

## DISTRICT 3 RULES AND REGULATIONS

USA Hockey (USAH) develops youth hockey playing rules followed across the country. Minnesota Hockey (MNH) further refined and/or sought waivers from some of the USAH rules (see MNH rules and regs) for a number of rules. District 3 has added additional changes to the playing rules and the rules and regulations adopted by MNH. These changes reflect the mission and vision of District 3 and are noted in yellow and purple highlights in the following rules.

**All players and families, coaches, officials, and volunteers are responsible for understanding and adhering to the USAH, MNH and District 3 Rules and Regulations.**

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***Rules and Regulations updated, voted and approved on: August 13, 2025***

***Last Update August 13, 2025-26 edits are in purple.***

***Addendum to Mites 3.11 - Voted and approved on: December 10th, 2025***

**1. DISTRICT 3 BOUNDARIES, REGISTRATION and TEAM STRUCTURE**

- 1.1. ASSOCIATIONS AND TEAMS:
- 1.1.1. Boundaries: Associations/teams must be from within District 3 boundaries as outlined by Minnesota Hockey (MNH). Minnesota Hockey is a community-based program as outlined in Minnesota Hockey Youth Rules and Regulations, section IV Participation. District 3 Minnesota Hockey League team and player eligibility will be determined by the applicable association's Minnesota Hockey's affiliate agreement. Each affiliate association is responsible for strict adherence to the MN Hockey Participation policy and related procedures.
- 1.1.2. Participation Policy: Minnesota Hockey is a community-based amateur hockey program. Members in good standing are to participate on teams from their local association (local affiliate) based on the residence of their parent(s) or legal guardian(s). The exclusive boundaries of the geographical area served by each local association are determined by MNH and recorded in the Affiliate Agreements. In some circumstances, players may participate in another association by requesting a formal waiver. Refer to the MNH Handbook for additional information and definitions.
- 1.1.3. Waiver Policy: Players may be granted a waiver to fill out rosters of other District 3 Associations. To be eligible, players must:
- 1.1.3.1. Complete all tryout(s) with their home association.
  - 1.1.3.2. Only players assigned to a C team in their home association are eligible to waive to another association.  
\* Different considerations may allow for exceptions for girls' teams.
  - 1.1.3.3. Receive mutual agreement of the two (2) participating associations and submit a waiver form to the District Director.
  - 1.1.3.4. Not participate in any further tryouts. The player must automatically be assigned to a team.
  - 1.1.3.5. Waiver will be for one (1) playing season only.
  - 1.1.3.6. An Association President may petition the District Director for extenuating circumstances regarding waivers.
- 1.1.4. MNH Waiver/Participation Rule - SEE MN Hockey Handbook "IV. Participation".  
With the exception of Junior Gold and 19U Players, prior to a player's first year of Squirts or 10U a Mandatory Waiver shall be granted to any player in good standing other than a Mite or 8U and under, without conditions except as described below, who wishes to participate in the MH association whose boundaries incorporate the school in which the player is enrolled and is attending, as follows:
- a. For purposes of this rule, the school shall be located where the player attends the majority of their academic classes, unless agreed otherwise by the affected District Director(s).  
Players waived based on school choice shall be deemed to be members of their Association of School Attendance and shall have full rights and privileges accorded to all members of that association, including voting rights. (Exception – see "Changing Schools" below.)
  - b. Players receiving a waiver based on school attendance shall register with their Association of School Attendance for as long as they continue to attend that school (including the first year). If they stop attending school in that association's area, they revert back to their Association of Residence for participation or waiver.
  - c. If a player has obtained a waiver based on this section, they shall be allowed to continue to play with their Association of School Attendance as long as they register every year and participate during the regular season with their association of school attendance. If a player has not obtained a waiver based on school attendance prior to being eligible for Squirts or 10U, they may only play outside of their Association of Residence by obtaining a discretionary waiver.
  - d. Any player granted a school-based waiver prior to the changes adopted by MH at the January 2024 meeting will be allowed to continue to play in the association of school attendance where the player attended at the time of receipt of the waiver.

- e. District 3 allows for sibling waivers. If a sibling is playing with an association, that player's siblings will be able to participate in that association as early as mite/8U. That sibling must be the second player to play for that association versus the first player. (A first year squirt waived into an association, and that player's 12U sister is not permitted to waive into that association.)
- f. District 3 allows for players to obtain a waiver based on school attendance at any travel level if the player has moved into the state of Minnesota and is the player's first year of association travel hockey provided both associations approve.

1.2. PLAYER PARTICIPATION:

- 1.2.1. Players residing within the boundaries of District 3 may not participate on a team outside of the District unless an exception has been granted. Exceptions may be granted after proper procedures have been followed. Association Representatives must contact the District 3 Director prior to initiating a player transfer out of District 3.

