



**LIGHTNING HIGH SCHOOL
HOCKEY LEAGUE**

RULES & PROCEDURES

(2025-2026 SEASON)



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The following rules and procedures (hereafter referred to as the “**League Rules**”) of the Lightning High School Hockey League (“**LHSHL**” or “**League**”) were adopted on the 4th day of September 2025. The League Rules, which incorporate USA Hockey’s Official Rules of Ice Hockey, shall be used in the administration of the LHSHL 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 LHSHL, as amended, restated, supplemented, or otherwise modified from time to time (the “**Bylaws**”).

SECTION 1 - LEAGUE, DIVISIONS & SEASON

- 1.1. League** - The League shall be open to any high school throughout Central Florida with teams being eligible to be admitted as Teams (individually or in combination) in accordance with Section 2 & 3.
- 1.2. Varsity Conferences** - Teams in the League shall be assigned to one of the following divisions/conferences based on the geographical location of the school or schools associated with that team.
 - 1.2.1. The “**Western Conference**” Shall include the following teams: Palm Harbor, Seminole, Sarasota, Palmetto, Freedom, Jesuit, Plant, Steinbrenner, Lakewood Ranch, Tampa United
 - 1.2.2. The “**Eastern Conference**” shall include the following teams: Land O’ Lakes, Wiregrass, Cypress Creek, Mitchell, George Jenkins, Durant, Newsome Wolves, Newsome Wolverines, Riverview
- 1.3. Regular Season** - The LHSHL shall have one regular season commencing no earlier than September 5th, and no later than October 1st or such other date as determined by the League.

SECTION 2 – TEAMS & SCHOOLS

2.1. Team Catchment Area - All public high schools with boundaries (including those with magnet, special or International Baccalaureate programs) (each, a “**Traditional High School**”) shall be grouped into geographical areas combining one or more schools into a “Team Catchment Area”. The Team Catchment Areas, along with any private, charter or non-boundary public schools qualifying as a Team, shall be the sole method for defining the Teams within the League. The League may make necessary changes to the catchment areas at its discretion. The following list includes all member teams for the 2025-2026 season from both public and private schools, and provides the catchment area schools for those teams that are combined:

Berkeley, Tampa Prep, and Tampa Catholic shall be combined.

Durant: Durant, Strawberry Crest, Plant City, Armwood, Bloomingdale, Brandon, Hillsborough, Blake, King, Middelton, Jefferson.

Lakewood Ranch: Lakewood Ranch, Braden River.

Freedom: Freedom, Wharton, Gaither, Leto, Chamberlin.

George Jenkins: All Polk County Public Schools.

Jesuit: Pure

Land O’ Lakes: Pure

Mitchell: Mitchell, River Ridge, Anclote, Fivay, Gulf, Hudson, East Lake

Newsome: Pure

Palm Harbor: Palm Harbor, Countryside, Tarpon Springs, Dunedin, Clearwater.

Palmetto: Palmetto, Parrish, Manatee, Bayshore, Southeast

Plant: Pure

Cypress Creek: Cypress Creek, Sun Lake, Pasco.

Riverview: Riverview, Spoto, Robinson, Lennard, Sumner, East Bay, Morgan

Sarasota: Booker, North Port, Riverview (Sarasota), Sarasota, Venice.

Seminole: Largo, St. Pete, Seminole, Boca Ciega, Pinellas Park, Lakewood, Northeast, Gibbs, Dixie Hollins.

Steinbrenner: Alonso, Sickles, Steinbrenner.

Wiregrass: Wiregrass, Wesley Chapel, Zephyrhills.

2.2. Team Definition and Eligibility to Play - To be eligible to participate in the League, a team must have at least two eligible coaches (head and assistant coach), as provided in Section 4.1, at least 20 players including goalie(s), who are eligible to play for the team as provided in Section 3.2 and Section 3.3, and the team’s governance and authority must be vested to a school or, if not affiliated with a school, a democratically elected board of directors or similar governing body comprised of three or more individuals. The League may make exceptions to the foregoing at its discretion. For purposes of clarification, to enter a Team to play in the League the Team must have its own Goaltender. This requirement may be met by a Team developing a Goaltender from its Roster regardless of whether the player wearing the equipment and playing the position considers him or herself a “natural” or “trained” Goaltender.

2.3. Pure and Combined Teams - A **“Pure Team”** means a Team with all its players, including each goalie, attending the same high school. Pure Team’s players may also include players that attend an online school, an academy/private/charter school, or are home-schooled and reside within the boundaries of the high school. A **“Combined Team”** means a Team that does not qualify as a Pure Team.

2.3.1. Once a member team has 46 players zoned to a particular high school from the previous season and USA hockey registration numbers present satisfactory proof that for the next two future league seasons that the high school will have greater than 46 players then based upon the discretion and best interest of the Lightning High School Hockey League, the Board of Directors will require the team to be defined as a pure team in order for it to continue to participate in the Lightning High School Hockey League.

2.3.2. Private, charter and non-boundary public schools may combine with other private, charter and non-boundary public schools subject to League approval.

2.4. Team Application - All Teams, both returning and new, must submit application through the official LSHL website.

2.4.1. **Returning Teams** shall submit applications to the League by May 1 of each year. For the 2025-26 season, this application deadline will be amended to June 1st and will return to May 1st for future seasons.

2.4.2. **New Teams** seeking membership shall submit application with non-refundable \$500 deposit no later than May 15th, the Board of Directors will review the application and approve or deny the application no later than June 15th.

2.4.2.1. New Teams requesting admittance to the LSHL must demonstrate the ability to field a team and commit to a 3-year minimum to be eligible for consideration through the submission of a written proposal, which shall be submitted to the Board of Directors for consideration.

2.4.2.1.1. Proposals must include the following: Coaching & Governing Body requirements as outlined in section 2.2. as well as a proposed catchment area, in addition to a plan for growth and recruitment strategies to be utilized to ensure the stability of a new program. Immediately following submission of its application, the Team’s Head Coach must meet with the Coaching Committee and/or the Board of Directors to review and discuss his or her qualifications and plans for the Team. The Coaching Committee and/or Board of Directors will schedule the meeting.

2.4.2.2 Any new Team making application to the LSHL for acceptance may not utilize any school listed as a part of any existing catchment area as part of their catchment area unless such a Team/school will be pure.

