



# Chicagoland Metro Girls High School Hockey League 2026-2027 Playing Rules and Regulations

## **I. GAME RULES – MINOR OFFICIALS AND OPERATIONS**

### **A. Goalie Warm-Up**

There shall be no in-game warm-up for goalies except as required by applicable USA Hockey safety standards, which shall control in the event of a conflict.

### **B. Uniforms**

Each club shall maintain one matching set of numbered jerseys and one matching set of alternate jerseys or practice pullovers, each with required patches and nameplates as determined by the League.

### **C. Game Format**

- Three (3) minute warm-up
- Three (3) stop-time periods of thirteen (13) minutes each
- Minor penalties: 2 minutes
- Major penalties: 5 minutes
- Misconducts: 10 minutes
- One (1) timeout per club per game (maximum of one (1) minute)

### **D. Running Time Rule**

If a club leads by five (5) goals at the conclusion of the second period or at any time during the third period, running time shall commence and continue for the remainder of the game.

- Penalties shall be timed using stop-time equivalency (i.e., penalties shall expire based on the duration they would have served under stop-time conditions).
- The referee may stop play for injury or safety concerns.
- This rule shall not apply to playoff games.

### **E. Game Completion and Scheduling**

#### **1. General Requirement**

“Competitive” forfeitures are prohibited. All games scheduled during the Tiering or Regular Season shall be played and completed within the designated timeframes. Failure to complete a scheduled game constitutes a violation of League rules, and the responsible party may be subject to disciplinary action, including:

- a. Financial fines as determined by the Disciplinary Authority; and/or
- b. Review of team standing, which may result in realignment to a lower division.

## **2. Cancellation (Insufficient Players)**

Failure to appear with a minimum of six (6) eligible players constitutes a “Cancelled Game.”

## **3. Defaulting Team**

A “Defaulting Team” is any team that unilaterally cancels, fails to appear, or is unable to field the minimum number of players for a scheduled game without mutual agreement or a qualifying exception.

## **4. Rescheduling**

The Defaulting Team shall:

- Notify the League immediately;
- Reschedule the game at its sole expense; and
- Coordinate with the opposing team and the League.

## **5. Costs and Liability**

The Defaulting Team shall be responsible for:

- Referee fees; and
- Costs incurred by the host team if cancellation prevents recovery of ice.

The Defaulting Team may also be subject, at the discretion of the Disciplinary Authority, to a fine up to \$500.

## **6. Act of God Exception**

Games cancelled due to events beyond reasonable control (e.g., severe weather, facility closure, or major injury) shall be rescheduled cooperatively. Referee costs in such cases shall be paid by the League. If a facility issue or significant injury occurs during a game, the game shall be deemed complete provided that at least two-thirds (2/3) of the game has been played.

## **7. Administrative Forfeits**

The League may impose an “administrative” forfeiture as a disciplinary measure (e.g., use of an ineligible player). Administrative forfeitures are not “competitive” forfeits and shall not violate this Section.

## **8. Enforcement**

The League shall collect and distribute all fines and reimbursements upon receipt of proper documentation.

## **F. Bench Personnel**

No more than four (4) non-playing personnel (head coach, assistant coaches, and trainer) shall be permitted on the bench in accordance with the USA Hockey and AHAI Rules. The head coach shall be responsible for all bench personnel.

## **G. Minor Officials**

All minor officials shall:

- Be at least eighteen (18) years of age, unless approved by the League;
- Remain impartial and professional; and
- Follow the senior referee’s direction at all times.

## **H. Game Responsibilities**

### **1. Clock Operation**

The team most familiar with clock operation shall supply the timekeeper. Timekeepers are responsible for being familiar with the clock operation. If necessary, use the time immediately following the preceding game to reacquaint yourself. Do not delay the warm-up period or start of the game.

### **2. Scorekeeper**

The visiting team is responsible for providing the scorekeeper unless both teams mutually agree to exchange duties of scorekeeper and clock operation.

### **3. Home Team**

The first-named team on the schedule shall be the home club and shall provide the score sheet or iPad and wear light jerseys.

### **4. Away Team**

The second-named team shall be the visiting club and shall wear dark jerseys.

### **5. Penalty Box Attendants**

Each team may supply a penalty door attendant. Penalty door attendants shall be responsible for ensuring correct player departure from the penalty box in accordance with time and sequence. Coordinate with the scorekeeper or referee if you are unsure about the rules.

### **6. Designated Representation**

Each team shall be entitled to have no more than one (1) designated representative present in the score box during any League or playoff game. It is strongly encouraged that every team ensure the presence of a representative in the score box for all games, including, where applicable, appointing a compensated individual to serve in this role.

