



SOUTH SHORE CLASSICS HOCKEY LEAGUE

- RULES AND REGULATIONS -



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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 5pm and 9pm 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 & Equipment

New player registrations are subject to a one-time \$125 uniform fee. Shirts will consist of the players’ last name, chosen number, team logo, a “C” for each of the team Captains and an “A” for Alternate Captains. Home and away team socks will also be provided. The SSCHL is considered a premier hockey league and therefore league uniformity is considered essential. Players must wear black helmets and black pants, and black gloves are also encouraged for league uniformity. The only exception to this rule is for goalies, who may wear a colored helmet. At least a half-face shield is required to play in the SSCHL, but it is strongly recommended that all players wear a full-face shield. All players are required to sign both a Lovell Arena waiver and an SSCHL waiver prior to the first game of the season. Both waivers can be found here: <https://southshoreclassicshockey.com/online->



[registration/#waivers](#). Anyone who wishes to wear a half-shield should take note of the specific language around the use of half-shields in the SSCHL waiver. The SSCHL assumes no responsibility for injuries sustained on or off the ice, and all appropriate hockey gear should be worn at all times (e.g. shoulder pads).

In the SSCHL, the Home Team will wear their dark uniform, and the Away Team will wear the light uniform. It is up to the team Captain to make sure their team is wearing the correct home/away uniforms for any given week. A bench minor penalty may be assessed if a player is not in the correct uniform at the start of a game, if the opposing team Captain wishes to enforce this rule at the beginning of the game. Once the game has begun, the uniform rule cannot be enforced, unless the offending player arrives after the game has begun, at which point the opposing team Captain can inform the referees.

Military Service

The league honors all players that have served in any branch of the 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 uniforms themselves, in any way.

Section 4 – Teams

The SSCHL consists of 20 teams across 3 separate divisions. The Masters division consists of 8 teams, the Classics division consists of 8 teams, and the Federals division consists of 4 teams. Each team will have a minimum of 15 active players, with a maximum of 17 active players per team.

Team Captains

Each team will elect a Captain and at least one Alternate Captain, subsequent to League Management approval. The Captain of each team will be responsible for assisting with player relations for things like registrations, payments, tracking player 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. If a Captain is out for any given game, the Alternate Captain(s) shall assume the Captain's responsibility. If in the rare occurrence that both the Captain and Alternate Captain are out, the team must inform the referee at the beginning of the game who will be taking the role of Captain for that game.



Player Injuries

If a player becomes injured and is unable to finish a season, reimbursement of fees will ultimately be up to League Management. If a player is injured before the eighth 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 eight-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 active 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 eighth week of the season. After the eighth week 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, they are effectively resigning from the league. 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 Rule 9 of the National Federation of High School Associations (NFHS) Ice Hockey Rule Book Ice Hockey Rule Book – 'Game Flow'. The SSCHL Management Team reserves the right to interpret and implement rules as they see fit and will ultimately have final say over any issues stemming from rule interpretation.

The SSCHL is a **no checking, no slapshot, no fighting** league, and these rules will be **strictly enforced** to ensure player safety and sportsmanship. All misconduct penalties will be subject to review by the Player Discipline Committee (PDC), as outlined in Section 9. Depending on the severity of the infraction, a misconduct penalty may result in player suspension and the potential forfeiture of league fees. If a suspension is deemed necessary, the player will be placed under review for eligibility in the following season. Reinstatement will be determined by a vote from the SSCHL Management Team and/or Operations Directors, whose decision is final.

Any player who receives a game misconduct penalty for fighting will incur an automatic expulsion from the league for the remainder of the season. Eligibility for future seasons will be subject to the discretion and formal review of the SSCHL Management Team.

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 5 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.
- After the penalty ends, the penalized team will send a fourth player to the ice until the next stoppage of play, at which point it will become three-on-three again. Three-on-three play will then continue until the end of the period.
- If the score remains tied after the 5 minute three-on-three, then a 3-man shootout will take place.
- If the score remains tied after the 3-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 loses in overtime will get 1 point in the standings.

Additionally, if in any game the lead becomes 8 points or greater, the losing team can request that the game transfer to running time.

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. In the Federals Division, all 4 teams will make the playoffs.

League standings and playoffs are determined by the following criteria set in the GameSheet database which will be calculated by the GameSheet software application:

- Total Points – the team with the most points gains the higher position.
- Wins – the team with the most wins gains the higher position.
- Head-to-Head Wins – the team with the most head-to-head wins gains the higher position.
- GF-GA Differential – goals against subtracted from goals for, with position being determined by the greatest surplus.
- Penalties in Minutes – the team with the least penalty minutes gains the higher position.
- Ties – the team with the least ties gains the higher position.
- Most Shutouts – the team with the most shutouts gains the higher position.
- Head-to-Head Points - the team with the larger head-to-head point total gains the higher position.

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:

- Teams will remain at the same ends of the rink at the end of regulation play and will remain in the same end despite the number of overtime periods played.
- Three-on-three twelve-minute stop-time periods will be played until a goal is scored.
- Each team will be allowed 1 timeout in overtime.
- 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, the penalized team will send a fourth player to the ice until the next stoppage of play, at which point it will become three-on-three again. Three-on-three play will then continue until the end of the period.



- In the rare case that a playoff game extends beyond the time the rink has allowed, the winner will be declared based on higher ranking in regular season play based on the criteria outlined above in the GameSheet app.