2.4.3. Team shall declare their “home” rink within their team application. Best efforts will be made to schedule all home games at the rink a Team has submitted as their home facility.

2.4.3.1. Teams will also be asked to submit a secondary home rink. Should home games not be scheduled at a Team’s designated primary home rink for any reason, efforts will be made to schedule at secondary home rink.

2.4.4. The League reserves the right to deny, reject or revoke any Team request, application, or current team status at its sole discretion.

2.5. Schools with Multiple Teams - A school is permitted to have more than one Team, provided that all such Teams are Pure Teams. Such Teams may not cross-roster players or transfer players between Teams at any time during a playing season.

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 meeting 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 9 through 12 at a Florida public high 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. Players billeted for the purpose of playing hockey, and competing on Tier I, Tier II or junior teams are not eligible to play in the LSHSL. The exception is a student athlete that is part of a school foreign exchange program, in which the participation of playing hockey is a secondary part of the student’s assimilation.

3.2.3.1. The League will require every area Junior and Travel organization to provide the League a list of players billeted for that season.

3.2.4. The player must be in good standing with USA Hockey, SAHOF and the LSHSL.

3.2.5 The player cannot be 19 years old prior to July 1st of the calendar year in which the season begins. A player who has graduated high school is not eligible.

3.2.6. The player is only eligible to participate in the League for eight (8) consecutive semesters, or the equivalent, starting with his or her freshman year.

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

3.2.7.1. Government issued birth certificate or copy of a passport identification page (not required if player has previously provided such documentation and the USA Hockey Verification and Affirmation of Birth Certificate form is on file with USA Hockey).

3.2.7.2. Proof of school attendance which may include a school identification card, class schedule, or letter from school stating he or she is enrolled.

3.2.7.3. Current USA Hockey membership confirmation receipt.

- 3.2.7.4. Completed and signed USA Hockey Waiver of Liability form (required only if player did not use USA Hockey's online registration).
- 3.2.7.5. Completed and signed USA Hockey Participant Code of Conduct form.
- 3.2.7.6. Completed and signed LSHSL and Ice Rink Release forms.
- 3.2.7.7. Completed and approved USA Hockey Written Transfer Form (applicable only to non-U.S. citizens; form must be resubmitted to USA Hockey at the start of every season).
- 3.2.7.8. Acknowledgement of the NHL/NHLPA Declaration of Principles

3.3. Academic Requirements - A player must be a "student in good standing" at his/her school, according to the academic pass/play rules for his/her school, in order to participate in any LSHSL activity. The League's intent is to apply the same standard used by the FHSAA to determine the eligibility of student-athletes to participate in school sports. Should any League or member team official become aware that a player is not a student in good standing for any reason, that player will be declared ineligible until the League is notified by school officials that the player's good standing has been restored. It is the player's responsibility to ensure the League receives any necessary notification of eligibility restoration.

3.4. Player Assignment to a Team - All players must play for the Team associated with the school they attend, regardless of where the player lives or prior affiliation with another Team. If a player is enrolled at a private, charter, or non-boundary public school unaffiliated with a Team, then that player shall be deemed to attend, subject to the address verification requirements outlined in Section 3.4.2, the Traditional High School he or she would otherwise attend and shall be eligible to play for the Team affiliated with that Traditional High School.

3.4.1. The LSHSL reserves the right to use great latitude to determine the assignment for players to play. The ultimate decision of which member team a player is assigned is up to the Boundary Committee with Board of Director approval.

3.4.2. The Lightning High School Hockey League encourages the growth of high school hockey and the addition of new teams to the league. When a new team is formed, players attending the school(s), or district, which comprise the new team will be required to play for that team, regardless of where they played in previous seasons. Players in their final season of eligibility, (HS Seniors), will be "grandfathered" for their final season, if they choose, and will be eligible to play with the team they played with the previous season. All other players attending the new member school must play for the new member team regardless of past affiliation. The decisions of the League will be final in all cases involving eligibility.

3.4.2.1. Players affected by a catchment area adjustment, who are also in their final season of eligibility (HS Senior) may also qualify for a "grandfathered" clause, allowing them to remain with the team they played for in their final season, if they so choose. The "grandfathered" clause does not apply to a team changing from combined to pure team status.

Commentary on "grandfathered"

An otherwise eligible player pursuant to LSHSL rule 3.2, whom has participated in the Lightning High School Hockey League for the previous two (2) seasons (Sophomore & Junior) and whom is a senior and in his/her final season of eligibility may be "grandfathered" for the player's final season, if the player has elected to play for the team in which the player has played with the two (2) previous seasons.

3.4.3. Address Verification Requirements - If the assignment of the player is to be determined by the address of such player's primary residence, the student shall provide the following documentation which shall consistently match to verify and support the student's primary residence:

3.4.3.1. The student's parent and/or guardian shall sign and complete an "Affidavit of Residence", in the form provided by the LSHSL.

3.4.3.2. Student's parent and/ or guardian shall present a copy of the recorded deed or residence lease signed by both the landlord and tenant, for residence in which the minor resides for the school year, provided that if the student's parent or legal guardian shall be the owner of record of one or more residential properties within the greater Tampa Bay region and any such property has been granted a homestead exemption during the most recent property tax cycle, such residence shall be deemed to be the student's primary residence for purposes of this rule unless clear, convincing and compelling evidence, in the judgment of the League, is provided establishing another address is the actual primary residence in addition to meeting the other specific requirements of the League Rules.

3.4.3.3. Utility bills for two (2) different utilities for residential service (electrical, water, gas, telephone (land line, not cellular), cable, etc.) reflecting two (2) recent consecutive months service bearing the name of the student's parent or legal guardian at the address asserted in the "Affidavit of Residence" and matching the deed or lease.

3.4.3.4. A photocopy of the parent or guardian Florida driver's license depicting the primary residence and if the student possesses a Florida driver's license or learner's permit, then in such event, a photocopy of the student's driver's license or learner's permit shall also be required depicting the child's primary residence.

3.4.3.5. When deemed necessary by the Boundary Committee, a copy of the Final Judgment of Dissolution of Marriage with the Parenting Plan of the student's parents.

3.5. Players Assigned to Junior Varsity - Any forward or defenseman classified as a Junior Varsity player as outlined in 9.5 from a Pure or Combined Team for any reason, including roster limitations, may not play for another Varsity Team. Rather they will be assigned to play in the Junior Varsity division on the team associated with their Varsity Team as described in section 9.5. Goalies designated as Junior Varsity are permitted to play for another Team and may be called up to their designated Varsity team as emergency backup goaltenders.

