

Illinois West 2025-2026 Playing Rules & Regulations

- All USA Hockey Rules Apply unless otherwise noted below.
- All AHAI rules apply unless otherwise noted below.

Game Play Rules

- All Varsity games shall consist of three (3) 17-minute periods.
- All Junior Varsity games shall consist of three (3) 15-minute periods.
- Standings - points shall be determined based on
 - Three (3) points for a win in regulation time.
 - Two (2) points for a win in overtime.
 - Games that end in a tie at the end of regulation will go to a 5 minute, 3 on 3 sudden death overtime. If still tied, there will be a sudden death shootout.
 - One (1) point for a loss in overtime.
- All Varsity games shall have a 4-man referee system.
 - A Varsity game maybe played with a 2-man or 3-man system as an exception when IOHA sets that specific game.
- All Junior Varsity shall be a 2-man system.
- The home team supplies the pucks for both teams for warm-ups.
- Varsity game, if a game is started on a clean sheet of ice, an ice cut shall take place between the 2nd and 3rd period, games that start on a used sheet of ice the ice cut will take place between the 1st and 2nd periods.
- There will be no ice cut at the JV level.
- If there is a 5 goal or more differential beginning the 3rd period or anytime during the 3rd period, there will be a running clock. The clock will continue running time for the duration of that game regardless of any further goals scored or penalties by any team. There are NO EXCEPTIONS.

Illinois West Specific Rules

- All players, coaches and parents must sign a Zero tolerance policy agreement before the 1st season game is played.
- Any game misconduct penalty obtained in an ILLINOIS WEST game must be served in an ILLINOIS WEST game.
- If a team receives 12 penalties in a game, the Head Coach of that team shall be suspended for the next Illinois West game of that team. If the infraction occurs a second time during the same season (including playoffs) the Head Coach shall be suspended for the next two (2) Illinois West games of that team. If the same infraction occurs a third time during the same season, the Head Coach shall be suspended until a hearing before the IL West Board of Directors.
- A player receiving 4 penalties of any duration during a game shall be automatically suspended for one game. A player who accumulates 4 penalties in a game, a second time, will be assessed an automatic 2 game suspension in addition to the balance of the game in which the penalties

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occur. A third 4 penalty game by the same player in the same season will cause a suspension from the Illinois West League for the balance of both the regular and playoff season. These suspensions are in addition to any suspensions accumulated under the regular USA Hockey/AHAI Playing Rules.

- If a coach receives a Zero Tolerance Penalty during a game and receives game misconduct, Illinois West will issue a 3-game suspension. A second Zero Tolerance Penalty resulting in a game misconduct in a season will require the coach to meet with the Illinois West Board of Directors before the next league game.
- All suspensions given in Illinois West game must be served in the next Illinois West game(s). If there is another practice or tournament game before the suspension has been served in the number of Illinois West games required under the suspension, these additional games would require that the player/coach to serve the required USA Hockey/AHAI suspensions.
- Illinois West reserves the right to review the penalty to determine if any circumstances can be considered resulting in an increase or decrease in the suspension.
- Permanent suspension of a player from the Illinois West Division may be affected if it is determined that he/she has maliciously and/or intentionally damaged any property or parts thereof of any facility.
- The Board of Directors of Illinois West shall have the authority to discipline any member player, team, or coach at its discretion.
- Any fight during the handshake line may result in supplemental discipline by the Illinois West Board to the Head Coach(s) and or Player(s) involved. A minimum of one game for all players involved and their respective head coach shall be added to any USA Hockey and/or AHAI penalties arising from the incident.
- **All double roster players must participate in 60% (from day of roster) of their team's total league games to be eligible for the WEST playoffs. Any team wishing to question a player's eligibility must be done from head coach to head coach. If and only if the head coaches are unable to resolve shall the Illinois West Board get involved and decide on a player's eligibility.**
- Specific playoff rules shall be set prior to the end of season.

Illinois West reserves the right to modify these rules at any time. No modifications shall take place without notice to all club members.

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Double Rostered Players

- For the 2025-26 season Illinois West will allow double rostered players from AA and house players, **no AAA players**. A complete list of all double rostered players must be sent to Illinois West prior to your first game. We need what team they double roster for tracking.
- **It's the head coach's responsibility to make sure all players are correctly marked on the scoresheet. Players not at the game need to be marked correctly as sitting out, injured, or suspended.**
 - If you mark a double rostered player injured, we expect a follow-up email explaining why. **Failure to mark a player correctly on the scoresheet could result in a forfeit and or suspension for the head coach.**
 - Any discrepancies around an ineligible player should be delt with between the head coaches.
 - **If there is still a question about eligibility, then the Illinois West Board should be contacted by the head coach or hockey director only.**

Illinois West rules and ethics will monitor Double Roster player attendance during the season. The data will help us in deciding the future percentage for playoff eligibility.

Dual Rostered Players

- High School players may be dual rostered, meaning they appear on more than one roster within the same High School Affiliate Organization.
- Dual rostered players must be on the team's official roster to participate with the team.
- A player may only dual roster up to a team one level higher. (Example - They may allow a player to be dual rostered between two teams by rostering a player from a team 1 (one) level below such as JV2 to JV1, or Varsity 2 to Varsity 1, or JV to Varsity.)
- The player must carry the designation of their primary team on both Official USAH Rosters. When placed on a second roster, they must carry the same primary team designation on the team to which they are dual rostered.
- The dual rostered players may play up in 9 league games on the non-primary team. Once they play in a tenth league game, it will lock that player to the non-primary roster for all games for the remainder of the season. They may not return to the lower- level team for ANY games, including all league and non-league, practice, scrimmage, or tournament/showcase games including the State Tournament.
- Any team playing and/or dressing an ineligible player will forfeit each game in which the ineligible player played or dressed. The game will be recorded in the Illinois West's standing as a loss and the offending team's goals and assists will be deleted from the standings.

