

LIGHTNING GIRLS HIGH SCHOOL SPRING LEAGUE RULES & PROCEDURES (SPRING 2026 SEASON)

The following rules and procedures (hereafter referred to as the “League Rules”) of the Lightning Girls High School Spring League were adopted on the 11th day of March, 2026. The League Rules, which incorporate USA Hockey’s Official Rules of Ice Hockey, shall be used in the administration of the Lightning Girls High School Spring League and its league, games, and events. Capitalized terms used herein but not defined herein shall have the meaning ascribed to such terms in the Amended and Restated Bylaws of the Lightning Girls High School Spring League, as amended, restated, supplemented, or otherwise modified from time to time (the “Bylaws”).

SECTION 1 - LEAGUE, DIVISIONS & SEASON

1.1. Regular Season - The Lightning Girls High School Spring League shall have one regular season commencing no earlier than March 1st or such other date as determined by the League.

SECTION 2 – TEAMS & SCHOOLS

2.1. Team Creation - The Girls High School Spring League teams will be formed using a structured placement process. Players will first be grouped according to their school’s ZIP code. If additional clarification is needed, a player’s home ZIP code will be used next. After initial placement, teams may be adjusted to ensure balanced and competitive rosters across the league.

SECTION 3 - PLAYER REQUIREMENTS/ELIGIBILITY

3.1. Good Sportsmanship - All players, coaches and team managers shall practice and promote sportsmanship and ethics before, during and after any League game or event in accordance with League Rules, Statewide Amateur Hockey of Florida (“SAHOF”) rules, USA Hockey Official Rules of Ice Hockey, USA Hockey Participant Code of Conduct, as well as the NHL/NHLPA Declaration of Principles.

3.2. Player Eligibility - Any student who meets the following requirements shall be eligible to play in the League:

3.2.1. The player must be an enrolled full-time student, or if homeschooled, eligible for enrollment, in grades 8 through 12 at a Florida public school or Florida private school within the region defined as part of the League boundaries.

3.2.2. The player must be in good standing with his or her school and eligible for participation in athletic events. If a player is suspended from his or her school, that player is considered to not be in good standing with his or her school and is not permitted to play for their Team until the suspension and all related requirements have been fulfilled and or rescinded by the school. Such players are required to notify his or her Team of the suspension. Should a Team unknowingly play a suspended student in a game, the Team will receive no sanction, however, the player shall be suspended for the next four (4) games in which he or she would otherwise be eligible to play.

3.2.3. The player must be in good standing with USA Hockey and SAHOF.

3.2.4. The Player has provided copies of, or has had verification by the League, of all “Player Documentation” as follows:

3.2.4.1. Current USA Hockey membership confirmation receipt.

SECTION 4 - COACH & MANAGER REQUIREMENTS/ELIGIBILITY

4.1. Coach Eligibility – To be eligible to serve as a coach on a Team, the person must be in good standing with USA Hockey, in good standing with LSHSL, and have provided copies of, or have had verification by the Registrar, of all “Coach Documentation” as follows:

4.1.1. Current USA Hockey membership confirmation receipt.

4.1.2. Completed and signed USA Hockey Waiver of Liability form (required only if the Coach did not use USA Hockey’s online registration).

4.1.3. Current USA Hockey Coaching Education Program card with a certification level and completion of any online age-specific modules as required by USA Hockey.

4.1.4. Background check completed no earlier than two months prior to the start of the season, and within 30-days of ratification by the Board, indicating acceptable results as determined by the Boundary Committee.

4.1.5. Acknowledgement of the NHL/NHLPA Declaration of Principles

SECTION 5 - GAME SCHEDULING & STANDINGS

5.1. Regular Season Game Scheduling - The Lightning Girls High School Spring League regular season shall commence on April 4th. All Teams will play the same number of regular season

games against other Teams within the League. The selection of the opposing Teams shall be determined using a method that is consistently applied across all Teams and games. For each game, one Team shall be designated as the home team and the other as the away team. The League will prepare the League's regular season schedule each year and will have the authority to adjust the schedule as needed. The schedule shall also include tentative dates for the League playoffs.

5.2. Standings/Tie Breakers - Standings are determined based on total points earned in games played or forfeited. For each game, the winning Team is awarded two (2) points and the losing Team receives zero (0) points. In case of a tie, both Teams are awarded one (1) point. In the event Teams are tied in total points, the following tie breakers shall be applied in order to determine the Team given the higher standing:

5.2.1. Team with the most wins.

5.2.2. Team with the most points earned in games played between the tied Teams.

5.2.3. Team with the fewest Goals Against during the regular season.

5.2.4. Team with the highest Goal Differential.

5.2.5. Team with the fewest penalty minutes accumulated during the regular season.

SECTION 6 - PLAYOFFS

The final weekend of the season will be a playoff weekend, with the first and second place teams playing each other for the championship and the third and fourth place teams playing each other in the consolation game.

SECTION 7 - GAME PROCEDURES

7.1. Playing Rules - All League games shall follow the rules herein and USA Hockey's Official Rules of Ice Hockey ("USA Hockey Rules"). In the event any conflict exists between the League Rules and the USA Hockey Rules, unless otherwise indicated herein, the USA Hockey Rules shall control.

7.1.1 Neck Laceration Protection - Required for all players participating in any practice or game.

7.2. Score Sheet Procedures - Score sheets for League games may be electronic or USA Hockey sanctioned paper score sheets. Each coach or team manager shall provide the playing roster, which shall not exceed 20 players, including goalie(s), to the scorekeeper prior to the start of the game. Any uniform number changes must be properly registered on the score sheet. The starting goalie must be marked on the score sheet. If a paper score sheet is used, the head coaches shall sign the score sheet at the beginning of the game with one copy given to each coach at the completion of the game. It is the scorekeeper's responsibility to turn in the third copy of the score sheet to the League in accordance with the instructions provided by the League.

7.3. Player Eligibility for a Game - For a player to be eligible to participate in a League game, the player must be on the Official Roster of his or her Team, and be registered and in good standing with USA Hockey, SAHOF, LSHSL, and the player's Team.

7.3.1. A team may dress a maximum of 18 skaters, and no more than 2 goalies for a game day roster of 20 players. 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.

7.3.2. Scratched or injured players are not permitted to be on the player's bench and/or in the penalty box before, during, or after games.

7.4. Playing Time - Each game shall consist of a three (3) minute warm-up session followed by three (3), 12 minute stop time periods. There shall be no overtime or shootouts for regular season games and such games can end in a tie. The completion of two periods shall constitute an official game. There will be a running clock at any point in the game when the goal differential is six (6) or more. The clock shall return to stop time in the event that the goal differential falls below 6.

7.5. Referees/Linesmen- The league will operate with two referees assigned to each game, both of whom will be fully certified through USA Hockey.

7.6. Forfeits – If a Team forfeits a game for any reason, the game will be recorded as a 1 to 0 win for the non-forfeiting Team.

7.7. Notification of Suspensions - All game misconducts and suspensions (other than Match Penalties) less than five (5) games or thirty (30) days are automatic, non-appealable and according to USA Hockey and League Rules.

Note from the League:

The Lightning Girls High School Spring League recommends all participants in the League review the USA Hockey Official Rules of Ice Hockey 2025-2029 rule book available on-line at www.usahockey.com.