3.6. Ability to Cut Players – Teams will be permitted to cut players from their Varsity & Junior Varsity rosters.

3.6.1 Teams choosing not to cut players may designate players as "Practice Only". These players will only be able to practice with their teams, and may not participate in any league sanctioned games.

3.7 Player Transfers Between Teams - Players transferring between participating schools, districts, or teams after September 1st of each season will be required to sit out (not participate) for the remainder of that season. The only exception to this rule will be students transferring from a private school to a public school, and in those instances, will require League notification and approval prior to being eligible to play.

3.8. Official Roster – A Team’s roster may only include those players, coaches and team managers who are eligible, and who have provided copies of or have had verification by the Boundary Committee, of all documentation required in Sections 3.2, 4.1 or 4.2 as appropriate, and who are on the Official Team Registration/Roster form submitted by the LSHL and signed by the USA Hockey Registrar (“**Official Roster**”).

3.8.1. The Official Roster may include no more than thirty (30) and no fewer than 20 eligible players who are permitted to play for such Team under Section 3.2, 3.3 and 3.4, who have completed the League’s registration process as defined, including payment of player fees to the League (if any). Players will only be included on the Official Roster if all of the requirements above are met.

3.8.2. Teams must submit to the LSHL all required roster and coach information including player designations as outlined in section 9.5 no later than the first Friday following the conclusion of the tryout period each season for players or coaches to be included on the initial Official Roster. The League Office will only accept changes to a player’s roster designation status between the first day of the Regular Season and December 15th of each Season. Requests for roster designation status changes outside this window shall not be permitted.

3.8.2.1. Teams failing to submit their player designations by the required deadline shall have their head coach suspended for the first game of the regular season for their team.

3.8.2.2. Teams who submit their player designations with less than 7 days prior to the scheduled opening date of the regular season shall have their head coach suspended for the first 5 games of the regular season or indefinitely, whichever is longer, until the Team’s head coach comes in compliance.

3.8.3. **Roster Change Deadline** - Teams should submit to the LSHL any roster additions or deletions by December 15th to ensure that there is sufficient time to post changes to the Official Roster by December 31st. Any players added to the roster after December 15th may play with the Team but are not eligible to participate in League playoff or championship games. All roster designation changes must be sent to the league office by 12pm on Tuesday.

3.8.4. **Varsity Designated Players & Goalies** – All players and goalies designated Varsity after the completion of tryouts can be moved to JV but will be ineligible to be moved back to Varsity for the remainder of the season and permanently rostered JV.

3.8.5. **Junior Varsity Goalies** – JV Goalies are eligible to be recalled in the case of one of your 2 Varsity goalies being absent.

3.9. **Dual Rostered Players & Goalies** – Each varsity team participating in the Lightning High School Hockey League (“League”) shall be permitted to designate no more than six (6) Junior Varsity players to serve as “Dual-Rostered Players.” Such designation may include up to five (5) skaters and one (1) goaltender.

3.9.1 **Dual-rostered players** may appear in up to seven (7) games with their designated varsity team. Once a player reaches the seven (7)-game threshold, they will be automatically rostered full-time on that varsity team for the remainder of the season. Varsity teams must have 18 Varsity only players before assigning dual-rostered players.

3.9.2 **Dual Rostered goalies** do not have a games limit. Varsity teams must have 1 Varsity only goalie before assigning dual-rostered goalies.

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. Completed and signed LSHSL and Ice Rink Release forms.

4.1.4. Current USA Hockey Coaching Education Program card with a certification level and completion of any online age-specific modules as required by USA Hockey for high school, or as noted in section 4.3.

4.1.5. 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. Background checks must be completed following the procedures outlined by LSHSL.

4.1.6. Acknowledgement of the NHL/NHLPA Declaration of Principles

4.2. Coaching Tiers & General Requirements – LSHSL Coaches shall be identified in one of three tiers, each with its own requirements and limitations as follows:

4.2.1. **Tier 1 – Apprentice Coach** – Apprentice coaches must be a minimum of 19 years of age.

Additionally, they must possess or obtain a USA Hockey Level 1 Coaching Certification by December 31 of the current season.

4.2.1.1. **Limitations** – Apprentice Coaches shall at no time operate a practice, game, or any other team function or activity by themselves or on their own. Apprentice Coaches must always be supervised by any qualified and properly registered Assistant or Head Coach, or a properly registered Team Manager or Team Volunteer over the age of 23.

4.2.1.2. **Exemption Waiver Eligibility** – Tier 1 Coaches are not eligible for waiver. These minimum requirements are mandatory.

4.2.2. **Tier 2 – Assistant Coach** – Assistant Coaches must possess or obtain a USA Hockey Level 2 Coaching Certification by December 31 of the current season. Additionally, Assistant coaches must be 23 years of age or older, OR possess a bachelor’s degree, whichever occurs first.

4.2.2.1. **Limitations** – None.

4.2.2.2. **Exemption Waiver Eligibility** – Granting of waivers will not be considered normal practice. However, minimum qualifications for a Tier 2 Coach are waiver eligible in extreme circumstances only.

4.2.3. **Tier 3 – Head Coach** – Head Coaches must possess a USA Hockey level 4 Coaching Certification prior to the start of the current season. Additionally, Head Coaches must be either 25 years of age or older, OR possess a bachelor’s degree, whichever occurs first.

4.2.3.1. **Limitations** – None.

4.2.3.2. **Exemption Waiver Eligibility** – Granting of waivers will not be considered normal practice. However, minimum qualifications for a Tier 3 Coach are waiver eligible in extreme circumstances only.

4.2.4. **Submittal of Waiver for Exemption** – In order to be considered, a request for a waiver or exemption for those not meeting minimum requirements must be submitted in writing to the Coaching Committee for review. Upon receipt of request, a formal hearing will be scheduled with the individual and the Coaching Committee. Granting waivers will not be considered normal practice.

4.3. **Age Module Requirements** – Beginning in the 2024-2025 season, all coaches (Tiers 1, 2 & 3) will be required to carry the USA Hockey 13 & over-Age module.

4.4. Potential coaches shall submit an application to the League and shall have that application reviewed by the Coaching Certification/Education Committee prior to approval and ratification by the Board to be eligible to coach within the LSHL each season.

