



Tri-Star Hockey League

Fall 2025 Season Rulebook

Article 1 – General Rules

1.1 Season Format:

- **6U/8U:** 13 scheduled cross-ice games.
- **10U, 12U, 13+:** Each team is guaranteed 13 scheduled games: 11 regular season games and 2 playoff/consolation games.

1.2 Length of Games:

- **6U:**
 - Warm-Up: 3 minutes
 - Two 20-minute Games each Saturday (running clock)
 - Players will rotate every two minutes when the buzzer sounds
 - No score will be kept for these games.
- **8U:**
 - Warm-Up: 3 minutes
 - Two 20-minute Games each Saturday (running clock)
 - Players will rotate every two minutes when the buzzer sounds
 - No score will be kept for these games.
- **10U/12U/13+:**
 - Warm-Up: 3 minutes
 - Period Length: Three 12-minute periods (stop time)
 - Intermission: 1 Minute
 - Players will rotate on the fly

1.3 Running Clock Rule:

- A running clock will be utilized for the duration of the game in the event of a five (5) goal differential at any point in the 3rd period (10U and up).
- The stop clock will resume when the goal differential drops to four (4) or fewer goals.

1.4 Equipment Requirements:

- All skaters must wear equipment per USA Hockey guidelines: skates, shin guards, hockey pants, shoulder pads, elbow pads, gloves, neck guard, and helmet.
- All goalies must wear full goaltending equipment: skates, leg pads, chest protector, blocker, catcher, neck guard, and helmet.
 - 6U/8U Goalies will utilize quick change goalie gear
- All players must use a regulation ice hockey stick.

1.5 Jerseys:

- 6U/8U: Will have different color jerseys per team.
- 10U and Up: All players must wear their reversible TriStar Hockey League jersey on game days. These jerseys will be provided.
 - Players must wear the correct color (home/away) as designated in the weekly TriStar email.

1.6 Goalies:

- Teams that have more than one goalie must rotate them halfway through each game.
- The goalie that started the last game will play the second half of the next game.

1.7 Playoffs:

- 6U/8U will not have playoffs.
- 10U and above: Playoffs will operate in a single-elimination, bracket-style tournament based on seeding from regular season standings in each division.

1.8 Playoff Formats:

- **2 Team Format:**
 - At the conclusion of the 13-week season, the team with the most head-to-head points will be declared the division winner.
 - There is no playoff bracket
 - If after 12 weeks the 2 teams are tied, week 13 will serve as the championship game and following playoff rules.
- **4 Team Format:**
 - Week 1: 1 vs 4 and 2 vs 3.
 - Winners advance to the Championship; losers play in the 3rd place game.
- **6 Team Format:**
 - Week 1: 1 vs 4, 2 vs 3 (elimination games), 5 vs 6 (Consolation Game).
 - Seeding is reset each round based on highest vs lowest remaining seeds.
 - Consolation games will be scheduled to avoid repeat matchups.

1.9 Game Outcomes:

- All scoresheets are final unless overturned by Amateur Hockey Staff due to rule violations.

Article 2 – Overtime and Tiebreakers

2.1 Regular Season Points:

- 2 points for a win
- 1 point for a tie

- 0 points for a loss

2.2 Regular Season Overtime Rules:

- All regular season games will end in a tie if the game is tied at the end of regulation. There will be no overtime or shootout.

2.3 Playoff/Championship/Consolation Overtime Rules:

- 5-minute, stop-time, 3-on-3 sudden death overtime.
- If tied, proceed to a 3-round shootout.
 - If still tied, sudden-death shootout continues.
 - All eligible players must shoot before any player can shoot again.
 - The away team will always shoot first.

2.4 Playoff Seeding Tiebreakers:

1. Total team points
2. Total team wins
3. Goal differential
4. Least penalty minutes
5. Most OT/Shootout wins
6. Coin flip (conducted by league staff in presence of team representatives)

Article 3 – Payment, Roster Structure, League Placement

3.1 USA Hockey Registration:

- All players must have a valid USA Hockey number to participate. The numbers expire August 31 of each year.
- Players without a valid number will be removed from the ice.