### **7. Digital Submission**

When using GameSheet, digital signatures shall be obtained from all officials and coaches, and the game shall be submitted immediately upon completion.

### **8. Paper Score Sheet**

If using a paper score sheet, it shall be signed by both coaches and the IHOA officials at the conclusion of each game. The home team shall transmit a copy of the white sheet (via fax, email, or text) to the League statisticians.

Score sheet distribution:

- Yellow copy – Home Team
- Pink copy – Visiting Team
- Goldenrod copy – Referees (if requested)

## **I. Roster**

Twenty (20) players may be suited for a game, no more than eighteen (18) of which can be skaters. Rosters will be up to a maximum of thirty (30) players and will include the players' names, jersey number, position and year in school.

The score sheet or iPad shall be prepared at least fifteen (15) minutes prior to game time and shall include coaches' names and all required information. The roster shall match the official USA Hockey roster exactly, and the head coach shall be responsible for its accuracy and

verification. If using a paper score sheet, preprinted roster stickers shall be used. If using GameSheet, the roster shall be entered accurately in accordance with League instructions. During the pre-game warm-up, clubs shall verify that there are no duplicate uniform numbers and that all jerseys include nameplates. Any discrepancies shall be corrected prior to puck drop or reported immediately; failure to do so may result in disciplinary action.

## **J. Equipment**

Each club shall provide two (2) regulation, referee-approved game pucks prior to each game.

## **K. Metro League Playoff Eligibility**

A player shall be eligible for the Metro League Playoffs only if the player has participated in at least sixty percent (60%) of the clubs total season games including Tiering and Regular Season (e.g. if a 20 game season players must have participated in 12 games). If a player is rostered later in the season, the sixty percent (60%) rule applies from the date the player is officially added to the certified roster.

# **II. SUSPENSION RULES**

The Chicagoland Metro Girls High School Hockey League (hereinafter “Metro Girls” or the “League”) shall follow the rules of USA Hockey. Fighting, misconduct, and game misconduct suspensions shall be assessed in accordance with the USA Hockey Rule Book unless expressly modified herein:

## **A. Fighting**

Any player assessed a penalty for fighting under USA Hockey Rule 615 shall be suspended for the balance of that game and the next three (3) regularly scheduled League games for that club, including regular-season and playoff games.

## **B. Checking From Behind (CFB)**

1. A player who receives a second major penalty for checking from behind (CFB) with the same club, during the same season, shall receive a three (3) game suspension.
2. A player who receives a third CFB major penalty with the same club, during the same season, shall be suspended pending a hearing conducted by the Board of Directors and the designated rules and ethics committee (the “Disciplinary Authority”) pursuant to USA Hockey Rule 410 – Supplementary Discipline.

## **C. Repeat Offenders**

For purposes of these Rules, a “repeat offender” is any player who incurs multiple major penalties, misconducts, or game misconducts within a single season. The Disciplinary Authority may impose penalties consistent with or exceeding the minimum standards established by USA Hockey and AHAI.

## **D. Suspension Enforcement**

All USA Hockey, AHAI, and League rules shall be enforced consistently.

1. All suspensions shall apply to both regular-season and playoff games.
2. Suspensions shall be served in League sanctioned games, including Tiering, Regular Season and Playoff games.
3. If there is another practice or tournament game before the suspension has been served in the amount of League games required under the suspension, these additional games

would require that player/coach to serve the required USA Hockey and AHAI suspensions.

4. Suspensions shall not be satisfied through practices, scrimmages, or tournament games.

### **E. Property Damage**

Any player or coach who intentionally causes property damage, or engages in conduct demonstrating reckless disregard resulting in property damage, shall be subject to disciplinary action up to and including permanent suspension from the League, as determined by the Disciplinary Authority.

### **F. Club Discipline**

Each club may impose additional disciplinary measures, provided such measures do not conflict with, or reduce, penalties imposed under USA Hockey, AHAI, or League rulings.

## **III. CLUB RESPONSIBILITIES AND LEAGUE PLAYING REQUIREMENTS**

### **A. Compliance**

Each club, including its coaches, managers, club representatives, trainers, players, and officials, shall cooperate in the administration of the League and comply with all League Rules and directives issued by the Board of Directors. Failure to comply may result in disciplinary action.

### **B. Club Voting Rights**

Each club shall be entitled to one (1) vote on all matters submitted to the League.

### **C. Roster Submission**

Each club shall submit a certified team roster, in a form acceptable to the League, prior to any player's participation in a game.