4.5. **Team Manager Eligibility** - To be eligible to serve as a manager for a Team, the person must be in good standing with LSHL, and have provided copies of, or have had verification by the League, of all “**Team Manager Documentation**” as follows:

4.5.1. Current USA Hockey membership confirmation receipt

4.5.2. Completed and signed USA Hockey Waiver of Liability form (required only if team manager did not use USA Hockey’s online registration)

4.5.3. Completed and signed LSHL and Ice Rink Release forms.

4.5.4. Background check completed no earlier than two months prior to the start of the season indicating acceptable results as determined by the Boundary Committee. Background checks must be completed following the procedures outlined by LSHL.

4.5.5. Acknowledgement of the NHL/NHLPA Declaration of Principles

4.6. **Staff Appointed to Junior Varsity** – Beginning in the 2020-2021 season, any LSHL team that designates/plans to designate any of its players as Junior Varsity are required to provide a minimum of 1 coach for the JV level. **This individual must be an ACTIVE PARTICIPANT as a coach both at practices and games for their JV group**, regardless of if the JV team is specific to a single varsity organization, or if it is a JV team comprised of players from multiple varsity organizations.

- 4.6.1. In the event the JV coach appointed by a varsity team is not actively participating at the JV level, inclusive of both games and practices, the Head Coach of the Varsity team that individual was appointed by shall be suspended from all varsity games until such time as the teams' appointed JV coach becomes active.

SECTION 5 - GAME SCHEDULING & STANDINGS

5.1. Regular Season Game Scheduling - The LSHL regular season shall commence on the first Friday following Labor Day each year. All Teams will play the same number of regular season games each year 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.

5.1.1. Varsity Regular Season Games - All teams within the League will play the same number of regular season games. The total number of games will be 18, with half of a Teams schedule being "home" games, and the other half "away" games. Each team shall play every other team in the Lightning High School Hockey League ("LSHL") exactly once during the regular season.

5.1.2. Junior Varsity Regular Season Games - All teams within the League will play the same number of regular season games. The total number of games will be 18, with half of a Teams schedule being "home" games, and the other half "away" games.

5.1.3. Weeknights and Holidays – While every effort will be made to play as many games as possible on Friday nights, there will be the occasional need for a weeknight, holiday week game, or weekend Jamborees. When applicable, the following constraints will be applied:

5.1.3.1. Weeknight games shall have a game start time no earlier than 6:00pm.

5.1.3.2. Games may be played on the Monday and/or Tuesday of Thanksgiving week.

5.1.3.3. No Team shall play more than 2 games per week except when a League Jamboree is scheduled.

5.1.3.4. No games or practices shall be held during the week of Christmas or New Year's.

5.2. Game Locations - Games will be scheduled at the "home" rink of the home team in any given matchup. Games may be played at other rinks based on ice availability as the League determines.

5.3. Rescheduling Games - Games may not be rescheduled except for rink related issues or acts of nature at the sole discretion of the Board of Directors. The League may reschedule a game to accommodate special events including televised games.

5.4. 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:

- 5.4.1. Team with the most wins.
- 5.4.2. Team with the most points earned in games played between the tied Teams.
- 5.4.3. Team with the fewest Goals Against during the regular season.
- 5.4.4. Team with the highest Goal Differential.
- 5.4.5. Team with the fewest penalty minutes accumulated during the regular season.

SECTION 6 - PLAYOFFS

In all playoff games, the Team with the highest seed will be the home team. Any player on the Official Roster as of December 31st is eligible to participate in the League playoffs, however no more than 20 players may dress for a playoff game as provided in Section 7.2

6.1. Varsity Playoff Format – A total of 12 varsity teams (6 teams from the Eastern Conference, 6 teams from the Western Conference) shall advance to the LSHL playoffs, based on overall standings within each Conference specifically. Teams qualifying for the League playoffs shall compete in a single elimination bracket moving from conference rounds, to the League Championship round.

6.1.1. The top two teams in each Conference receive a first round BYE.

6.1.2. In the First Round, Seed 3 vs. 6 and 4 vs. 5 will play in each conference.

6.1.4. In the Second round, lowest seeded round 1 winner will play the highest seed, and highest seeded round 1 winner will play lowest seed in each conference.

6.1.5. In the third round, winners of second round games shall face the other team that won their second-round game, who resides in the same conference.

6.1.6. In the fourth round, also known as the League Championship/Lightning Cup Final, winners of the Conference Championship round shall face each other for the League Championship

6.1.7. League playoff games shall follow all rules and procedures as outlined in Section 7 and herein except a five-minute sudden death overtime period shall be played if the regular period game ends in a tie. Each Team is permitted four (4) skaters and a goalie in the overtime period. If the game remains tied after the overtime period, a 3-player shootout shall be held. If the game is still tied, a series of one (1) player shoot outs shall be held with any player not in the penalty box or ejected from the game or serving a misconduct penalty at the end of the overtime period being eligible in each shootout. The home team shall determine which team shoots first in each shoot out series.

6.1.7.1. Teams may not use the same shooter a second time until roster limitations have been reached. Roster limitations shall be determined by the team with the fewest skaters in the game. i.e. Team X has 18 skaters, Team Y has 12 skaters. For this game, 12 shooters must go from both teams before a shooter can be recycled.

6.2. Junior Varsity Playoff Format - Due to numerous factors including the fluctuation in the number of Junior Varsity Teams, the playoff format for Junior Varsity Teams may change from time to time. Therefore, the League shall determine the Junior Varsity playoff structure prior to the midpoint of each League season.

6.3. State Playoffs - Only Varsity Teams who advance to the League Playoffs/Lightning Cup as provided in Section 6.1 shall be eligible to advance to the State playoffs with the method for selecting the Teams as follows:

6.3.1. Number of available spots in the State Tournament, as defined by SAHOF High School Committee, for both Tier I (Pure) and Tier II (Combined) divisions.

6.3.2. Completion and submittal of the Declaration of Intent to Participate form for both the State and National playoffs by the deadline set by the SAHOF High School Committee.

6.3.3. Teams advancing furthest within the LSHL playoffs within a given Tier and meeting all SAHOF State Tournament requirements.

6.3.4. Should 2 or more teams of the same Tier be eliminated in the same round of the LSHL playoffs, regular season tiebreakers will be used as outlined in section 5.4 to determine the team(s) that shall advance.

