Ice Hockey Regular Season Rules 2026-2027

SPECIFIC SPORT REGULATIONS

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. Overtime, regular season. Teams will play one 5-minute overtime period during the regular season. Teams will receive a 2-minute rest period at the conclusion of the third period. During the overtime period, the first goal scored will end the game. If the game is still tied upon completion of the 5- minute overtime period, then the game will end in a tie – no additional overtime periods will be played.

4. Overtime, playoffs. During the playoffs, teams will play overtime as set forth in the tournament regulations.

5. 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 student's first transfer, 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. Provided for in Program Regulations, Section 15.

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.

CL: Violations of this section result in ineligible participation and forfeiture of the game.

Sections 10-15 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 State Tournament.

CL: Students who experience Extraordinary Circumstances, which are limited to injuries/medical reasons or return from academic ineligibility, must play in at least 50% of the school's games, up to and including the cut-off date, less those games in which the student was not able to compete due to the Extraordinary Circumstance. Extraordinary Circumstances shall be reviewed on a case-by-case basis by the NJSIAA upon request by the school.

GENERAL SPORT REGULATIONS

1. A week is defined as from 12:01 A.M. Sunday to Saturday midnight.

2. A regularly scheduled game is one which has been contracted by mutual consent of the participating schools and approved by their respective Boards of Education and by the schools' Principals.

3. Member schools may schedule games or scrimmages with any school that is academically accredited by its regional accrediting agency and having athletic eligibility standards similar to the New Jersey State Interscholastic Athletic Association. Member schools may schedule regular season games or scrimmages with non-member schools, or with member schools of the New Jersey Association of Independent Schools; however, in such case, any waiver of the NJSIAA eligibility rules must be agreed upon and set forth in the contract. Under this section, competition is limited to teams (or individuals) whose participants are in the first year of post-high school matriculation. Waiver of NJSIAA eligibility rules will not be granted for sanctioned tournaments.

CL 1: Member schools may not compete with "club" teams. Competition is not permitted with teams composed of post-high school students (private schools, junior colleges, colleges) whose participants are beyond the first year of post-high matriculation or are beyond the first year since graduating from high school. All Independent Schools holding dual membership (NJSIAA and NJISAA) must adhere to all regulations provided for by the NJSIAA Constitution, Bylaws and Rules and Regulations and they may not be waived.

CL 2: A school is permitted to sponsor only one team at the varsity level. A and B teams at the varsity level are not permitted in any sports.

CL 3: All NJSIAA member school athletic teams are bound by NJSIAA rules. No member school may have any team that operates outside of NJSIAA's jurisdiction in any NJSIAA sanctioned sport.

CL 4: No member school may engage in athletic competition, scrimmage and/or practice with an out-of-state school which is not a member in good standing of its respective state high school athletic association or has not been approved by the respective association as an affiliate.

4. Disqualification

    a. Any student-athlete or coach disqualified before, during or after an interscholastic event for unsportsmanlike and flagrant verbal or physical misconduct will be disqualified from the next two (2) regularly scheduled games/meets, with the exception of football which will carry a one
    (1) game disqualification, at that level of competition and all other game(s)/meet(s) in the interim at any level in addition to any other penalties which the NJSIAA or a league/conference may assess.

CL 1: Once a coach/player has been disqualified, NO appeals will be honored from the player, coach, official or any other party. Disqualification is a judgement call and officials must be certain the act warrants disqualification. All complaints against an official must be directed to the official's Chapter Secretary and the NJSIAA.

CL 2: Any student disqualified during a scrimmage will remain ineligible until the second regular season contest in football or the third regular season contest in all other sports. Scrimmage DQs do not count toward the team disqualification maximum but do count toward an individual's disqualification maximum for participation in the NJSIAA tournament.

CL 3: The National Federation Rules do not permit a wrestler to continue to participate in a tournament if there is a flagrant disqualification. The NJSIAA rule requires a two-match sit-out. Even though the wrestler is not permitted to wrestle in the remainder of that tournament, said wrestler may fulfill the two-match disqualification, provided his team continues to wrestle in scheduled events.

CL 4: A second disqualification for an individual in any game/meet/match supersedes NFHS rules in this regard.

