

Ice Hockey Regular Season Rules 2022-2023

Section 1 Rules National Federation Ice Hockey Rules, with the following exceptions, shall govern all NJSIAA games.

1. The game shall consist of three periods of 15 minutes. An exception may be allowed when participating out of state.
2. On a disqualification penalty, the player shall be put in the custody of the coach on the bench.
3. There shall be no overtime periods, except in playoffs, regular season tournaments, or when playing out of state.

CL: Overtime will be permitted during the regular season only when playing out of state for purposes of complying with the host state's rules.

1. There shall be no limit to non-playing personnel on the bench, but the coach is responsible and must suffer the penalty if any bench disturbance occurs.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided for in Program Regulations, Section 8.

Section 4 End of Season Provided for in Program Regulations, Section 10.

Section 5 Transfers A student who transfers after the NJSIAA Competition Start Date for each sport, regardless of whether the transfer was the result of a bona fide change of residence, shall be ineligible to participate in any post-season championship competition at the new school.

Section 6 Scrimmages There is no maximum limit to interschool scrimmages per week. However, a player may not scrimmage on three (3) consecutive days. From the start of the regular season until the end of the State Tournament, regular season interschool scrimmages count toward the maximum number of games allowed (22).

Section 7 Games Per Week Games may not be played on three (3) consecutive days.

Section 8 Maximum Games. A member school may play twenty-two (22) regular scheduled games, plus one (1) county or league/conference tournament, plus the State Tournament, including regular season interschool scrimmages and postponed games from the start of the Regular Schedule to the end of the State Tournament.

Section 9 Periods Per Day An ice hockey player shall play in no more than three (3) periods during the same calendar day. This would include any combination of sub-varsity and varsity competition. NOTE: Overtime periods are a continuation of the third period.

Section 10 N/A

Section 11 Play-offs A play-off series shall be of a single elimination type not to exceed eight (8) teams and limited to a maximum of three (3) games.

Section 12-15 N/A

Section 16 Championship Eligibility. A student competing on an interscholastic ice hockey team must play as a member of his/her high school team in at least 50% of the school's total games to be eligible for the NJSIAA Championship Tournament.

CL: This means a student must play in at least 50% of the school's games up to and including the cut-off date while he/she was properly enrolled and eligible at said school according to NJSIAA regulations Extraordinary circumstances (i.e. injuries or participation on US National teams) will be reviewed on a case by case basis for the purposes of this clarification.