Penalties

Penalties in the SSCHL are defined by Rule 4 ‘Types of Penalties’, Rule 7 ‘Physical and Stick Fouls’, and Rule 8 ‘Other Fouls’, as outlined in the latest version of the NFHS Ice Hockey Rule Book. In addition to the NFHS Rules, the SSCHL has a set of specific rules outlined below:

- Slapshots are defined as the blade of stick coming above the top of a player’s boot. If a team commits a 3 slapshot violation in any given game, the team will be assessed a bench minor penalty.
- Any player assessed 3 penalties in a game will receive a game misconduct and will be removed from the game.
- Any team receiving 8 penalties during a 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.

Overtime Shootouts

Every attempt must be made to include all players in overtime 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 participate in a shootout before a player can be used for a second time. **Team Captains will be responsible for tracking who has taken shootouts during a season.** This will reset at the beginning of the next season. If a team is found to have used players in multiple games to achieve a competitive advantage, League Management will review, and ultimately the game could be forfeited by the offending team.

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 physical or verbal 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 automatically uploads to the GameSheet 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 – Player Disciplinary Committee (PDC)

Purpose

The Player Discipline Committee (PDC) exists to promote player safety, fair play, and consistency in disciplinary decisions across all 3 SSCHL divisions. The committee operates independently of the Board of Directors and provides structured, objective review of on-ice incidents.



Authority & Scope

The Player Discipline Committee (PDC) has authority to review on-ice incidents including, but not limited to:

- All incidents resulting in misconduct & major penalties, which automatically trigger review
- Non-call (no penalty) incidents that are formally brought forth by the Board, a team captain, or player for review

The PDC shall issue warnings or suspensions and apply league disciplinary guidelines consistently across all divisions. The committee should consider referee reports, official game sheets, and video review when evaluating any incident.

The PDC does not have authority to override automatic league discipline rules, including fighting misconduct expulsions.

Automatic Discipline (Non-Discretionary)

Any player who receives a misconduct penalty for fighting is automatically expelled from the league for the remainder of the current season. This expulsion is not subject to appeal. The incident will be reviewed by the Board of Directors to determine eligibility for future seasons.

Committee Composition

The PDC shall consist of five (5) members. Committee members are active players in good standing and represent all three divisions of the league. The following members have been nominated and approved by the Board of Directors to serve on the committee:

- Michael Alexanian - Chair (Masters Division)
- Andy Cancellieri (Masters Division)
- Peter Fallon (Classics Division)
- Jim Hutchinson (Classics Division)
- Peter Lynch (Federals Division)

Committee members must recuse themselves from any review involving their own team, close personal relationships (relatives, etc.), or any other conflict of interest.

Appointment & Leadership

Committee members are nominated by the Board of Directors. One member shall serve as Committee Chair, responsible for coordinating reviews, managing timelines, communicating decisions, and serving as liaison to the Board.

Review Process



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All incidents resulting in misconduct penalties and all incidents resulting in major penalties automatically trigger review by the PDC. The committee may also review non-call (no penalty) incidents that are formally submitted for review by a board member, team captain, or player.

For each review, the committee will consider official game sheets, referee reports, and video footage, which is a required and integral part of the review process. LiveBarn records every league game and will be available for all disciplinary reviews. When appropriate, the committee may request input from the league's head referee to assist in evaluating specific plays or rule applications. Reviews shall be conducted promptly, with decisions typically rendered within 24–48 hours.

Disciplinary Guidelines

The PDC shall reference the league's disciplinary guidelines matrix. Guidelines provide recommended ranges and are not mandatory minimums or maximums. Incident severity, intent, injury, player history, and context may be considered. Additionally, a player's penalty history may be requested from GameSheet to assist with determining the severity of punishment.

Appeals

Suspensions issued by the Player Discipline Committee may be appealed in accordance with Section 10 – Suspension Appeals Process.

Transparency & Communication

Disciplinary outcomes will be published by the league in the weekly newsletter to promote transparency. The committee will not engage in public debate regarding decisions.

Conduct & Ethics

Committee members must act impartially and maintain confidentiality. Abuse or harassment related to disciplinary decisions will not be tolerated.

Committee Resources & Tools

The league will provide LiveBarn access and GameSheet reports for disciplinary review purposes only.

Review & Amendment

The Board of Directors may amend this policy as needed to address new or unforeseen situations.



Section 10 – Suspension Appeals Process

Eligibility

Appeals are permitted only for suspensions of two (2) games or more. One-game suspensions and warnings are not eligible for appeal.

Submission Requirements

All appeals must be submitted in writing to SouthShoreClassicsHockey@gmail.com within 24 hours of the suspension notification. Appeals must be submitted by the team captain on behalf of the player.

Appeals must clearly state the basis for review and are limited to the following grounds:

- Procedural error
- Misapplication of league rules
- New material evidence that was not available at the time of the original decision

Review Authority

All appeals are reviewed by the Board of Directors. Any Board member with a conflict of interest must recuse themselves from the review.

Board Actions

Upon review, the Board of Directors may take one of the following actions:

- Uphold the suspension
- Reduce the suspension
- Remand the decision to the Player Discipline Committee for reconsideration

Under no circumstances may the Board increase a suspension as part of the appeals process.

Decision Timeline & Finality

Appeals decisions will be rendered within 48 hours of submission. The Board's decision is final and is not subject to further appeal.

Section 11 – Revisions

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



Section 12 – Disclaimer

All SSCHL players assume the risk involved with playing ice hockey when they join the league. Neither the SSCHL nor Lovell arena can be held accountable for injuries sustained on or off the ice, or on Lovell property.