1.3. REGISTRATION COMPLIANCE – ROSTERS/REQUIREMENTS:

- 1.3.1. The penalty for not registering players or not paying fees as outlined in the Minnesota Hockey Handbook, will be forfeiture of all games including league, exhibition and tournaments until registration and/or payment is complete.
- 1.3.2. Playing an athlete not listed on the current approved roster shall be cause for forfeiture of all league games played; including, the game in which the violation occurred. Also see MN Hockey Handbook "V" Eligibility Provisions, "A".
- 1.3.3. The head coach will receive a one-game suspension for any coach participating in any team event, on or off the ice, who has not fulfilled the registration and education requirements.
- 1.3.4. No team shall play in any exhibitions or league games, with the exception of tryout exhibitions, without a properly executed roster. No team will be allowed to schedule an exhibition game(s) until their roster has been approved by the District 3 USA Hockey Registrar. Any team playing with an ineligible roster will be subject to the penalties listed above.

1.4. TEAM DECLARATIONS and GAME SCHEDULING:

- 1.4.1. Team Declarations: Initial Team declarations shall be submitted to the Competition Committee for review and approval by May 15th. Additional information or presentations may be requested of associations and should be provided on a timely basis. The Competition Committee will meet to review initial team declarations before July 1. After July 1, and prior to September 1, the Competition Committee will meet as needed to review any changes. After September 1, the District Director will review any additional changes. Team level changes will not be considered after September 10. All team levels, per MN Hockey rules, require the District Director's final approval.
- 1.4.2. Before an association can participate in league game scheduling, a list of registered tournaments and black-out dates for each team must be provided to AVARIO.
- 1.4.3. District games take priority over other team events (exhibition games, etc.). Team events that limit game availability prior to league scheduling should be scheduled after league games are scheduled (except for association assigned activities/events, i.e., skill sessions, goalie training, off-ice training, and tournaments).
- 1.4.4. Scheduling will occur in the following order:
- 1.4.4.1. D3 end of year Tournament games;
  - 1.4.4.2. Tournaments hosted by D3 Associations; and
  - 1.4.4.3. D3 League games

1.5. LEAGUE PLAY AND TEAM PLACEMENT:

- 1.5.1. Teams at all levels of play, must participate in District 3 league play **and** the District 3 End-of-Season Tournament. Failure to comply will result in sanctions, as determined by the District Director, against the team and/or the association.
- 1.5.2. No District 3 team shall be allowed to play in another league outside District 3 without approval from the District Director. Team levels are subject to the review and approval of the District 3 Competition Committee, which consists of the District Director, District President, three rotating District 3 representatives and the Hockey Operations Director.
- 1.5.3. For purposes of the team placement format, the MN Hockey team levels will be utilized where A and AA represent the top level. The reason for this is to maintain eligibility for A and AA teams to play against each other outside of league play. MN Hockey rules otherwise prohibit teams of different levels to compete against each other.
- 1.5.4. The following team levels are the guidelines for associations and the competition committee. However, associations only hosting one or two teams at an age level (as noted below) may, upon consultation with the competition committee, use their discretion at identifying the appropriate team level.
- 1.5.4.1. PeeWee, Bantam:
    - 1.5.4.1.1. One Team – A Team
    - 1.5.4.1.2. Two Teams – A and B teams (either B1 or B2) or A and C teams
    - 1.5.4.1.3. Three Teams – A, B (either B1 or B2) and C teams
    - 1.5.4.1.4. Four Teams – A, B1, B2 and C teams
    - 1.5.4.1.5. Five Teams – A, B1, B2, C, (5th team level at association discretion)
    - 1.5.4.1.6. Six Teams – A, A, B1, B2, C (6th team level at association discretion)
    - 1.5.4.1.7. Seven Teams – A, A, B1, B2, C, C (7th team level at association discretion)
    - 1.5.4.1.8. Eight Teams – A, A, B1, B2, C, C (7th and 8th team level at association discretion)
    - 1.5.4.1.9. Nine Teams – A, A, B1, B2, C, C (7th, 8th, and 9th team level at association discretion)
  - 1.5.4.2. Girls – 12U, 15U, 19U
    - 1.5.4.2.1. One Team – A Team
    - 1.5.4.2.2. Two Teams – A and B teams
    - 1.5.4.2.3. Three Teams – A, B1, B2
    - 1.5.4.2.4. Four Teams – A, B1, B2, B1 or B2
  - 1.5.4.3. Squirts and 10U
    - 1.5.4.3.1. An association with two or more teams is required to field a minimum of one A team.
    - 1.5.4.3.2. At the Squirt and 10U Girl classifications, if an association is fielding more than one team at a level, the teams must be balanced coming out of tryouts.

## 2. PROTESTS, PENALTIES, and DISCIPLINARY COMMITTEE

- 2.1. DISCIPLINARY COMMITTEE:
- 2.1.1. A Disciplinary Committee shall be established to conduct disciplinary and administrative hearings. The voting committee shall consist of a Disciplinary Committee Chairperson, nominated by the District President and confirmed by the Board; the Disciplinary Committee Administrator, nominated by the District President and confirmed by the Board; and an Association Representative (rotating) to be selected for each hearing date.
- 2.1.2. The District Director, District President, the Association Representative and President of the involved hockey association may attend Disciplinary and Administrative Committee meetings, but they are not entitled to vote. The Supervisor of Officials, or designate, must also attend and participate in all Disciplinary Committee hearings, when playing rules of USA Hockey, MNH and District 3 are to be discussed, but are not entitled to vote.

