



SOUTH SHORE CLASSICS HOCKEY LEAGUE

- RULES AND REGULATIONS -



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Section 1 – SSCHL Management Team

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Section 2 – The Rink

All SSCHL games will be played at the Lovell Arena in Rockland, MA. Game times will be between 6pm and 8:20pm across Rinks 1-3, based on division. As defined by the Lovell Arena website, all rinks are NHL regulation sized. The SSCHL must abide by all Lovell Arena rules and regulations.

Section 3 – Uniforms

The SSCHL will provide shirts and socks to all players who register for the Fall 2024 season prior to July 1, 2024. Registrations after this date may be subject to a uniform fee. New registrations for any season after the Fall 2024 season will be subject to a one-time uniform fee. Shirts will consist of the players’ last name, chosen number, team logo, and a “C” for each of the team Captains. Reversible team socks will also be provided. The SSCHL is considered a premier hockey league and therefore league uniformity is considered critical. Players must all wear black helmets, black pants, and black gloves. Full face shields are also required. SSCHL shirts and socks are reversible, but it is up to the team Captain to make sure their team is wearing the correct home/away uniforms for any given week. A minor penalty may be assessed if a player is not in the correct uniform at the start of a game.

Military Service

The league honors all players that have served in any branch of the U.S. military, by having a patch reflecting their branch of service applied onto their uniform at no cost to the player. Players, however, are not allowed to add any patches or make changes to team uniforms or change the integrity of the uniform themselves, in any way.



Section 4 – Teams

The SSCHL consists of 14 teams across 2 separate divisions. The Masters division consists of 6 teams and the Classics division consists of 8 teams. Each team will have a minimum of 14 players, with a maximum of 17 players per team.

Team Captains

Each team will elect a Captain, subsequent to league management approval. The Captain of each team will be responsible for assisting with player relations for things like registrations, attendance, adherence to league rules, uniforms, etc. Captains are the only individuals who will have the privilege of discussing interpretation of rules with a referee during the progress of a game. Captains will wear a C on their shirt so that referees may easily be able to distinguish their role. Captains will no longer be responsible for supplying team pucks or first aid supplies.

Player Injuries

If a player is injured and unable to finish a season, reimbursement of fees will ultimately be up to league management. If a player becomes injured before the sixth game of the season and a replacement can be found, the league will attempt to reimburse the injured player with the incoming player's fees. If it is after the six-game deadline to add a player to the team, no refund can be given by the league. At that point the Captain can choose to 'pass the hat' around the locker room to assist with reimbursement of the injured players' fees. This is not mandatory however and is at the discretion of the Captain. If the Captain and league decide to replace an injured player, it is up to the team to decide whether or not the additional player, and the injured player, will remain on the roster for the following season - keeping in mind that no team can have more than 17 players. Injured players whose spots are filled for a season may not return to the team until the next season.

Player Suspension

There will be no reimbursement of fees for any player who quits or is suspended from the league. The team Captain can however work with the league to find a replacement for the suspended player if it occurs before the sixth game of the season. After the sixth game of the season, the team rosters are locked.

Goalies

If a goalie is unable to play in any given week, the team Captain must notify the Division Operations Director immediately so that a replacement can be found. It will be up to the Operations Director to find a replacement for the goalie for that given week, using the SSCHL approved goalie substitution list. Captains can assist with the search, but it is



ultimately up to the Operations Director to assign the goalie for that week. Substitute goalies must be chosen from the approved sub list and must be in the corresponding division. If a replacement cannot be found, the team must forfeit the game. The SSCHL substitute goalie list can be found [here](#).

Trades

Trades will be inevitable as seasons progress in order to keep parity in the league. As trades become necessary, the SSCHL Management Team and/or Divisional Operations Directors will work with team Captains to identify individuals to be traded. Any player who is traded to another team or division by the league will not be responsible for purchasing a new uniform. Any player who requests a trade or a division change **will** be responsible for purchasing a new uniform. If a player refuses a trade, the league will attempt to reimburse the player if seasonal fees have already been paid, as long as a replacement player can be found. It's in the league's best interest for certain trades to be made, and we ask players to be understanding of that and do what's best for the league.

Section 5 – Game Play

In the SSCHL, the general rules of hockey are governed by Section 6 'Playing Rules' in the latest version of USA Hockey's Official Rules of Ice Hockey. The SSCHL Management Team reserves the right to interpret and implement any rules as they see fit and will ultimately have final say over any issues stemming from rule interpretation.

The SSCHL is no checking, no slapshot, no fighting league, and this will be strictly enforced. Any/all misconduct penalties will be reviewed by the league management. A misconduct penalty could lead up to suspension and possible forfeiting of league fees, depending on the severity of the infraction. If a suspension is warranted, the player will then be under review for the following season. The SSCHL Management Team and/or Operations Directors will vote on reinstatement, and they have the final decision on the matter.

