

Ice Hockey Regular Season Rules 2024-2025

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.

Section 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.