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- Any coach who is knowingly playing a suspended and/or ineligible player will receive an automatic expulsion from Illinois West games for the remaining balance of the Regular and Playoff season.
- **For playoffs only**
If you wish to play a dual rostered JV player in a Varsity playoff game, you will need permission from the Illinois West board prior to the game.

Illinois West Overtime Rules

Regular season, Round Robin, and McKeague Semifinals, West Cup Quarterfinals and Semifinals games that end in a tie after regulation.

1. Regular Season - 3 on 3, 5-minute running clock sudden death overtime period will be used to determine a winner. Overtime is running clock except for injuries and penalties; clock will restart with puck drop and remain running.
2. Play-offs - 3 on 3, 10-minutes running clock sudden death overtime period will be used to determine a winner. Overtime is running clock except for Injuries and penalties; clock will restart with puck drop and remain running.
3. If after the sudden death overtime, the game is still tied, a sudden death shootout will take place. The home team has the choice to shoot first or last.
4. Overtime/Shootout winner shall receive two (2) points for the overtime/shootout win. The team losing the overtime/shootout shall receive one (1) point.
5. No player in the penalty box at the end of regulation may play in overtime until the penalty is fully served. Any player in the penalty box at the end of the overtime may not participate in the shootout.
6. No player may shoot twice until all eligible players have shot.

All West Cup finals games and McKeague Cup Championship games that end in a tie after regulation.

1. 5 on 5, 17-minutes (15-minute JV) sudden death overtime period will be used to determine a winner. Overtime is running clock except for penalties and Injuries.
2. If after the first sudden death overtime, the game is still tied, sudden death 3 on 3 -17- minutes periods (15-minutes JV) will continue until there's a winner. Overtime is running clock except for Injuries and penalties; clock will restart with puck drop and remain running.
3. Championship games will stay 5 on 5, 17-minutes (15-minutes JV) sudden death to determine the winner.

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Tie breakers for all rounds!

Standings points shall be determined based on Three (3) points for a win in regulation time. Games that end in a tie at the end of regulation will go to a 5 minute, 3 on 3 sudden death overtime. If still tied there will be a sudden death shootout. The winning team will receive two (2) points while the losing team in the overtime/shootout will receive one (1) point.

1. Total Points
2. Total Wins (regulation and overtime)
3. Points in head-to-head games between tied teams
4. Wins in head-to-head games between tied teams
5. Goal differential in head-to-head games (max. of 5) between tied teams.
6. Least Goals allowed in playoff games
7. Least Penalty minutes in playoff games
8. Coin flip
 - For tie breakers involving 3 or more teams once a tie is broken the process starts over to break the remaining tie or ties.

Regular Season Games

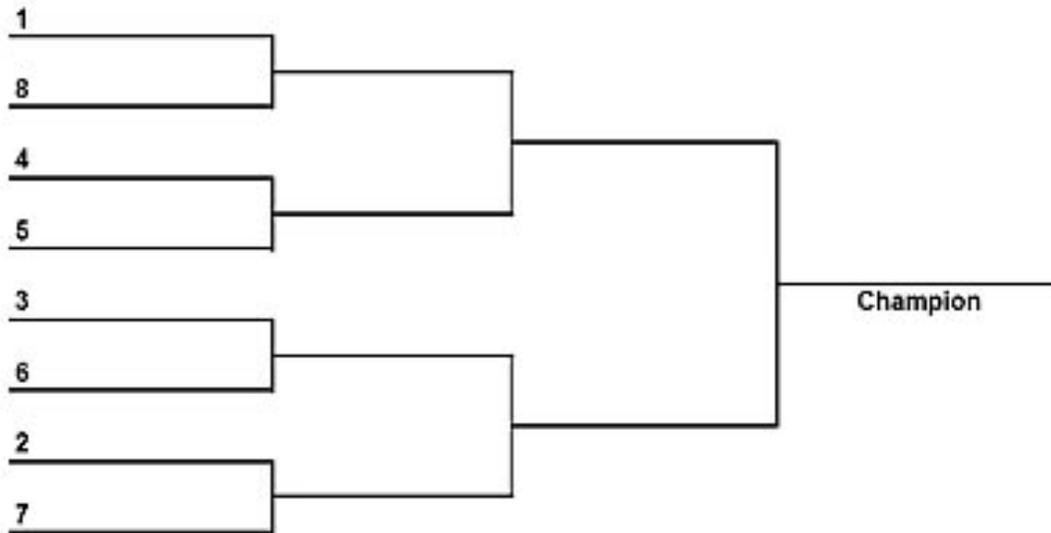
During the regular season for both Varsity and Junior Varsity, each team will compete against every other team twice—once at home and once away. The maximum number of regular season games is limited to 30. If there are more than 16 teams in a division, a lottery system will determine which teams play each other twice.

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Playoffs

Varsity and JV will be split based on final standings 1-8 and 9-(X).

For the Top 8 Playoff (West Cup), all Varsity and JV series will follow a best-of-three format. The higher-seeded team will be granted two home games, while the lower-seeded team will host one home game per series.



Next (X) teams play McKeague Cup, quarterfinals use a round robin format within Pools A and B. The top two teams from each pool move on to the semifinals: A1 vs B2 and B1 vs A2. Semifinal winners advance to a three-game McKeague Cup Championship series.

Playoff (McKeague Cup) Varsity and JV

A	Game 1	Game 2	Total
9			
12			
14			

B	Game 1	Game 2	Total
10			
11			
13			