Regular Season Games

SSCHL games consist of 3 twelve-minute stop-time periods. If at the end of the three periods the score is tied, the following will take place:

- A 3 minute three-on-three stop-time period will be played.
- If there is a penalty called in OT, then the three-on-three will become four-on-three for the remainder of the penalty - unless a goal is scored, at which point the game is over.



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- After the penalty ends, three-on-three play will be re-established only upon stoppage of play. Three-on-three will then continue until the end of the period.
- If the score remains tied after the 3 minute three-on-three, then a 5-man shootout will take place.
- Prior to the shootout, the home team has the choice of whether to shoot first or last in the shootout.
- If the score remains tied after the 5-man shootout, then the game will end in a tie.
- The team who wins in overtime will get 2 points in the standings.
- The team who lost in overtime will get 1 point in the standings.

Additionally, if in any game the lead becomes 8 points, stop-time play will turn into running-time play.

Playoffs

The last 2 weeks of the season will be playoff weeks. In both the Masters and Classics Divisions, the top 4 teams in the standings after the 14-game regular season will make the playoffs.

The standings and playoffs are determined by the following criteria:

- Total points
- Wins
- Head-to-head wins
- GF-GA differential
- Coin toss

***For a player to be eligible to play in the playoffs, they must actively participate in at least half of the regular season games.** Any player who has not participated in half of the regular season games will not be eligible to play in the playoffs. Team Captains are responsible for tracking player attendance. If a player who has not participated in at least half of the regular season games skates in the playoffs, the offending team will forfeit the game.

Playoff games will consist of 3 twelve-minute stop-time periods. If at the end of the three periods the score is tied, the following will take place:

- A three-on-three twelve-minute stop-time period will be played.
- If there is a penalty called in OT, then the three-on-three will become four-on-three for the remainder of the penalty - unless a goal is scored, at which point the game is over.



- After the penalty ends, three-on-three play will be re-established only upon stoppage of play. Three-on-three will then continue until the end of the period.
- Three-on-three periods will continue until a team scores.
- In the rare case that a playoff game extends beyond the time the rink has allowed, the winner will be declared based on the following criteria:
 - Most points in the regular season
 - Most wins in the regular season
 - Head-to-head record between the teams
 - GF-GA differential
 - Coin toss

Penalties

As outlined in the paragraph above, Penalties in the SSCHL are defined by Section 4 [‘Penalties’](#) in the latest version of USA Hockey’s Official Rules of Ice hockey. Key takeaways to note:

- Any **player** who incurs three penalties in the same game, shall be assessed a game disqualification penalty.
- Any **team** who receives 8 penalties during one game shall have all subsequent penalties increased to a three-minute major, with no release from the box if the opposing team scores. If a team receives 13 penalties in a game, the game is then forfeited by the offending team.
- All misconduct penalties will be reviewed by league management.

Penalty Shots & Shootouts

Every attempt must be made to include all players in penalty shot and shootout situations. This is to deter teams from using the same set of players for a competitive advantage. All players must have a chance to take a penalty shot or shootout before a player can be used for a second time. This will reset from season to season.

Section 6 – Officials

SSCHL games will consist of 2 referees per game across the 3 ice surfaces. The SSCHL Management Team will work with the Director of Referees to make sure all games have 2 referees assigned. There may be unforeseen circumstances that arise where only one referee is in attendance. This is permitted, but will not be the norm. Referees may not be registered SSCHL players.

The SSCHL has a zero-tolerance policy for any abuse of Officials. The league takes this very seriously and any abuse of an Official can result in a game suspension, all the way up to league expulsion.



Section 7 – Timekeepers

Timekeepers will be assigned by the SSCHL Management Team. There will be one timekeeper per rink each Sunday, for a total of 3 individual timekeepers per week. Timekeepers will be supplied with a SSCHL iPad prior to each week, which will be loaded with the GameSheet software app. As points are scored and penalties are assessed, the timekeeper will enter the information into the iPad which will be automatically uploaded to the GameSheet app database, and the SSCHL website - so that stats will be updated in real-time. Timekeepers have a responsibility to get the data input correct and will be trained in the GameSheet application. Game statistics are important to the league, so timekeepers will be evaluated as the season progresses. The SSCHL Management Team reserves the right to replace timekeepers as situations warrant.

Section 8 – Code of Conduct

The SSCHL reserves the right to remove any player at any given time if it is deemed that they are a violent and/or dangerous player. All league fees will be forfeited if this occurs. Additionally, the league reserves the right to impose any disciplinary action on any player who takes part in any improper behavior **off the ice** within the Lovell Arena facility or property lines. Lovell Arena management *also* reserves the right to take any action it sees fit to handle any improper behavior within its facility and property lines. This includes potential legal action, and to hold that person financially responsible for any damage done to its facility or property. This will be handled by the SSCHL and Lovell Arena Management Teams on a case-by-case basis.

Players are expected to abide by both the SSCHL and Lovell Arena rules and regulations, and are to conduct themselves in an adult manner towards SSCHL Management, Referees, and Lovell Arena employees.

Section 9 – Revisions

The SSCHL Management Team reserves the right to make edits/additions to the rules and regulations at any time, or as situations arise.

