

MHL Travel Regular season Rules and Regulations

The goal of the MHL select division is to provide a fun, competitive and enjoyable tournament for all participants, parents, and spectators. The USA Hockey Zero Tolerance policy will be enforced. Improper and abusive behavior will not be tolerated. It is the responsibility of all players, coaches, and parents to exemplify good sportsmanship.

General Rules and Information:

- The USA Hockey Official Rules of Ice Hockey shall apply.
- All players and teams must be properly registered and rostered with USA Hockey. Each team must provide their own score sheet roster stickers.
- All coaches on the bench must be properly certified to coach through the USAH CEP program and other necessary requirements.
- The decisions of the game officials are final. No protests are allowed.
- **Playing Time:** Each game should be restricted to a 60-minute curfew. At the discretion of the local arenas a curfew game running time may need to be implemented during the 3rd period.
 - **Periods 1- and 2-16-minute run time (clock only stops to enter penalties)**
 - **Period 3-12-minute stop clock.**
- **Time Outs:** To preserve time, no timeouts are allowed during regular season games.
- **Running Time:** Six (6) goal differential in 3rd period. Clock stops on goals, penalties, and injuries. Clock starts on next face off. Stop time resumes if the goal differential is reduced to four (4) or less.
- **Warm Up:** Teams may take the ice only after Zamboni doors are closed and game officials are on the ice. A three (3) minute warm-up shall be allowed. Players are to take their positions and officials are directed to start play without delay upon the expiration of the 3-minute warm up period.
- **Points rewarded per game:** 2 Pts for Win, 1 point for tie, 0 points for loss.
- **Ties:** All regular season games can end in a tie, no overtime.

Penalties: Minor penalties: 1:30
 Major penalties: 4:00

- Each team will provide a **penalty box attendant** who shall serve as a neutral off-ice official under the direction of the game officials.