

# Suffolk County High School Hockey League

## 2016-2017 Coaches Information

### **1 Locker Rooms**

- a A rostered coach must arrive before you expect your players to arrive.
- b Keys will be given to rostered coaches only.
- c If the locker room is not clean when you arrive, alert a league official.
- d An adult (coach or screened volunteer) must remain in the locker room any time a player is in the room.**
- e A coach should be last out of the locker room.
- f Locker rooms will be left clean when you leave.
- g Locker room and bathroom door should be locked when unattended.  
*Neither the League nor the Rinx are responsible for stolen property.*

### **2 Game Time**

- a Games may start up to 15 minutes before the posted time. (Including the 1<sup>st</sup> game of the night)
- b The doors to the ice will remain closed until a league official or on-ice official lets the players onto the ice. Players opening the doors prematurely may be assessed a minor penalty.
- c When the ice & officials are ready, the scorer will buzz the teams onto the ice and start the warm-up
- d At the end of warm-ups, players will immediately pick up the pucks and clear the ice. Only the starting line-up will remain on the ice. Coaches should talk to their teams in the locker room. An on-ice talk after warm-ups is not necessary or permitted.
- e Players shooting a puck after a whistle or buzzer (including warm-ups, end of a period, or end of the game) will be assessed a misconduct penalty or suspension.
- f There will be a 60 second break between periods. Play will resume immediately thereafter.
- g Each team is permitted one 30-second time-out during the game. Play will resume immediately thereafter.
- h Teams not ready to start the game or resume play may be assessed a minor penalty for delay of game. After 10 minutes, the game may be declared a forfeit.

### **3 Bench**

- a Up to 20 rostered players, 18 of which may be skaters
- b No suspended or injured players
- c Minimum of 2 Rostered Coaches preferred, maximum of 4.
- d Coaches must have proper USA Hockey CEP level, age module, background check and SafeSport training. New and down-level coaches are permitted until Dec 31st but must be registered for a USA Hockey CEP clinic.

### **4 Game Lineups**

- a Must be on SCHSHL Form
  - Must be typed or computer generated
  - Players must have unique jersey numbers matching the lineup. No Duplicates.
- b Suspended & Injured Players/Coaches
  - Coaches are responsible to be aware of suspensions & injuries and to note them on Lineup
  - Suspension/Injury list is available in the league room. Check it when you get your key.
  - Indicate games suspended and which is being served i.e. "1 of 3".
  - Suspensions not noted on the lineup will not receive credit for sitting.
  - If a Coach plays a "Suspended Player", then the Coach will be suspended for two games and the player must serve the original suspension.
- c The scorer will take attendance.
  - Submit your complete Line-up, do NOT cross off players.
  - Players who are crossed off will not be permitted to play.
  - Players added during the game will be assessed a 2-minute delay-of-game penalty.
- d 2-minute penalty for improper or handwritten lineup form or wrong jersey number.

### **5 Equipment**

- a Jewelry is not permitted and must be removed not covered up.
- b Neck guards & mouth guards are required.
- c Benches will be warned at the beginning of the game. Any infractions will draw a 10 minute misconduct.

## **6 Jerseys**

- a Home team will wear light colored jersey, away team, dark
  - It is the away team's responsibility to check with home team for color conflicts.
  - If the referee determines that a team must change jerseys, the team will use its warm-up time to change.
- b All players, including goalies, must be dressed uniformly (jerseys & socks).  
There is a grace period through November 1<sup>st</sup> however, jerseys & socks should be a close match until then.

## **7 Official Scorer**

- a The scorer is an off-ice official. The scorer will notify the referee of any player or team official on the bench or in the penalty box who is abusive. The referee may then assess additional penalties.

## **8 On-Ice Officials**

- a Do not yell at, curse at, abuse, or argue with the officials during the game; especially in front of the players. This is NOT the example you should be setting.
- b The referees and linesmen have been trained by USA Hockey. They are doing their best. From time-to-time, their performance is evaluated by the referee-in-chief or his agent. If you would like to offer your opinion, either good or bad, a league official will provide an evaluation form.

## **9 Injured Player**

- a If a player is injured, the referee will signal the bench that a coach should attend to the player.
- b Only one coach is allowed on the ice.
- c The coach is to go directly to the player and not stop to discuss the play with the officials.
- d The other coach is to remain on the bench to keep the other players under control.
- e Please keep a basic first-aid kit on the bench (bandages, tape, cold-pack, rubber gloves)
- f Gloves should always be used when treating a bleeding player. This will protect both you and the player.
- g Players are not allowed to use a jersey or other equipment with blood on it.