- 2.1.3. Hearings may be held virtually or in person. District 3 will conduct discipline hearings in accordance with MNH and USA Hockey rules.
- 2.2. PROTESTS REGARDING TEAM OR PLAYER ELIGIBILITY:
- 2.2.1. Protests regarding team or player eligibility may be made at any time during the playing season. Protests must be in writing and be submitted to the District 3 President.
- 2.2.2. The District 3 President will provide proper notification to all affected parties within 24 hours.
- 2.2.3. The District 3 President will act and render a decision on the protest within ten (10) days from the filing of the protest.
- 2.3. PROTESTS REGARDING RULE INTERPRETATION:
- 2.3.1. No protests relating to the playing of the game are allowed in any MNH play. This includes exhibition games, league games, invitational tournament games and MNH tournament games.
- 2.4. COACH CONDUCT PENALTIES:
- 2.4.1. In the event a coach receives a game misconduct penalty, the coach must immediately vacate the players' box. A coach's failure to leave the box will result in that team receiving a bench minor penalty. If the coach has not left the player's box, the referee will immediately give a warning to the coach. If the coach fails to leave after that warning, the team shall forfeit the game, and per USA Hockey Rules, the coach will be assessed a match penalty.
- 2.4.2. Any coach who receives a game misconduct for abuse of officials will receive a three (3) game suspension for their first offense,
- 2.4.3. If a coach receives a second game misconduct for abuse of officials, they will be suspended until they can attend a disciplinary hearing; minimum five (5) game suspension.
- 2.4.4. If a coach receives a game misconduct for abuse of officials when the official is eighteen (18) years of age or younger the coach will receive a five (5) game suspension for the first offense.
- 2.4.5. Under rule 401(b) when a team receives 12 penalties in a game, the head coach will only receive a one (1) game suspension.
- 2.4.6. The coach will still be subject to the USA Hockey rule of progressive discipline.
- 2.4.7. Any coach serving a game misconduct must have the suspension properly identified in GameSheet. Failure to properly identify the suspension shall result in additional game suspension(s).
- 2.5. FIGHTING:
- 2.5.1. Following Minnesota Hockey rules, if a fighting penalty is assessed by a referee during any game, the penalty for fighting will be:
- 2.5.2. First offense: major penalty and a three (3) game suspension.
- 2.5.3. Second offense: major penalty and suspended from all participation for thirty (30) days (including out of town tournaments to watch).
- 2.5.4. Third offense: major penalty and suspended for remainder of the season.
- 2.6. MULTIPLE PENALTIES IN A GAME:
- 2.6.1. For all players except Bantam AA and Pee Wee AA and 15A: any player who receives three (3) penalties in the same league and exhibition game shall be immediately removed (game ejection) for the remainder of the game. An additional player from that team shall serve the penalty for the offending player. The offending player shall immediately leave the ice and will not be allowed to return to the team bench.
- 2.6.2. Bantam AA and Pee Wee AA follow the USA Hockey rule of four penalties in one game which will result in a game misconduct.

- 2.6.3. District playoffs at all levels will follow the USA Hockey rule of four penalties in one game which will result in a game misconduct.
- 2.6.4. Any Head Coach whose team has twelve (12) or more penalties in one game, shall be suspended for the next scheduled game of that team. (USA Hockey rule 401.b).

2.7. **GAME EJECTION:**

- 2.7.1. Any player ejected from a game for any reason must be escorted from the ice to the locker room by a coach or team locker room monitor. SafeSport policies must be followed.

2.8. **MATCH PENALTIES:**

- 2.8.1. Per USA Hockey rules, Rule 405(c): A player or team official incurring a match penalty shall be immediately suspended from the current game and all future games and team activities (practice, off-ice training, skills, team building, etc.,) until the case has been heard by the Disciplinary Committee or 30 days have passed.
- 2.8.2. All match penalties will be reported by the Head Coach within 24 hours to the Supervisor of Officials. Failure to comply will result in a one (1) game suspension for the Head Coach.
- 2.8.3. The Supervisor of Officials shall notify the Disciplinary Committee Administrator of the match penalty. The match penalty hearing will be held at a date agreed upon by all parties attending the hearing. The next available hearing date shall allow the District Administrator ample time to collect and disseminate information. The Administrator shall notify all participants of the hearing in accordance with MNH and USA Hockey guidelines.
- 2.8.4. The following individuals shall be notified of the hearing: Disciplinary Committee Members, Head Coach, District President, District Director, Supervisor of Officials (who is then responsible for contacting the officials involved in the infraction), player and family, Association Representative and Association President.
- 2.8.5. The player/team official assessed with the penalty shall submit to the Disciplinary Committee Administrator a written account of the incident as a requirement of being reinstated.
- 2.8.6. Prior to the hearing, the Disciplinary Committee Administrator shall perform due diligence in gathering information related to the incident and forward the information to the Disciplinary Committee Members and others notified of the meeting.
- 2.8.7. Players, coaches and others may be required to attend disciplinary/incident review hearings and will be notified in writing within 3 (three) days of any incident that requires a hearing.
- 2.8.8. An appeal of a suspension may be made to the District 3 Director as provided in MNH By-Laws, Article 6.
- 2.8.9. Disciplinary hearings and match penalty hearings may be virtual or in person.

