team's convenience. In the event of such an interrupted game, the home team shall within twenty-four (24) hours of the interruption inform the HPHL Commissioner of the situation. The Commissioner in his sole discretion may call a Special Meeting of the Board of Directors for the purpose of reviewing the circumstances that gave rise to the interrupted game and imposing any appropriate penalties, including forfeiture of the game and/or fines.

6.13 Pucks for Games and Warmups. The home team, or during playoffs the team designated as the home team, shall provide all pucks necessary for the conduct of the game, including enough pucks for the use of the visiting team during pre-game warm-ups.

ARTICLE 7

Protests

7.1 A game, including its outcome, may not be protested based on the judgments or “calls” made by an on-ice official. A game, including its outcome, may be protested based on the opponent’s use of an ineligible player, or on a gross violation of rules, or of protocol that clearly has an impact on the game and that inures to the detriment of youth hockey and the HPHL.

7.2 Any such protest must be filed by the protesting team as soon as is reasonably possible. It is highly preferably that the protest be indicated on the disputed game’s scoresheet. To give effect to the protest, the protesting team must nonetheless petition the Commissioner of the HPHL in writing, explaining in detail the circumstances surrounding the reason for the protest, and requesting a hearing on the matter before the League’s Board of Directors.

7.3 If the Commissioner determines that the circumstances either do or may warrant a hearing by the Board of Directors, he shall at the earliest possible convenient time call a Special Meeting of the Board for the purposes of conducting such a hearing. If the Commissioner determines that the circumstances do not warrant a hearing, he shall inform the petitioning team of that determination. Thereafter, the petitioning team shall only have recourse to the Board of Directors if it is able to muster enough support among the League members to call for a Special Meeting of the Board. In any event, the Commissioner’s or the Board’s determination shall be final.

ARTICLE 8

Forfeitures

8.1 Any HPHL team found using an ineligible player shall forfeit each game in which the ineligible player is used. Such ineligible players may not even dress for a game, or it shall be forfeited. The forfeiture shall take effect upon a finding by the Board of Directors to that effect. It is the responsibility of the team, and of the team’s organization, to immediately report to the League Commissioner any use of an ineligible player once such use becomes known by them.

8.2 Forfeiting of games is discouraged and should be invoked by the Board only under the most extraordinary of circumstances. Nonetheless, if it is determined that a team or an organization has persisted in any form of conduct whatsoever that was previously found by the Board of Directors to be detrimental to youth hockey generally and to the HPHL specifically, this shall, among other remedies and penalties, be grounds for forfeiture of games. All game forfeits will incur a minimum \$500 penalty for the game forfeited plus all the related costs which can include ice, referees, etc. Penalties for any additional forfeits will be at the discretion of the Commissioner and subject to Board approval.

8.3 A score of 0-1 will be recorded on the official game sheet for all games if any game is a forfeit.

ARTICLE 9

Regular Season and Playoff Schedules

9.1 The regular season shall be scheduled by the scheduling deadline in July or August of each year. Each team in the HPHL must be prepared to upload their games into GAMESHEET by this set date. All scheduled League regular season games must be played. The number of local league games will be determined at the start of each season.

9.2 Once a regular season game has been scheduled, changes are permitted only upon the agreement of both teams affected thereby, and upon the filing with the Office of the HPHL of a Game Schedule Change Form. All such Change Forms must be completed via the form on the HPHL website. If both affected teams do not agree to a scheduling change, then a change may only be made upon extraordinary circumstances and only then after receiving the approval of the League's Commissioner and/or Board of Directors.

9.3 The HPHL regular season shall begin on September 1st of each year. The format and locations for the playoffs shall be determined by the Board of Directors no later than the 15th of June each year. The end of the league season shall be the conclusion of the last game of the league playoffs in the age division. All regular season games will be scored in GAMESHEET no later than 10 days prior to the first day of playoff games. Any team who has not scored all of the regular season games by the due date of 10 days prior to the first day of playoffs games will receive a one game suspension for the first game of playoffs for the head coach.

9.4 Tiebreaker Format for the Regular Season Champion and Playoff Seeding.

NOTE:

If there are two or more teams in a tie breaker, once a team is eliminated, the tie breaker starts over with the remaining tied teams. The process of starting over each time a tied team is eliminated will continue until the seeding is determined.

If two or more teams are tied, the following tiebreakers in the following order shall be used to determine which team finishes higher for final seeding:

1. If two teams are tied, Head-to-Head Competition.
2. If two teams remain tied, Most Wins (for all games played).
3. If two teams remain tied, Scoring Quotient (as defined below) shall be applied counting all games played in the round robin regardless of whether they played the same opponents. If still tied, skip to Tiebreaker A without reverting to earlier two-team tiebreakers.