6.4. Player Playoff Eligibility – In order for players to participate in the LSHL playoffs, including SAHOF High School States, players must participate in five (5) LSHL Regular Season games.

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 LSHL 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, on the roster for the game as provided in Section 3.4 and 7.2, completed all game suspensions, if any, and be registered and in good standing with USA Hockey, SAHOF, LSHL, 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 LSHL games.

7.4. Substitute Coach - If a Team has no Coach available for a game, that Team may use another Coach from within the League. Such substitution must be noted on the score sheet.

7.5. Playing Time - Each game shall consist of a three (3) minute warm-up session followed by three (3) 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.

7.5.1. Varsity - Each game shall consist of three (3) fifteen-minute (15) stop time periods.

7.5.1.1. If a rink imposes a game time limit, then the first two periods shall be 15-minute stop time periods and the third period shall be half ($\frac{1}{2}$) of the remaining curfew time with stops.

7.5.2. Junior Varsity - Each game shall consist of three (3) twelve-minute (12) stop time periods.

7.6. Referees/Linesmen- Prior to each season the League's Board of Directors shall consult with the Executive Board of whatever on-ice officials' association the League is utilizing in that given season to determine whether a sufficient number of on-ice officials are available to work League games as a 4-person crew, consisting of 2-referees and 2-linesmen with current USA Hockey certification. If it is so determined, League games shall be officiated by a 4-person crew. The Board of Directors shall have broad discretion in determining when sufficient numbers of officials do not exist and it is necessary to utilize either a 2-person or 3-person crew to officiate League games. All Teams shall be informed of the Board's decision on the issue prior to the start of the then upcoming season. All referees and linesmen must be independent from both Teams involved in a League game. Approval of the referees and linesmen as well as the use of any officials' association or organization shall be at the discretion of the Board.

7.7. 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 and no statistics will be entered for that game. Any team forfeiting a LSHSL regular season game shall be automatically assessed a fine in the amount of eight hundred dollars (\$800) representing the approximate average cost of a LSHSL regular season game, unless the forfeiting team has:

7.7.1. Provided a minimum of 30-days written notice to the LSHSL, or;

7.7.2. The forfeit was unavoidable as a result of severe weather events or an Act of God, or;

7.7.3. The forfeit was the result of circumstances and/or events totally out of the control of the forfeiting Team as determined solely by the LSHSL Board of Directors

7.8. Uniforms - All Teams must have both a set of dark and light-colored jerseys and all players must wear identical socks. The uniform design/pattern, team colors, logos, insignia, patches and advertising must be approved by the League. The home team, as designated on the schedule, shall wear the dark colored jersey, and the away team shall wear the light-colored jersey. The coaches from both Teams may agree to change the jerseys worn at any game. Each Team is required to have both sets of jerseys at each game. By the third regular season game, players may not participate in a game unless they wear the Team's uniform. Any player new to a Team shall have three (3) weeks to obtain a Team uniform and may play in a game during that time period provided the uniform worn is close in color to those used in

that game for his or her Team. All players shall be assigned a single or double digit number by his or her Team, and each jersey shall have the player's number on the back printed with a minimum of eight (8) inches in height. No two players on the same Team may have the same numbered jersey. The player's name on the back of the jersey is optional and the maximum height of the letters may be no more than five (5) inches. If a player is out of uniform, they will not be eligible to participant in the game.

7.8.1. League Patches & Sponsorships - The League will require all Teams to adhere patches and other insignia to their uniforms designating various League sponsors & supporters. Placement of League required patches will be determined at the sole discretion of the League.

7.8.1.1. League Uniform Inventory - The League reserves the following areas on all LSHL uniforms for the purpose of sponsorship and League insignia:

- 7.8.1.1.1. Upper right chest
- 7.8.1.1.2. Right shoulder
- 7.8.1.1.3. Jersey tail
- 7.8.1.1.4. Back lower right of the helmet

7.8.1.2. Team Uniform Inventory - Should a Team secure an individual sponsorship, they are permitted to adhere sponsor insignia in the following areas subject to prior League approval of the design of the insignia as required above:

- 7.8.1.2.1. Left shoulder
- 7.8.1.2.2. Jersey nameplate
- 7.8.1.2.3. Back lower left of the helmet

7.9 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.

7.10. Disciplinary Rules & Appeal Process - The League will abide by the USA Hockey's Official Rules of Ice Hockey. Any player assessed a third game misconduct penalty during any given season may be required to appear before the Disciplinary Committee before playing in a subsequent game. The Disciplinary Committee shall have the authority to suspend or place on probation (including determining its duration), or impose other disciplinary sanctions against any player, coach, or team manager it determines to have violated the USA Hockey Rules. Any decision of the Disciplinary Committee shall be by majority vote and shall be final unless a written appeal is submitted to the President within five (5) days of the ruling with such appeal to be considered by the League within 5 days.

7.10.1. Should an incident occur during a game, either on the ice including a misconduct or ejection, or off the ice in the stands involving players, parents or fans, the on-site LSHL official/representative shall complete and submit an incident report to the Disciplinary Committee for review.

7.10.2. The Disciplinary Committee shall have the ability to review LSHL sanctioned video in order to make decisions about any actions that may require supplemental discipline that occur before, during, or after any LSHL game.

7.10.3. Fighting – In addition to the automatic 1 game suspension imposed by USA Hockey Rules for a first fighting offense, any player engaged in a fight shall receive an additional automatic 1 game suspension from the LSHL directly, for a total of a 2-game suspension.

7.10.3.1. The player receiving the penalty for fighting, as well as their Head Coach, at the discretion of the LSHL Disciplinary Committee, may be required to participate in a Hearing via conference call/zoom (or other similar conferencing software) with the LSHL Disciplinary Committee within 14 days of receiving the penalty, at a date and time selected by the LSHL Disciplinary Committee. During the hearing, the LSHL Disciplinary Committee can determine whether circumstances exist to warrant a reduction or an increase of the automatic additional 1-game LSHL suspension

7.10.3.2. In the event a player receives a second fighting penalty in the same season, in addition to the automatic 3-game suspension imposed by USA Hockey Rules for a second fight in the same season, the Player shall receive an additional automatic suspension of 2-games from the LSHL directly, for a total of a 5-game suspension. The same hearing requirements, as outlined in 7.10.2.1 shall apply.