2.9. **GAME MISCONDUCT PENALTIES:**

- 2.9.1. When a game misconduct penalty is assessed, the player or team official is removed from the current game and is suspended for the next previously scheduled game.
- 2.9.2. All game misconduct penalties/match penalties must be reported by the Head Coach within 24 hours to the Supervisor of Officials. Failure to comply will result in an additional one (1) game suspension for the Head Coach.
- 2.9.3. Any player or coach serving a game misconduct must have the suspension properly identified in GameSheet. Failure to properly identify the suspension shall result in additional game suspension(s).

**3. GAME EXPECTATIONS AND LOGISTICS**

3.1. **PLAYING RULES:**

- 3.1.1. All District 3 games, exhibitions and tournament games shall use USA Hockey rules, as amended by MNH and District 3.

- 3.1.2. For region-bound levels, only District 3 league games will be used to determine final league standings based on the MNH “Playing Rules – Fair Play.”
- 3.1.3. For non-region-bound levels, all games played will be used to determine final league standings based on the MNH “Playing Rules – Fair Play.”
- 3.2. **OFFICIALS:**
- 3.2.1. District 3 Associations are to use Beltline Hockey Referee Association (BHRA) officials for any games played at their home rink(s). This includes tryout exhibitions, exhibitions, tournament games and league games. Exceptions may be allowed with the approval of the BHRA President or District 3 Director. BHRA referees are to be scheduled through the official scheduling process. Failure to comply will result in a three (3) game suspension to the head coach of the team.
- 3.2.2. Officials’ fees are designated by the league. In the case of exhibitions/non-league games, the officials are to be paid by the District 3 association team, by check or cash, prior to play starting (checks will not be accepted from non-District 3 teams).
- 3.3. **TRYOUT EXHIBITIONS:**
- 3.3.1. A scoresheet, or GameSheet, must be used for all exhibitions.
- 3.3.2. If an exhibition is played with a team from outside the home association (e.g., extended try-out), the procedure for players assessed minor penalties may be adjusted to provide the maximum opportunity for the players to display their skills.
- 3.3.3. Major, game misconduct or match penalty assessments must be served by the offending player in accordance with the provision of the USA Hockey rulebook. The offending player must serve the appropriate penalty time in the penalty box, but the player can be replaced to maintain the on-ice strength.
- 3.3.4. If your association is coordinating tryout scrimmages for any of your teams you must submit a list of players and coaches participating along with who your team will be playing, the location of the game and when the game is scheduled to your association registrar PRIOR to the event and must be approved by the USA Hockey District 3 Registrar.
- 3.4. **EXHIBITIONS:**
- 3.4.1. GameSheet must be used for all exhibitions.
- 3.4.2. For 60-minute game format: Periods one and two will be 12:00 stop time. Period three will be running time for the remainder of the time slot minus 2 minutes (this is for handshake and clearing the ice).
- 3.4.3. For 75-and 90-minute game formats: Periods one and two will be 15-minute stop time. Period three will be running time for the remainder of the time slot minus 2 minutes (this is for handshake and clearing the ice).
- 3.4.4. ALL 90-minute exhibitions (scrimmages) will have a resurface between the 2nd and 3rd periods.
- 3.4.5. No time outs in exhibition games
- 3.5. **GAME SPECIFICS:**
- 3.5.1. All players of a team must have similar colored jerseys. The home team shall wear their light-colored jerseys; the visiting team shall wear their dark colored jerseys. All players of a team must have similar colored socks, if available.
- 3.5.2. All District 3 league games shall be played on indoor ice.
- 3.5.3. One (1) hour of ice time will be provided for all league games for Mites/8U; Squirts and 10U Girls, Pee Wee-B1, Pee Wee-B2, Pee Wee C, U12-B Girls. Periods will be 12 minutes stop time, and there will be no resurfacing during the game. One (1) hour and 15 minutes (75 minutes total) of ice time will be provided for Bantam-B1, Bantam-B2, Bantam-C, 15U-B Girls, Pee Wee-AA, Pee Wee A and 12U-A. One and one half (90 minutes) hours of ice time will be provided for all league games for Bantam AA, Bantam A, 15U-A Girls.