If more than two teams are tied and all tied teams played each other, the seeding shall be by the following tiebreakers in the following order:

1. Most wins against the tied teams.
2. Scoring Quotient. If still tied, skip to Tiebreaker A without reverting to earlier two-team tiebreakers.

If more than two teams are tied and all tied teams did not play against each other, the following will be used:

1. Most wins.
2. Scoring Quotient. If still tied, skip to Tiebreaker A without reverting to earlier two-team tiebreakers.

- A. If teams still tied, Fewest Penalty Minutes.
- B. If teams still tied, Coin Flip. If more than two teams are involved in the Coin Flip, the League Commissioner or his/her representative will determine the method of coin flip to be used.

Scoring Quotient is calculated by dividing a team's goals for by the sum of its goals for plus goals against. The team with the higher number advances. For purposes of calculating the scoring quotient, the maximum goal differential a team can take for any one game is six (6) goals, arrived at by reducing goals for and counting all goals against; Example: Team A: 15 GF 7 GA Quotient is $15/22 = .681$ Team B: 14 GF 6 GA Quotient is $14/20 = .700$ Team B advances.

In all tiebreaker situations, the League Commissioner or his/her representative decisions shall be final.

ARTICLE 10

Suspension and Expulsion of Players, Coaches, Other Team Personnel

10.1 Coaches and other team or association personnel may be suspended or expelled from participation in HPHL activities, including all games and tournaments, for conduct deemed by the Board of Directors to be detrimental to the best interests of youth hockey generally or of the HPHL specifically. Such conduct shall include, but not be limited to, the following:

- a. fighting or inciting others to fight.
- b. obscene conduct or behavior.
- c. jeopardizing the amateur status of a player.

10.2 Any player who receives a non-fighting major penalty in an HPHL regular season or playoff game, which penalty by USA Hockey Rules carries with it any game suspensions, shall automatically be suspended from the balance of that game and shall be required to serve his suspension in his next regularly scheduled USA Hockey game. This is provided that the game was scheduled prior to the infraction in accordance with USA Hockey Rules. (This is intended to eliminate "double jeopardy")

10.3 Any player who receives a major penalty for fighting in an HPHL regular season or playoff game shall automatically be suspended from the balance of that game and in addition receive a three-game suspension from the HPHL that must be served in their next three scheduled USA Hockey sanctioned games. The three (3) game suspension will satisfy the USA Hockey game misconduct suspension as well. Players receiving multiple game misconducts in the same game shall serve those game suspensions sequentially. There shall be no "concurrent" game suspensions. Games must be scheduled prior to the occurrence of the penalty.

10.4 Any player who over the course of the season receives multiple major or game misconduct penalties for fighting or for other rules violations may, in addition to the penalties and suspensions otherwise required by USA Hockey's Official Rules of Ice Hockey, be suspended from the HPHL by and in the sole discretion of the HPHL Commissioner.

10.5 Appeals from suspensions imposed by the HPHL Commissioner may only be instigated by a League member organization and shall be directed to the Board of Directors. Such an appeal will only be considered by the Board if the appealing member is able to muster enough support among the other League members to call for a Special Meeting of the Board. In any event, the Commissioner's or the Board's determination, shall be final.

10.6 Member organizations are required to electronically submit copies of game score sheets where their players or coaches received a fighting major or match penalty to the HPHL Office with 48 hours of the game completion.

10.7 Any team that leaves the ice during a game in a dispute of a registered referee's decision shall forfeit the game by a 1-0 score (regardless of the score at the time). The head coach of the team leaving the ice shall be immediately suspended from all League activities until a hearing is conducted by the League.

10.8 A coach or manager who upon the findings of the League knowingly allowed the participation of an ineligible player or coach in any game shall be subject to a recommended suspension of up to one year.

10.9 A player or coach upon the findings of the League, who knowingly participated in a game as an ineligible player or coach, shall be suspended for not less than thirty (30) days.

ARTICLE 11

League Travel Program

11.1 All League games that count towards the League standings and require overnight travel will follow the League travel program. Each trip will be submitted through the HPHL website on a trip request form. Any team in non-compliance of this penalty could incur a financial penalty imposed by the Commissioner for each trip not in compliance.

ARTICLE 12

Rule Changes

12.1 Any voting Director may propose a rule change to be considered for adoption by the League. Proposals should be sent to the League Commissioner who may elect to call a special meeting for consideration or include in the next scheduled League meeting. Passage of changes requires a two-thirds (2/3) majority of the voting Directors to approve, and the change becomes effective immediately or at a date specified in the rule change. Rule changes of substantively the same content, if rejected, cannot be brought forth for reconsideration until a twelve-month period has elapsed unless two-thirds (2/3) of the voting Directors agree to reconsider within the twelve-month window.