

# SOLID STATE PREP LEAGUE

PREP LEAGUE RULES & REGULATIONS

VER 2. MARCH 2026

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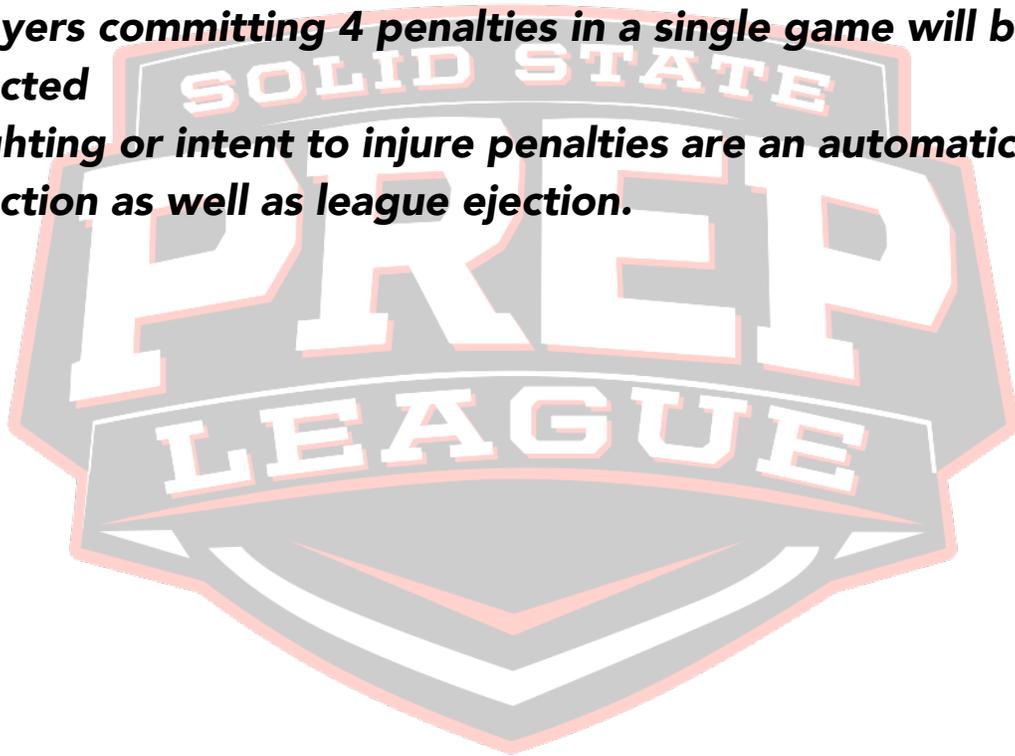
A large, semi-transparent watermark of the Solid State Prep League logo is centered on the page. The logo is a shield-shaped emblem with a red outline and a grey fill. At the top, it says "SOLID STATE" in a curved banner. The word "PREP" is written in large, bold, white letters with a red outline across the middle. At the bottom, it says "LEAGUE" in a curved banner, also in white with a red outline.

## **4 V 4 REGULAR SEASON GAME PLAY**

- **Teams will play with 10 skaters and a goalie**
- **2:00 Warm-up**
- **Regular season games will consist of one 22:30 run time game**
  - **No timeouts**
  - **No overtime for regular season play.**
- **All games will be officiated using NCAA game rules**
  - **Extra attacker will be set at 5 with goalie removal**
- **All games will abide by delayed off-sides and hybrid icing rules**
- **Face offs will only happen on puck out of play or icing/offsides. Goals and Goalie coverages will result in the opposing team getting behind red line and the other team breaking the puck out of their zone.**
- **Points are awarded as follows:**
  - **Two points for a win**
  - **One point for a tie**
  - **Zero points for a loss**
- **We are a FULL CONTACT FULL CAGE league**

## **4 V 4 PENALTIES**

- **Penalties committed will result in a "jailbreak" penalty shot**
  - **Player who infraction was committed upon will start with the puck at the red line, all other players will start at the far blue line, upon whistle, all players will "go"**
  - **If player scores, game resumes after a normal goal**
  - **If player does not score, game plays on as normal**
- **Players committing 4 penalties in a single game will be ejected**
- **Fighting or intent to injure penalties are an automatic ejection as well as league ejection.**



## **4 V 4 PLAYOFFS**

- **All teams make playoffs – NO SUBSTITUTE PLAYERS/GOALIES ARE ALLOWED IN PLAYOFFS**
- **Week 10 – SEMIFINALS**
- **WEEK 11 – FINALS**
- **SEMIFINALS Game will follow regular season rules**
  - **1<sup>st</sup> vs 4<sup>th</sup>**
  - **2<sup>nd</sup> vs 3<sup>rd</sup>**
- **WINNERS of game one will play WINNERS of game two. Losing teams do not advance to week 11**

### **FINALS RULES**

- **2:00 Warm-up**
- **Two 15:00 run time HALVES**
- **Clock will abide by stop time for the last 2:00 of play in the final HALF.**
- **Each team is allowed one 0:30 timeout**
- **GAME IS played to a winner:**
- **If the score is tied at the end of regulation, 3v3- 5-minute overtime play shall take place.**
- **If score remains tied after the overtime period concludes, a 1-person shootout will determine the winner.**
- **The home team shall have the choice whether their team will shoot first or second.**
- **If the game is still tied, the shootout will continue in sudden death fashion.**
- **Teams will select their shooters to participate in any order in the sudden death shootout, whether they shot in the previous round. Players may shoot multiple times.**

## **4 V 4 TIE BREAKERS**

***In the event that two or more teams are tied in points at the end of the regular season, the tiebreaker will proceed as follows:***

***A. Most total wins.***

***B. Goal Differential — Subtracting goals against from goals for in the regular season games, the positions being determined in order of the greatest surplus. A maximum goal differential of plus or minus eight (8) per game will be used in tie-breaking rules.***

***C. Quotient — Dividing the goals for by the goals against in these games, the positions being determined in order of the greatest quotient. If a game has a goal differential of more than eight (8) goals, the goals for will be decreased until there is a maximum of eight (8) more than goals against in a given game prior to dividing (i.e. 10-1 game would use 9-1 for purposes of quotient). A quotient involving dividing by zero (0) has higher standing than a quotient from dividing by any number other than zero (0). Where two or more teams have no goals against and the quotient tiebreaker is required, the teams shall be ranked high to low in descending order of "goals for."***

## 4 V 4 MISCELLANEOUS

- ***Players will be required for a media component to the league***
- ***Players will be required to wear appointed team jerseys/socks and practice jerseys at all SSPL events.***
- ***Attendance is REQUIRED. Players missing 4 SSPL Practices and/or games will be removed from the league and his/her spot forfeited with no refunds issued.***