CL 5: Member schools are responsible for upholding the disqualification rule. It is the responsibility of the coach to report any disqualification (student-athlete or coach) to the athletic director. It is the responsibility of the athletic director to report the disqualification to NJSIAA staff if a disqualification notice is not received from the notification system by noon the next day. This includes disqualifications that may occur during competition against non-NJSIAA member schools, irrespective of where the competition occurs.

CL 6: The Executive Director or designee has the authority to (1) issue disqualifications for violations of the NJSIAA sportsmanship policy, (2) issue disqualifications to players who leave the bench area during an altercation, and (3) correct a reporting error in a previously submitted disqualification report. These actions may be taken after an event has been completed.

b. A disqualified player or coach may not be present at any contest in that sport during the period of disqualification. Definition of not being present at the site means the disqualified player or coach is not to be present in the locker room, on the bus, on the sidelines, in the stands or site area before, during or after the game/meet. In addition, a disqualified coach may not engage in any coaching or communication whatsoever with anyone at the contest.

    1. In team sports any player/coach in violation of this provision will be cause for forfeiture of those games during the period of disqualification.

    2. In individual sports the event or events in which the player previously participated while having been disqualified will be forfeited. The team will lose the highest points awarded in each event noted herein.

c. Should a coach/player be disqualified from the final game/meet of the season, said disqualification will carry over to the next year in that sport. In the case of the student-athlete, the same degree of penalty shall apply if said athlete retains eligibility in that sport.

d. Any player/coach disqualified a second time in single or multiple sports will have the penalty doubled (i.e., in football – disqualified for two (2) games; all other sports – four (4) games). Disqualifications will count for 365 days from the date of the first disqualification.

e. Any player with two or more disqualifications in the current season, prior to the start of an NJSIAA tournament, will be ineligible to compete in said tournament.

f. Any varsity team accumulating three or more player or coach disqualifications prior to the team's participation in an NJSIAA tournament will not be permitted to participate in same. Seeded teams will forfeit their right to compete if a disqualification limit is reached prior to the start of the tournament for the team.

CL 1: Although there are no appeals for disqualifications, the Commissioner of Education has ruled that the NJSIAA should hold a hearing if a school requests a waiver from the three-disqualification rule. In appropriate cases, the Executive Committee may grant a waiver from the strict application of the three-disqualification rule when the overall objectives of the Association and its member schools will not be undermined. The burden of proof is on the party requesting the waiver to show why the waiver should be granted. In emergent circumstances, the Protest Committee may hear the waiver request.

g. Single/multiple sports – on the third offense; players disqualified will be suspended indefinitely, and must apply, in writing, to the NJSIAA through the office of their Principal for reinstatement. Disqualifications will count for 365 days from the date of the first

disqualification.

h. Any coach disqualified a second time within 365 days from the date of the first disqualification will be required to appear before the Controversies Committee with the Principal and the Athletic Director.

i. Any coach who is disqualified and/or has three or more players on a team disqualified during the course of the preceding school year must complete the NFHS Teaching and Modeling Behavior course. NJSIAA will provide the school with a link to the NFHS online course, and the course completion certificate is due to NJSIAA within sixty (60) days of the initial NJSIAA notification of the disqualification requirement.

j. Any player that leaves the bench area during an altercation, regardless of whether the player engages in the altercation, shall be disqualified, and will be subject to the disqualification penalty (automatically disqualified from the next two contests.) Only coaches can leave the bench area with the purpose of restraining players and stopping the altercation

CL 1: Coaches/players who do not fulfill their penalty in a sport at their present school will be disqualified for the same length of time in their subsequent coaching assignment/sport participation at another school.

CL 2: <u>Seniors</u> who are disqualified from their last game or next to last game will serve the penalty in a subsequent sports season according to the penalty provision of that subsequent sport. When seniors are disqualified from their last game of their high school careers, and are unable to fulfill the penalty, member schools are <u>required</u> to take proper administrative action to discipline the offending student.

CL 3: <u>Seniors</u> who quit a sport and have not fulfilled their penalty in that sport, must serve it in the new sport before beginning playing in the new sport.

CL 4: Student-athletes, grades 9-11, who are disqualified from their last game or next to last game will serve the penalty in that sport in the subsequent school year. If the student-athlete does not participate in that sport in the subsequent school year, the penalty will carry over to the next sports season in which the student participates, according to the penalty provision of that subsequent sport. If the student-athlete is unable to fulfill the penalty, member schools are required to take proper administrative action to discipline the student.