- 3.5.4. The game shall be considered over when three periods have been played or when the specified ice time has expired on the designated hour clock. If a digital or electronic clock is available, that will be considered the hour clock. Any other clock being used shall be established prior to the start of the game by the referee and communicated to both team coaches and timekeeper.
- 3.5.5. There will be a five (5) minute warm-up period prior to the start of the game, and a one (1) minute rest between all periods excluding resurfacing. After four minutes of warm up, the game horn will be sounded. At the sounding of the first horn, pucks will be picked up and all team meetings will take place. Immediately following the end of the five-minute warm up, the scorekeeper shall put the appropriate period length on the clock and the game-starting face-off shall take place immediately. For games where the ice is resurfaced, play will resume immediately after the teams return to the ice.
- 3.5.6. In the event there is a six (6) or more goal differential in the third period, running time will be implemented. If the goal differential becomes less than six (6) goals, stop time will resume.
- 3.5.7. Squirts/10U: In the event there is a six (6) or more goal differential during the game, the scoreboard shall not reflect a goal difference of more than six (6). However, GameSheet must reflect all goals scored.
- 3.5.8. No time outs will be allowed during league games.
- 3.5.9. There will be no overtime periods during regular season league play.
- 3.5.10. In circumstances where the ice time expires before all three (3) periods of a game are played, the game will be considered complete if a minimum of two (2) full periods of the game have been played. These circumstances include delays due to injuries or arena problems, and games suspended by the referees. Games which have not completed two (2) full periods will be rescheduled and played as a new game (starting with a 0 to 0 score). Both teams will share the cost of the new game.
- 3.5.11. The home team shall provide pucks to be used during pre-game on-ice warm-ups.
- 3.5.12. In the event a District 3 team (or teams) is playing in a joint league, the host league game time and period time rules will apply (or an agreed upon set of rules will be applicable).
- 3.5.13. All coaches must review, verify, and sign the GameSheet BEFORE the beginning of the game. In doing this, coaches are agreeing their players are wearing all required protective equipment. In addition, players are marked appropriately on GameSheet as playing, not playing, and suspended.
- 3.5.14. Any official(s) will remove any player from the game if it is noticed that they are not wearing required protective gear. The removal will be recorded on the Game Sheet. The player can return anytime once the required protective gear is put on.

### 3.6. SQUIRT AND 10U GIRLS GAME LIMITATIONS AND CONTROLLED SCRIMMAGES:

#### 3.6.1. Game Limits:

- 3.6.1.1. No team shall play more than one (1) league game, exhibition, or controlled scrimmage per day.
- 3.6.1.2. Teams are allowed to play two (2) tournament games per day.
- 3.6.1.3. Teams are limited to 35 games, which does not include D3 End-of-Season Tournaments.

#### 3.6.2. Controlled Scrimmages:

- 3.6.2.1. Coaches On-Ice Scrimmages or “controlled scrimmages” are allowed as a coaching tool for teaching position play and to address various game situations. All of the following criteria must be met for the event to be considered a Coaches-On-Ice Scrimmage:
- At least one coach from each team must be on the ice for the purpose of instruction.
  - No official score may be kept, but the game clock may be used.
  - Teams can switch ends at some point, if desired.
  - The event is conducted as practice, with the coaches stopping play from time to time to make observations and provide instruction on player positioning, etc.
- 3.6.2.2. Registration for any coach controlled scrimmage(s) should be completed at least 3 days prior.

- 3.6.2.3. The maximum limit on controlled scrimmages is 5 and these scrimmages will NOT count against the 35-game limit unless not properly registered.
- 3.6.2.4. Compliance rests on the local associations and the local District. Failure to comply shall result in a mandatory 30-day suspension to the head coach.
- 3.6.3. SHARED PRACTICE:
- 3.6.3.1. For Squirts and 10U Girls, a shared practice will be allowed and not count against the 35-game limit if the following criteria are met:
- The practice plan is sent 10 days prior to the scheduled practice to the District Director and,
  - The teams may scrimmage no more than ten (10) minutes at the end of the shared practice.
- 3.6.3.2. If the criteria are not met, the shared practice will be considered a non-registered controlled scrimmage and count against the 35-game limit.
- 3.7. MINOR OFFICIALS:
- 3.7.1. The home team will provide three minor officials for each game. The visiting team shall provide one.
- Home team-Clock Worker (trained)
  - Home team- Home Penalty Box Attendant
  - Home team-Scorekeeper (home team provides iPad for GameSheet use)
  - Visiting team- Visiting Penalty Box Attendant
- 3.7.2. The game shall not begin until the minor officials are in place.
- 3.8. GAMESHEET:
- 3.8.1. GameSheet will be used for all District 3 league games, exhibitions, and tournament games.
- 3.8.2. All District 3 games and the game result must be submitted immediately upon completion. Failure to submit a game within 24 hours will result in a \$250 fine.
- 3.9. GAME CANCELLATIONS:
- 3.9.1. Failure to appear for an officially scheduled league game, without the approval of the District President, shall constitute forfeiture of that game. A ten (10) minute grace period, which includes the five (5) minute warm-up period, shall be allowed from the official starting time before the officials call the game. The District Director and/or District President may assess a three (3) game suspension to any head coach who deliberately forfeits a game.
- 3.9.2. A scheduled league game shall not begin until at least two (2) officials are on the ice. A ten (10) minute grace period shall be allowed for the officials to appear. After the grace period expires, the game shall be rescheduled. The home team shall be responsible for rescheduling the game.
- 3.10. SUBSTITUTE GOALIES:
- 3.10.1. Emergency Backup Goalie (EBUG) is permitted at all levels with appropriate approvals and rules followed.
- 3.10.2. An EBUG will be allowed for Squirt, 10U, Pee Wee, 12U, Bantam, 15U, Junior Gold and 19U. The EBUG form is an online application on the D3 website. The following criteria must be met:
- At your level or lower (cannot be from a higher level or division i.e a PW A goalie cannot sub for a Bantam B team);
  - Within your own association first;
  - Within your district second;
  - Must wear his/her own jersey;
  - Substituting cannot interfere with his/her own team activities and must follow the rest rules – two hours from scheduled finish to scheduled start unless the coach and parent(s) of that player approve;