## **10 Trainer**

- a A trainer is on-site for all league games
- b The scorer or league official will call for him when necessary.
- c Notify the scorer if you need the trainer on the bench.
- d If the trainer says a player can no longer play in that game, his decision is final.
- e The trainer is to be permitted any access to your players he needs.
- f *(The trainer is a valuable asset. Please help him help your players.)*

## **11 End of game.**

- a The handshake will take place at the end of the game. Players will then leave the ice immediately.
- b Any penalty after the game (at 0:00 of the final period or after overtime) is an automatic Suspension.
- c Any player hitting the glass after the game will be assessed a 1-game suspension.
- d Any player shooting the puck after the game will be assessed a 1-game suspension.
- e On-ice officials and head coaches must sign the game sheet.
  - Check the attendance to be sure your players get credit for playing.
- f The scorer will give the game sheet to a league official for review...
- g The League official will give the coach the game sheet with his/her keys.
  - *Exact suspensions will be available in the SCHSHL room within 48 hours.)*

## **12 Zero Tolerance**

The league will not tolerate any coach who is abusive to his players. We feel strongly on this issue and will take swift and immediate action. Abuse includes cursing, belittling, verbal abuse and a general demeaning attitude directed toward a player. Any violation of NYSAHA or USA Hockey's ethics standards will result in an immediate suspension pending a hearing. **Your primary job as coach in this league is to promote sportsmanship and fair play as well as teaching your players the game of hockey. Please keep these responsibilities close to heart.**

## REGULAR SEASON OVERTIME PROCEDURES

1. If at the end of 3 fifteen minute periods, the score is tied; each team is awarded 1 point in the standings.
2. The teams will then play a 4-minute **stop-time** overtime period.
3. The overtime period shall be played with each team at a numerical strength of 4 skaters and 1 goalkeeper.
4. The Teams will not change ends for the overtime period
5. **Players may change only on the fly, not on a whistle.**  
After 1 warning, delay of game penalty will be assessed.
6. **There are NO timeouts in overtime.**
7. The team scoring first will be declared the winner and awarded an additional point.
8. Penalties assessed in Overtime are consistent with the rules in regulation time.
  - a. If a team is penalized in overtime, teams play 4-3.
  - b. In overtime, if a team is penalized such that a two-man advantage is called for, then the offending team will remain at 3 skaters while the non-offending team will be permitted a fifth skater.
  - c. If there is a man power advantage situation which carries over from regulation time to overtime, overtime begins at 4-on-3 or 5-on-3 as appropriate.
  - d. If at the end of regulation time teams are 3-on-3 or 4-on-4 with a player or players in the box serving non-coincidental penalties, overtime starts 3-on- 3 or 4-on-4 and players exit penalty box as normal to 5-on-4 or 5-on-5.
  - e. With the expiration of penalties, due to continuous action, player strength may get to 5-on-5 or 5-on- 4. At the first stoppage of play after the man-power advantage is no longer in effect, the numerical strength of the teams will revert back to either a 4-on-4 or a 4-on-3 situation, as appropriate.
  - f. A team shall be allowed pull its goalkeeper in favor of an additional skater in the overtime period. However, should that team lose the game during the time in which the goalkeeper has been removed; it would forfeit the automatic point gained in the tie at the end of regulation play, except if the goalkeeper has been removed at the call of a delayed penalty against the other team.

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### “Keep The Games Moving”

- Games may start up to 15 minutes before the posted time, INCLUDING the 1<sup>st</sup> game of the night.
- The officials **have** to be on the ice **on time** or early.
- Coaches should talk to their team in the locker room before warm-ups, **not on the ice**. An on-ice talk after warm-ups is not permitted.
- If an official is still getting dressed, the other(s) should go out so warm-ups can start.
- As soon as the ice & officials are ready within 15 minutes of the posted game time, the scorer will sound the buzzer to call the teams onto the ice and start the 3-minute warm-up period. The Scorer will sound the buzzer at 30 seconds to let everyone know warm-ups are almost over.
- At the end of warm-ups, players will immediately pick up the pucks and clear the ice. Only the starting line-up will remain on the ice.
- There will be a **60 second** break between periods. Play will resume **immediately** thereafter.
- Each team is permitted one **30-second** time-out during the game. Play will resume **immediately** thereafter.
- The scorer will post the 30 or 60 seconds on the scoreboard. The Scorer will sound a quick buzz at 10 seconds to let everyone know the break/timeout is almost over.
- In the event of overtime, the 4-minute stop-time period will start **immediately** after the 3<sup>rd</sup> period. NO intermission.
- Teams not ready to start the game or resume play may be assessed a minor penalty for delay of game. After 10 minutes, the game may be declared a forfeit.
- The handshake will take place at the end of the game. Players will then leave the ice immediately.