7.10.4. Game Misconducts/Suspensions – A Player, Coach, Manager, or other Team Volunteer receiving a game misconduct, and/or additional suspension from the LSHL Disciplinary Committee, must serve that suspension, in its entirety, in the League/division in which it was originally received, before being able to return to game action at any level.

7.10.5. Penalty Box Attendant Conduct – If any penalty box attendant is removed from any league game due to inappropriate behavior, they will receive an automatic (6) six game suspension.

7.10.6. Parent/Spectator Conduct – If any parent or spectator violates the USA Hockey Zero Tolerance Policy or the LSHL Parent Code of Conduct before, during, or after an LSHL league game will be subject to a minimum suspension of (4) LSHL games for a first offense, and additional sanctions may be assessed for any additional violations.

7.11. Game Protests - All game protests will be governed by the Disciplinary Committee. A written protest must be submitted by the coach or team manager to the Disciplinary Committee and the League President within 24 hours after the completion of the game in question. The Disciplinary Committee will provide a copy to the opposing Team's coach or team manager. A \$50.00 protest fee must be submitted with the written protest. This fee will be refunded if the protest is upheld. A maximum of one week is given to decide each protest. For ineligible player protests, a post-game check of rosters for eligibility will be done by the Disciplinary Committee. If a player is not on the Official Roster, then the game is considered a forfeit for the Team with the ineligible player. If all players are eligible, the game stands.

7.12. Music/Bands at Games - Live or recorded music is permitted at all League games and may only be played during pre-game, during intermission and during stoppage of play. Pep bands are only permitted for the home team.

SECTION 8 - PRACTICE PROTOCOL & PROCEDURES

- 8.1.** Official practices may begin no earlier than the first Sunday following the close of the Team Tryout period each year.
- 8.1.1. No games or practices shall be held the week of Christmas and New Year's.
- 8.2.** The LSHL shall provide 20 hours of practice ice to each Varsity team and 18 hours of ice time to each Junior Varsity team. Teams shall control the method in which those hours are used including dates, times, and locations of each practice at their sole discretion.
- 8.2.1. Should a team fail to use the allotted practice ice time provided by the league, no refunds or credits will be issued.
- 8.2.2. Teams seeking additional practice time once their league provided hours is reached may do so at their own cost at their own discretion.
- 8.3.** Only those affiliated with a given Team may be on the ice with that Team for practice. This is limited to coaches, and players rostered on that Team.
- 8.3.1. Certain exceptions may be made in the event that a Team is without a goalie for practice. In such an instance, the substitute practice goalie must not be below 9th grade.
- 8.3.2. Specialty coaches, including current players and coaches of the Tampa Bay Lightning, Tampa Bay Lightning Alumni, and other NHL Alumni, are permitted to assist in any LSHL practice regardless of team affiliation and USA Hockey Coaching status.

SECTION 9 - TRYOUT PROTOCOL & PROCEDURES

- 9.1.** All Varsity Teams shall hold a tryout to select their final Official Roster.
- 9.1.1. Potential players must be registered with the League prior to attending an official Team tryout.
- 9.1.1.1. A complete list of registered players within a Team's catchment area will be provided by the League to Coaches and Managers prior to the scheduled tryout date.
- 9.1.2. Tryouts may take place beginning the first Monday following the last Thursday in July each year and shall continue through and including the third Thursday in August of each year.
- 9.1.3. Team Coaches and Managers shall notify the League as to the date, time, and location to hold their tryout.
- 9.2.** Tryout session(s) shall consist of on-ice session(s) totaling no more than 90 minutes for each Team. This 90-minute tryout session(s) is included in the yearly player fees, and therefore comes at no additional cost/charge to teams and/or players.
- 9.3.** League executives shall administer all tryout check-in and registration processes on the day of the tryout.
- 9.4.** To be selected to a Varsity Team roster, players must meet all prior player eligibility requirements as listed in section 3.2, and must also attend the Team tryout on ice session.
- 9.4.1. If a player is not able to attend Team tryout, that player shall disclose such information to the League for purpose of declaring their desire to play on the Varsity Team while having a schedule

conflict which does not allow them to attend the tryout. Any player failing to declare their intentions 48 hours or greater from the scheduled tryout shall not be eligible for the Varsity roster.

9.4.1.1. Coaches may select a player that has made notice to the league of their inability to attend the tryout; however, the League with the assistance of the Boundary Committee reserves the right to deny any such roster request at its sole discretion.

9.5. Player Designations – Players registered for and attending their assigned tryout may ultimately be listed as one of three following player classifications: **Varsity, Junior Varsity or Dual Rostered.**

9.6. If a team has enough Junior Varsity classified players to form its own Junior Varsity Team, the League will make every effort to create a Junior Varsity Team specifically to feed one (1) Varsity affiliate. To qualify hereunder the team must designate and maintain a minimum of 14 Junior Varsity players including a goalie.

9.6.1. If a Team does not have enough Junior Varsity classified players to form its own Junior Varsity Team, Junior Varsity players will be assigned to a combined regional Junior Varsity Team compiled of Junior Varsity players from multiple Varsity affiliates as designated by the League.

9.7. All roster and player designations must be submitted to the League no later than the first Friday following the conclusion of the tryout period each season. Thereafter, in accordance with the standard set forth in section 3.7.2. the League Office will only accept changes to a player's roster designation status between the first day of the Regular Season and December 15th of each Season. Requests for roster designation status changes outside this window shall not be permitted.

9.7.1. Failure to submit roster and player designations on or before the required deadline shall result in the Head Coach being suspended for his/her Team's first Varsity game of the regular season.

9.7.2. Submitting roster and player designations with less than 7 days prior to the scheduled opening date of the regular season shall result in the Head Coach being suspended 5-games or indefinitely, whichever is longer, until such time as he/she comes into compliance with the rule and will also result in the matter being referred to the Coaching Certification/Education Committee for review.

SECTION 10 - LEAGUE ADMINISTRATION & OTHER

10.1. Division of Services – To enable the League and individual Teams to operate effectively and efficiently, it is important to clarify the division of services provided by the League covered by the individual player fees paid directly to the League, as well as the services provided by each team independently.

10.1.1. **LHSHL Services** – The following services are provided to each team/player within the LHSHL covered by the season dues:

10.1.1.1. **Game Schedule** – The LHSHL shall complete the complete regular season and playoff schedule.