- If a team has two goalies and has an activity scheduled, with approval from the coach and parent(s), one goalie may substitute as an EBUG for another team;
- Must have District Director approval (both districts if goalie is from outside D3); and
- In-season EBUGs are for games only, not practices

**League-Game Details Cheat Sheet**

<b>Level</b>	<b>Ice Time Length</b>	<b>Period Length</b>	<b># Of Officials</b>	<b>3-Penalty Rule</b>	<b>Minor Penalties</b>	<b>Major/Misconducts</b>
<b>Junior Gold</b>	<b>See Junior Gold League rules</b>					
<b>Bantam AA</b>	90 minutes. resurface between 2 <sup>nd</sup> /3 <sup>rd</sup>	3 - 15 minute stop periods	3	No	2:00 minutes	5/10
<b>Bantam A</b>	90 minutes. resurface between 2 <sup>nd</sup> /3 <sup>rd</sup>	3 - 15 minute stop periods	3	Yes	2:00 minutes	5/10
<b>Bantam B, C</b>	75 minutes. No resurface	3 - 15 minute stop periods	2	Yes	2:00 minutes	5/10
<b>Pee Wee AA</b>	75 minutes. No resurface	3 - 15 minute stop periods	2	No	1:30 minutes	5/10
<b>Pee Wee A</b>	75 minutes. No resurface	3 - 15 minute stop periods	2	Yes	1:30 minutes	5/10
<b>Pee Wee B, C</b>	60 minutes. No resurface	3 - 12 minute stop periods	2	Yes	1:00 minutes	5/10
<b>Squirt* A, B, C</b>	60 minutes. No resurface	3 - 12 minute stop periods	2	Yes	1:00 minutes	5/10

<b>Mites /8U**</b>	60 minutes. No resurface	3 - 12 minute stop periods	2	Yes	1:00 minutes	5/10
<b>19U</b>	90 minutes. resurface between 2 <sup>nd</sup> /3 <sup>rd</sup>	3 - 15 minute stop periods	2	Yes	2:00 minutes	5/10
<b>15U-A</b>	90 minutes. resurface between 2 <sup>nd</sup> /3 <sup>rd</sup>	3 - 15 minute stop periods	3	Yes	2:00 minutes	5/10
<b>15U-B</b>	75 minutes. No resurface	3 - 15 minute stop periods	2	Yes	2:00 minutes	5/10
<b>12U-A</b>	75 minutes. No resurface	3 - 15 minute stop periods	2	Yes	1:30 minutes	5/10
<b>12U-B</b>	60 minutes. No resurface	3 - 12 minute stop periods	2	Yes	1:00 minutes	5/10
<b>10U* A, B</b>	60 minutes. No resurface	3 - 12 minute stop periods	2	Yes	1:00 minutes	5/10
<b>NO TIMEOUTS ARE ALLOWED IN DISTRICT 3 LEAGUE PLAY FOR ANY LEVEL.</b>						
*Squirts and 10U game limits are 35 games per season						

3.11. MITES\*\*:

- 3.11.1. The standard playing surface is half/cross ice.
- 3.11.2. Intermediate nets are the only nets to be used in all mite games and internal play without prior approval of the D3 Mite Coordinator.
- 3.11.3. No full ice games until after January 15th, 2026.
- 3.11.4. No Mite team in District 3 is allowed to travel more than 45 miles from their home ice arena for games.
- 3.11.5. District 3 is allowing up to 15 games outside of their association, including jamborees.
  - 3.11.5.1. Of those 15 games, 10 games can be full ice games IN or OUT of District 3.
  - 3.11.5.2. Of those 15 games, a maximum of seven (7) games can be played against teams that are outside of District 3.
- 3.11.6. All games IN and OUTSIDE of District 3 need to be submitted to the District 3 Mite Coordinator no later than seven (7) days prior to play.
- 3.11.7. All jamborees District 3 Mite teams are playing in, need to be submitted to the District 3 Mite Coordinator no later than 21 days prior to play.

**3.12. TIMEOUTS:**

- 3.12.1. No timeouts are allowed in District 3 League play for any level.