### **D. Post-Deadline Additions**

After November 15, no player shall be added to a certified roster without approval by a majority of the League.

### **E. Schedule Changes**

Following the initial schedule verification period and posting of games with the referee scheduler, each club shall be permitted up to three (3) game changes, excluding changes due to an Act of God. Each additional change thereafter shall result in a \$50 fine payable to the League.

### **F. Financial Obligations and Good Standing**

Any club that fails to attend a League meeting or fails to make timely League payments shall be subject to disciplinary action or fines. All fines and payments shall constitute mandatory obligations payable upon demand or within the specified timeframe. Failure to pay may result in additional penalties, including loss of scheduling privileges and suspension from League games and events until all obligations are satisfied.

### **G. Season Structure and Championship Eligibility**

For the 2026–2027 season, each team shall play every other team one (1) time. Teams shall then be divided into the Scholastic and the Founders Division, as described in Section IV.D. To be

eligible for the Championship Series, a player must have participated in at least sixty percent (60%) of that team's League games.

### **H. Academic Eligibility**

Players shall be full-time students within the first eight (8) semesters of the school for which they play and must meet this requirement at the time of roster placement.

### **I. Ineligible Players**

Use of an ineligible player shall result in an "administrative" forfeiture. The game shall be recorded as a loss, and all associated goals and assists from the team assessed an "administrative" forfeiture shall be removed from League standings.

Any coach knowingly playing a suspended and/or ineligible player will receive an automatic expulsion from the League for the balance of the League season.

## **IV. LEAGUE RESPONSIBILITIES**

### **A. Officials**

The League will supply officials for all games played during the season and for the playoff games.

### **B. Game Reports**

An Official Game Report Form for all League and Playoff games will be forwarded to the proper Officials Supervisor within 24 hours after conclusion of a game where an incident occurs.

### **C. Awards**

The League will furnish the following:

- a. One (1) trophy for each club finishing in first place and as runner-up in each of the Scholastic Cup and Founder's Cup championship Series.
- b. One (1) individual award for each participant in the Scholastic and Founder's Cup Championship Series.

### **D. Playoffs**

At the end of the season, the Metro Girls will host a League Playoff tournament. The format of the playoffs will be the top 4 teams from the Scholastic Division and the top 4 teams from the Founders Division will play semi-finals with the respective winners of each semi-final brackets to play in a Scholastic Cup and Founders Cup Championship games. Tie-breaker rules should be established prior to the start of the season by the Metro Girls League, otherwise the tie-breaker rules from the prior season will be followed, unless agreed to by a majority of the clubs. Metro Girls is responsible for securing ice for the playoffs including the championship day. These final games are defined as the "Championship Series" for the Scholastic Cup and Founder's Cup Championships.

### **E. Registration**

Each club is responsible to register its team/teams with USA Hockey and AHAI and fulfilling all of the required registration procedures according to the By-Laws, Rules and Regulations of USA Hockey and AHAI.

### **F. Rule Authority**

No club may enact rules that contradict or attempt to supersede League rules.

### **G. Eligibility**

The League will adhere as closely as possible to the Illinois High School Association eligibility rules, except the rules referring to coaching (a hockey coach need not be a faculty member of the school for the club he/she is coaching).

## **V. GOVERNANCE AND AUTHORITY**

### **A. Rule Authority**

For all purposes within these Rules and Regulations, any reference to the “Disciplinary Authority” shall explicitly mean the **Rules and Ethics Committee** and the **Board of Directors**, operating in accordance with the jurisdictional framework established in Article VI, Section 3 of the Chicagoland Metro Girls High School Hockey League Bylaws.

1. **Procedural Alignment:** All disciplinary matters, enforcement actions, and suspensions beyond standard automatic penalties assessed under USA Hockey or AHAI rules shall be reviewed and processed in strict adherence to the procedures set forth in the League Bylaws.
2. **Final Authority:** While the Rules and Ethics Committee serves as the primary investigative and advisory body for conduct and rule violations, the Board of Directors retains full, final, and exclusive authority to accept, modify, or reject any disciplinary recommendation.
3. **Appeals:** Any player, coach, team, or organization subject to a disciplinary ruling or suspension under these Rules and Regulations may appeal the decision exclusively through the written appeal process outlined in Article VI, Section 3 of the League Bylaws. No separate or conflicting appeal rights are created by these Rules and Regulations.

### **B. Tie-Breaker Rules**

Tie-breaker rules shall be part of the official Rules and Regulations and shall be adopted and amended by the Board of Directors.