10.1.1.2. **Game Expenses** – The LHSHL shall provide all items associated with playing an official game including but not limited to ice time, officials, scorekeepers, security and medical staff.

10.1.1.3. **Player Registration** – The LHSHL shall establish and maintain the method in which all players will register to participate within the LHSHL. Information pertaining to specific teams will be transferred to the proper Team personnel for each team.

- 10.1.1.4. **Tryout Hours** – The LSHL shall provide each Team with 1.5 hours of ice time for the purpose of conducting an official tryout. The LSHL shall only provide the ice time. It will not schedule the date, time or location on behalf of each team.
 - 10.1.1.5. **Practice Hours** – The LSHL shall provide each team within the LSHL 20 hours for Varsity and 18 hours for Junior Varsity designated for the purpose of practicing throughout the season. The LSHL shall only provide the ice time. It will not schedule dates, times or locations on behalf of each team. Should a team not use their allotted hours of practice ice, no refunds will be granted.
 - 10.1.1.6. **League Sponsors** – The LSHL shall continue to pursue league-wide sponsorships to benefit all teams/players within the LSHL.
 - 10.1.1.7. **Website Management** – The LSHL shall maintain the official LSHL website including but not limited to stats and standings.
 - 10.1.1.8. **All-Star Game** – The LSHL may continue to host an annual all-star game.
 - 10.1.1.9. **Awards Banquet** – The LSHL may continue to host a post season awards banquet to recognize players teams and other individuals completing special achievements.
 - 10.1.1.10. **Team Book** – The LSHL may provide some services as it relates to the team book. The LSHL shall conduct the initial form collection process during player registration to ensure all players have submitted the proper USA Hockey forms/documentation, as well as completed all League required waivers and other paperwork. Once collected, the LSHL will provide proper team personnel with the necessary information for them to continue managing their own team book.
 - 10.1.1.11. **Pre-Season Medical Day** – The LSHL, in conjunction with League sponsors, may host a pre-season medical day for all teams/players. The medical event will provide players with baseline concussion testing, as well as traditional sports physicals.
- 10.1.2. **Team Services** – The following services are to be provided by the teams directly, at their discretion and expense:
- 10.1.2.1. **Uniforms** – Teams shall ensure all players are wearing matching uniforms. Should a team elect to purchase matching track suits, t-shirts etc. they may do so at their sole discretion and expense.
 - 10.1.2.2. **Team Equipment** – Teams shall provide all their own pucks, cones, water bottles etc. at their sole discretion and expense.
 - 10.1.2.3. **Coaching/Staff Expenses** – Should a Team elect to provide payment, a stipend, or any reimbursements to their coaching staff, they may do so at their sole discretion and expense.
 - 10.1.2.4. **Team Events** – Should a Team elect to host individual banquets, off-ice training, team meals, or any other team related event, they may do so at their sole discretion and expense.
 - 10.1.2.5. **Team Practices** – While the LSHL will provide practice ice time as listed in section 10.1.1.5., the team may choose the method in which those hours are booked including dates, times and locations. Should a Team elect to use less than the hours provided by the LSHL, no refunds or credits will be granted. Should a team elect to use more than the hours of practice ice provided by the LSHL, they may do so at their sole discretion and expense.
 - 10.1.2.6. **Team Tryout** – The Team shall schedule the specific date, time and location of their official tryout while providing notification of tryout information to the LSHL.

10.1.2.7. **Team Book** – Teams are required to maintain their Team Book as outlined in 10.4.

10.2. Permanent Committees - The League will enlist the assistance and insight of multiple committees and the Advisory Council to aide in the execution of League rules regulations and policies. All committee members shall be selected and serve at the discretion of the League.

10.2.1. **Board of Directors** – The Board of Directors shall have final approval or denial on all matters, items and recommendations including but not limited to league Junior Varsity, rules, standards, league structure, schedule, finances and fees etc.. All committees ultimately operate at the discretion of the Board of Directors.

10.2.2. **Advisory Council** - The Advisory Council shall provide perspective and recommendations on issues such as rules and regulations. This council will consist of one (1) representative from each member Varsity team. During the team registration process, each member will identify who will serve on this council and represent their team.

10.2.3. **Boundary Committee** - The Boundary Committee shall make recommendations regarding a Team’s eligibility to participate each season and its classification as pure or combined, review Team Books to ensure compliance with the required documentation, determine the placement of players who do not have a designated Team, and review all background checks

10.2.4. **Disciplinary Committee** - The Disciplinary Committee shall be responsible for, and have jurisdiction over, determining if any disciplinary action is warranted for infractions (whether assessed by an official or not) that occurs at a game or series of games, committed by any player, coach, team manager or parent. Only disinterested committee members may vote on a disciplinary action. The committee shall also be responsible for administering game protests and for ensuring that all rules of play are communicated to referees, coaches and players. Reports, findings and decisions made by the Disciplinary Committee shall be reported directly to the Board of Directors. Disciplinary Committee shall consist of no more than 3 individuals selected at the discretion of the League. Seats on the Disciplinary Committee renew on an annual basis.

10.2.5. **Coaching Certification/Education Committee** – The Coaching Certification/Education Committee shall establish best practices and standards for the overall improvement and advancement of the coaches within the LSHSL. The coaching Certification/Education Committee shall develop and enforce application and evaluation processes for both prospective and existing/returning coaches within the LSHSL.

10.2.6. **Player Health & Wellness Committee** – The Player Health & Wellness Committee shall assist the league in providing adequate safety measures and programs to ensure health and wellness across all teams and players.

10.3. Communication – The LSHSL, and the various committees associated with the LSHSL, shall provide a point of contact for each committee. This information will be posted on the Lightning High School Hockey League website. Should an individual or team contact any of the listed individuals, the goal is to have a response within two (2) business days.

10.4. Team Book - Each Team shall maintain a binder containing its Official Roster, the Player Documentation, the Coach Documentation, the Team Manager Documentation, game documentation (i.e. score sheets), team information and other documentation as required by USA Hockey (“**Team**

Book”). The Team Book shall comply with USA Hockey’s organizational guidelines and must be available for inspection at any game and the Boundary Committee may review each Team Book in October, December and February to ensure compliance with the foregoing requirements.

10.5. Member Team Deposit & Fees - In order for a Team to be eligible for the season, returning Teams must register with the LSHL by May 1, and new teams must be registered by June 1. No deposit is required for teams returning from the prior season.