**4. GAME RESCHEDULING:**

- 4.1. A mutually agreed postponed game must be rescheduled fourteen (14) days prior to the original scheduled date. Games cannot be rescheduled for a team to play an exhibition game or to enter a tournament. If a game qualifies to be rescheduled, the respective associations will work through their ice schedulers through their approved process of rescheduling. A \$250.00 fee will be charged to the association requesting the game change for an approved rescheduled game. There may be additional refs fees that will be assessed.
- 4.2. Games postponed with less than a forty-eight (48) hour notice prior to scheduled time, will be fined an additional \$100.00. Monies collected will be designated to a special fund by the District President.
- 4.3. In the event the weather is such that it might be hazardous to participants, the game may be officially postponed. The coach wishing to postpone the game must contact the opposing coach. Each coach must contact the District President at least one and one half (1 ½) hours prior to game time. The District President will make the final decision and notify each coach. No appeal will be allowed. If the game is postponed, the District President will notify the referee scheduler. Both teams will share ice time cost equally. There may be additional refs fees that will be assessed.
- 4.4. A scheduled game, canceled for reasons beyond control of the teams involved (no officials, arena ice cancellation, etc.) must reschedule within nine (9) days. No fee will be charged.
- 4.5. All league games for the teams participating in the District 3 tournament must be completed and submitted by the last day of the season. In the event a game is not submitted by the home team, the game will be counted as a forfeit for the home team.

**5. LEAGUE STANDINGS**

- 5.1. All league games for the teams participating in the District 3 tournament must be completed by the last day of the season. In the event the entire league schedule is not completed prior to District 3 playoffs, the District Director and District President will determine the tournament participants. This action will only be taken when the incomplete games affect the final league standings, which in turn affect the tournament participants.
- 5.2. All District 3 league games will be used to determine final league standings based on the Minnesota Hockey Youth "Playing Rules – Fair Play." For the purposes of district tournament seeding, District 3 teams playing in leagues comprised of teams from another district, will have league standings based on head-to-head competition only with District 3 teams.
- 5.3. Any non-region bound league team will play in the year end District 3 tournament.
- 5.4. In case of a tie for any position in the final league standings, district seeding will be determined by applying the following criteria in order of definition:
- 5.4.1. Head-to-head competition among the tied teams, determined by points (2 for a win, 1 for a tie, 1 Fair Play point). The position of each team is determined in order of highest total point count, regardless of the number of times the tied teams met in league play.
- 5.4.2. Most wins in League play.
- 5.4.3. Fewest losses in League play.
- 5.4.4. Most Fair Play points earned in League play.
- 5.4.5. Largest goal differential among tied teams. (six goal max per game).
- 5.4.6. Greatest quotient: goals for divided by goals against among the tied teams.
- 5.4.7. Largest goal differential for all league play. (six goal max per game).
- 5.4.8. Greatest quotient, goals for divided by goals against for all league play.
- 5.4.9. Flip of a coin done by league officials in the presence of the District Director.

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- 5.4.10. In the event of a three-way tie, using tie-breaker rules beginning with a) will be used to determine the #3 seed amongst the tied teams. The #3 seed is then eliminated. The remaining two teams will start over beginning with tie-breaking rules in 5.4.1 to determine final seeding.
- 5.4.11. In the event of a four-way tie, the same process will be used to eliminate the lowest remaining seed. When a position has been determined by the criteria in a-i, and there are at least two teams remaining in a tied condition, then the tie breaking criteria will be reinitiated among the remaining teams.
- 5.5. The League Champion will be the number one seed in district playoffs as determined above. The League Runner-up will be the number two seed as determined above.
- 5.6. Teams that are tied at the end of regulation time each receive one point. If a sudden death overtime period is played, the team scoring first will receive one additional point.

**6. ASSOCIATION FINES AND SUSPENSIONS**

INFRACTION	FINE AMOUNT
Playing more than 35 games at 10U and Squirt	\$250 per game and Coach Suspension
Playing a NON-USA hockey game	\$500
Playing games(s) against different age classification without District 3 Director Approval	\$300
Rest Rule Violation	1st offense – \$300 2nd offense - \$500 3rd offense – \$1,000
Playing League games/exhibition games/scrimmages without District 3 officials	<u>1st offense</u> – Head coach suspended for one (1) game and a \$500 fine. <u>2nd offense</u> - Head coach suspended for three (3) games and a \$500 and NO additional exhibition games. <u>3rd offense</u> - Head coach suspended for the duration of the season and a \$1,000 fine.
Mite and 8U teams playing out of district without approval	\$200 per event
Games not uploaded from Gamesheet within 24 hours (chg to 24 hrs)	\$100 per game
Abuse of Officials	<u>1st offense</u> - Three (3) game suspension. <u>2nd offense</u> - 30-day suspension pending a hearing with District 3, Association President and a up to \$500 fine to the association. <u>3rd offense</u> – One (1) year suspension pending a hearing with District 3, Association President and a potential \$2500 fine to the association. Additional consequences may be given to an association based on the severity of the offense.