3.2 Refund Policy:

- Injured players missing the remainder of the season (within the first 10 games) may receive prorated credit.
- Injuries after 10 games are not eligible for credit.
- All refunds are subject to case-by-case review and approval by Amateur Hockey Staff.

3.3 Playing Up/Down:

- No players can play down an age group unless they have a documented medical condition which must be approved by USA Hockey.

- Anyone who is looking to play up a division can be reviewed on a case-by-case basis and will require a play up form to be signed (USAH waiver which acknowledges they accept the risks of playing up).

Article 4 – Penalties & Discipline

4.1 Penalties:

- The league follows the [USA Hockey rulebook](#).
- Minor penalties: 1.5 minutes
- Major penalties: 3 minutes
- No penalties for the 6U/8U divisions

4.2 Ringer Rule (10U, 12U, and 13+ Divisions Only)

- No player may score more than three (3) goals in a single game.
- If a player scores a fourth goal, the goal does not count.
- Play will resume with an in-zone faceoff, and the goal is waved off.

Article 5 – Penalties & Discipline

5.1 Parent Code of Conduct:

- Parents MAY NOT coach their child(ren) during practices and games OR shout at their child(ren) on the ice, in the dressing room, or during team activities.
- Parents MAY NOT shout at or direct profanity or signals toward any game official, coach, player or parent. See USA Hockey Zero Tolerance policy for possible penalties for such infractions.
- Parents MAY NOT confront a coach for any disputed decision for a MINIMUM of twenty-four (24) hours after the end of the game or practice involved. After the 24 Hour Cooling Off Period, the parent(s) may contact the Coach who will schedule a time to talk over the phone or in person based on the availability of the coach and parent.
- Parents MAY NOT confront, question or hassle any game official.
- Parents MAY encourage their child(ren) to play by the rules, work hard during practices to develop skills, de-emphasize winning scores and emphasize healthy competition and skill development.

- Parents MAY set a good example for their child(ren) by learning the rules of hockey and by being good sports that never boo or heckle game events, players or officials.
- Parents MAY set a good example for their child(ren) by supporting the coaches and game officials and by acting appropriately regardless of the outcome of the game on the scoreboard.
- Parents MAY emphasize and demand zero tolerance for poor sportsmanship and for theft or destruction of rink or other property.

5.1 Player Code of Conduct:

- Participants WILL NOT lash out at any official, no matter what the call is. The coaching staff will handle all matters pertaining to officiating.
- Participants WILL NOT endanger the safety, welfare or well-being of other participants, engage in fighting, hazing, “locker boxing”, malicious horseplay, or photography/video in the locker room. Any of these activities will result in consequences determined by the coach.
- Participants WILL NOT swear or use abusive language on the bench, in the rink, or at any team function or insult, disrespect or demean an opponent, teammate, game official, administrator or spectator at any time.
- Participants WILL NOT commit thefts or vandalism of any sort.
- Participants WILL set the example of good sportsmanship, fair play and teamwork by their actions and words both on and off the ice.
- Participants WILL skate directly to the penalty box upon receiving a penalty.
- Participants WILL always display proper self-control and at all facilities and will judge the success of the program on the basis of their progress in the three principles upon which the program rests: teamwork, positive attitude and skill development.
- Participants WILL NOT bully other players. Players who are found continuously breaking this violation will be removed from the league without refund.
- Parents MUST stay off the ice during all games and practices and MUST refrain from speaking with their players until the conclusion of the ice time.

5.3 Locker Room Policy

- Please see USA Hockey’s Sample Lockeroom Policy for reference

5.4 The Gold Standard

This document represents the official rules and structure of the TriStar Hockey League. All participants are expected to adhere to the policies outlined herein. Rules are subject to change with appropriate notice by the Youth League Staff.