10.5.1. New/first year Teams shall submit a \$500 non-refundable deposit.

10.6. Player Registration & Fees - All players are required to register with the LSHL prior to each season. The League may charge a registration fee to each player each year. This initial registration fee will be counted towards a players overall seasonal dues.

10.6.1. **Player Registration** - The initial registration period for all returning players shall begin on or about May 15 and will close on the last Thursday in July.

10.6.1.1. A secondary registration period shall be open from October 1st through November 30th

10.6.1.2. The registration period for all new players shall begin on or about **the Opening of Player Registration** and close on November 30th.

10.6.1.3.1. Registrations received by the League beyond the initial registration period will be subject to League approval. The League shall not unreasonably deny such player registrations.

10.6.2. **Season Dues** - Players shall submit payment to the League directly through the League’s official website to cover their season dues. Parents and players will be given the option during the initial player registration process to select the payment plan they would like to follow i.e. 1 lump sum, 2 payments, or 5 monthly payments.

10.6.2.1. **One Lump Sum** – Players & parents electing to submit 1 lump sum payment shall submit the entire season fee upfront, in 1 complete payment. The payment shall be due to the League by September 1.

10.6.2.2. **2 Payments** – Parents & players electing the 2-payment option, shall submit 2 equal payments to the league. The first payment shall be due to the League on September 1. The second payment shall be due to the League on December 1.

10.6.2.3. **4 Payments** – Parents & players that elect the 4-payment payment option, shall submit 4 equal payments to the League, due on September 1, October 1, November 1, and December 1.

10.6.2.4. No price breaks will be granted for goaltenders.

10.6.2.5. **Payment Plans** - If a player fails to submit payment on payment due dates, he/she will not be considered in good standing with the League, and therefore will become ineligible for any LSHL sanctioned event including but not limited to games and practices until such time as the player is current with all financial obligations owed to the League.

10.6.3. Medical Exemption of Payment – Should a player sustain an injury during the course of the high school hockey season which prohibits him/her from continuing to compete, such a player may be eligible for medical exemption/relief from League fees during their time of recovery. To be considered for medical exemption, the following shall apply:

10.6.3.1. Player must be current in the payment of monthly per player fee at the time a request is submitted.

10.6.3.2. Player/parent must submit to the League Registrar a letter from a treating physician, on the physician's letterhead, setting forth the request for medical exemption.

10.6.3.3. Player must refrain from any and all LSHL Team activities, including but not limited to both games and practices during the time in which the medical exemption is in effect.

10.6.3.4. When a player becomes well enough to return to play, player/parent must submit to the League Registrar a letter from a treating physician on the physician's letterhead, informing the League the player is medically cleared to return to LSHL Team activities.

10.6.3.5. Player must submit full payment beginning with the month they are cleared to return in.

10.6.3.6. Should it be determined that a player requesting medical exemption is active in a different league or sport during the time medical exemption is requested, the request will become void, and full payment shall be required with no exemption in order to become in good standing with and eligible for any and all LSHL activities.

10.6.4. Team Fundraising/Sponsorships - Teams are highly encouraged to do all they can to bring the cost down for their individual players. This includes Team fundraisers, as well as obtaining Team sponsorships. Any and all funds collected by a Team directly through fundraisers or sponsorships shall remain with each individual Team to use/disburse at their discretion for various Team services as outlines in 10.1.2.

10.7. Player Scholarships/Sponsorships - In the event an individual player is not able to submit payment for the Season Dues, a Team may elect to scholarship or sponsor that player. A Team Official i.e. a coach or manager, may submit payment on that players behalf.

10.8. Background Checks - Prior to the start of each season, all non-student adults involved in the LSHL, or any of its Teams, who may have interaction with players, including coaches, team representatives, team managers, trainers, officers or board members, shall pass a background check by an independent company selected by the LSHL. Anyone not passing or not agreeing to this provision shall not be allowed to hold any type of administrative or coaching position within the League unless such person is approved by the League.

10.9. Financial Reporting & Budget - The League shall prepare periodic financial reports to include an actual versus budget comparison of income and expenses and a statement of financial position.

10.10. Violation of League Rules or Bylaws - Violation of League Rules or LSHL Bylaws may result in disciplinary action by the League. The League may impose sanctions on an individual or Team after conducting an investigation of the matter which shall include allowing the individual or Team a reasonable opportunity to respond to the violation. The League may establish procedures and or use a

grievance committee when investigating or reviewing any violations. Sanctions the League may impose include:

- 10.10.1. The issuance of a written warning
- 10.10.2. Placing an individual on probation
- 10.10.3. Suspension of an individual from all league activities for a period of time
- 10.10.4. Expulsion of an individual from all League games or functions
- 10.10.5. Reducing points when determining a Team's standings.
- 10.10.6. Imposing a game forfeit on a Team
- 10.10.7. Prohibition from participation in League or State playoffs
- 10.10.8. Revocation of a Team's status in the LSHL

10.11. Payments to Referees/Linesmen - The League will pay each referee/linespeople for each game worked using a standard fee schedule to be established by the League. If there are fewer than four (4) referee/linespeople at a game, the pay of any referee/linespeople who worked such a game will not be increased over the scheduled amount.

10.12. Donations to the League - The LSHL may accept donations, whether monetary or in-kind, and the League will issue a written receipt for said donation for tax purposes.

10.13. LSHL/League Website(s) - The LSHL will establish a web site(s) as a means to communicate game schedules and changes thereto, maintain the official League game results and standings, facilitate player registration and other information as the League determines is in the best interests of the LSHL. The LSHL will use personal information received from its website only for the purpose stated on the page where the information was collected.

10.14. Amendments - These League Rules may be altered, amended, repealed or added to at any time by the League Board of Directors.

Note from the LSHL

The LSHL 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. The LSHL reminds all Coaches, Players, and Parents the official on the ice has final say in all manners of any game. The LSHL does not have the ability to change, modify, alter, or otherwise adjust any rule or standard set by USA Hockey inclusive of lessening a penalty or suspension. However, the LSHL by means of the Disciplinary Committee, may add additional or supplemental disciplinary action, inclusive of but not limited to additional suspension and sanctions of Players, Coaches, Teams and Parents, at any time in accordance with LSHL standards.

For a complete version of the 2025-2029 USA Hockey Official Rules of Ice Hockey, please visit:

www.usahockey.com/rulesandresources