**7. INVITATIONAL TOURNAMENTS (ASSOCIATION SPONSORED TOURNAMENTS)**

- 7.1. An Invitational Tournament Coordinator shall be appointed by the League President to review and approve tournament applications and forward to the Minnesota Hockey Tournaments Vice President.
- 7.2. All invitational tournaments and sanctioned Jamborees conducted in District 3 shall be registered with and sanctioned by Minnesota Hockey and USA Hockey.
- 7.3. A mandatory tournament director meeting will be held each year in June. Failure to attend will result in forfeiture of tournament sanctioning for that season.
- 7.4. A \$100 fine, payable to the BHRA, will be assessed to any association that alters an invitational tournament bracket with less than twenty- one (21) days notification.
- 7.5. District 3 and Regional Tournaments, take precedence over District 3 League games. No District 3 Sanctioned/Invitational Tournaments or Jamborees will be played during year-end district tournaments or regional tournaments unless there is adequate ice, officials, and volunteers available to host both events. Prior approval by the District Director is required.
- 7.6. Prior approval of the District President is required when changing dates or adding an invitational tournament.

**8. DISTRICT AND REGIONAL TOURNAMENTS**

- 8.1. DISTRICT 3 TOURNAMENTS:
  - 8.1.1. All District 3 teams will participate in end of season tournaments.
  - 8.1.2. In District 3 end-of-season tournaments: the Home Team, throughout the tournament, will be the team that finished highest in the league standings. The home team will wear light colored jerseys.
- 8.2. REGIONAL TOURNAMENTS:
  - 8.2.1. Teams will advance and be seeded to regional tournaments based on district tournament results.

**9. MN HOCKEY HIGH PERFORMANCE PROGRAMS**

- 9.1. SPRING HIGH PERFORMANCE:
  - 9.1.1. PLAYER NOMINATION:
    - 9.1.1.1. Players shall be nominated by their AA, A, Varsity or Junior Varsity Head Coach from birth year eligible players residing in District 3, regardless of where the athlete played during the winter season.
    - 9.1.1.2. Associations who do not field an AA or A team may nominate players from their B1 team(s).
  - 9.1.2. TEAM TRYOUTS:
    - 9.1.2.1. Tryout evaluators shall be the current District 3 AA and A Head Coaches, in addition to other individuals as selected by the Program GMs. In the event a Head Coach is unavailable, he/she may delegate a replacement from among his/her current coaching staff. Each association is expected to provide at least one evaluator for tryouts.
    - 9.1.2.2. Players are required to attend a minimum of one (1) tryout session for each tryout phase (Phase 1 - Phase 3) to be eligible to move forward in the HP process. Consideration will be given to players who are injured/ill and unable to attend any tryout sessions for a given phase, but there is no guarantee the player will be selected to move forward.
- 9.2. TIER ONE AND TIER TWO PROGRAMS:
  - 9.2.1. Minnesota Hockey hosts the Tier 1 and Tier 2 leagues to support a District team advancing to the National Tournament at the 15 only Youth, 14 & Under Youth and Girls, and 13 only Youth classifications. The Tier 1 and Tier 2 competition in Minnesota will take place in the fall and conclude in time to allow players to return to their association or high school teams.
  - 9.2.2. Teams shall be determined by a tryout process. Athletes must try out in the district they reside in regardless of where the athlete played during the winter season.
  - 9.2.3. Tryouts shall be open to all interested parties who meet the age and district requirements.

**10. HEALTH and SAFETY**

- 10.1. **LOCKER ROOM MONITORS:** (LRM) Also see MNH Rule “XV. Conduct, Paragraph I, 104”
- 10.1.1. LRM are required to complete SafeSport training and a volunteer background check prior to assuming their duties as a locker room monitor.
- 10.1.2. Each District 3 Association must submit to District 3 a written association policy regarding locker room monitors that is consistent with USA and MN Hockey rules.
- 10.1.3. Coaches and Team managers shall be responsible for monitoring the LRM process.
- 10.2. **HELMET SAFETY:**
- 10.2.1. All coaches involved in on-ice activities, practices and scrimmages must wear a HECC-approved hockey helmet. The chin strap must be buckled at all times. Plastic ear pieces must be attached and worn at all times.
- 10.3. **NECK LACERATION PROTECTION:**
- 10.3.1. USA Hockey requires players in all age classifications including on-ice officials under 18 to wear neck laceration protection, also known as neck guards, during games and practices. This includes players in the youth, girls, and junior age classifications.
- 10.4. **ZERO TOLERANCE:** Per USA Hockey’s Zero Tolerance Policy, any player/coach who uses language that is offensive, hateful, or discriminatory in nature anywhere in the rink before, during or after the game shall be penalized under Rule 601(e.3) resulting in a Match Penalty. Such behavior is reprehensible and has absolutely no place in our game. The offender shall be immediately suspended until a hearing is conducted by the governing USA Hockey Affiliate or Junior League.
- 10.5. **INJURED PLAYER:** injured players on the bench must wear the team jersey (MNH rule), their helmet and their neck protection. They do not have to wear their mouth guard.