

Playing Rules Comparison Chart - Adult Leagues

	USA Hockey Senior NC	CSHL	FAHL	LIAHL				PHA	PHA	NHL
				EE - DDDD	DDD - D	CCCC - C	B	Over 35	E - D	C - A
Basic Rules										
Body Checking	No	No	No	No				No	Yes	
Icing	Red Line	Red Line	Blue Line	Blue Line	Red Line		None	Blue Line	Red Line	
Two-Line Pass	Legal	Illegal	Legal	Legal	Illegal		Legal	Legal	Illegal	
Off-Sides	Tag-Up	Tag-Up	Tag-Up	Tag-Up				Tag-Up	Puck exit	
USA Hockey?	Yes	Yes	No (ISI)	Yes				No	No	
Game Format	20 stop (15 inter.) 20 stop (15 inter.) 20 stop	19 run 1 stop (1 inter.) 19 run 1 stop (1 inter.) 10 run 10 stop*	15 stop (1 inter.) 15 stop (1 inter.) 15 stop *,**	20 run (1 intermission) 20 run (1 intermission) 18 run 2 stop	15 stop (1 intermission) 15 stop (1 intermission) 15 stop*,**	22 run (1 inter.) 22 run (1 inter.) 22 run	15 stop (1 intermission) 15 stop (1 intermission) 15 stop**	20 stop (15 inter.) 20 stop (15 inter.) 20 stop		
Overtime	(5 inter.) 10 stop repeat	(no inter.) 4 run 1 stop no repeat	(no inter.) 4 run*** 1 stop no repeat	none				(no intermission) 4 run*** 1 stop no repeat	(2 inter.) 5 stop no repeat	
Overtime during Playoffs	(15 inter.) 20 stop repeat	(no inter.) 19 run 1 stop 5-pl. s/o	(no inter.) 5 stop 5-pl. s/o ...	(no inter.) 4 run 1 stop 3-player shootout repeat 1-player shootout until decided players may not shoot twice until all have shot once	none		(no intermission) 4 run 1 stop no repeat	(15 inter.) 20 stop repeat		
Time Outs	60 sec.	30 sec.	30 sec.	30 sec.				30 in stop time only	60 sec.	
Notes	* = running time if mercy rule in effect (CSHL: ≥6 goals at 10min left; ICAHL: ≥6 goals at 6min left; FAHL: ≥10 goals at 10min left) ** = can go to running time if short on ice rental time *** = No overtime unless enough ice rental time to play all of it									
Equipment Requirements										
HECC Helmet	No	Required	Required	Required				Required	No	
Face Mask or Mouthpiece?	No	No	No	Full Required	Full Shield or Half with Mouthpiece	None Required		Half Required	No	No
Other Equipment Differences		Shoulder pads not required	Shoulder pads not required	All USA Hockey suggested equipment is required.						
Enforce jersey colors/numbers?		Yes		Yes, except sub. goalies						
"Goalie" without goalie pads OK?	Yes	No	No †	Yes				Yes	No	
	(When permitted, full face mask is required. LIAHL: Cage only, not shield.) † FAHL: If either team lacks a goalie, slapshots are not permitted.									

Other Key Rule Differences

CSHL:	Minors starting between 49:00 and 50:00 end at exactly 52:00. Majors starting between 48:00 and 50:00 end at exactly 55:00. 10-minute misconduct for non-matching uniform, starting 5th game Major+Game for blindside trip Major high stick results in ejection Double minor for attempted head butt Eject after four penalties
FAHL:	Major+Game for blindside trip Treat sexual slurs same as racial/ethnic slurs (game misconduct)
LIAHL:	Eject after four penalties. Over 35: Eject after two penalties D and Above: minors and majors are 3 and 7 minutes, resp., only if entire period is running time; otherwise, they are 2 and 5. Once at running time, never revert to stop. No one under 18 on the bench (exc. employees). Delayed penalties cancelled by goals are still recorded and count towards player limit.
PHA:	All major penalties 5 minutes, even in running time. No substitute needed on penalty bench for player who leaves game. (If no sub. on penalty bench, cannot return to full strength until stoppage.) No minimum number of players to start or continue game.

Playing Rules Comparison Chart - Youth Leagues

	USA Hockey		Fremont In-House		NorCal		San Jose In-House (LYHL)				Vallco In-House	
	Mite - Squirt	Peewee - Midget	Mite - Squirt	Peewee - Midget	Mite - Squirt	Peewee - Midget	Mini-Mite	Mite - Squirt	Peewee - Midget	High School	non-checking	checking
Basic Rules												
Body Checking	No	Yes	No		No	Yes**	No		Yes		No	Yes
Icing	Red Line		Red Line		Red Line		Red Line				Red Line	
Two-Line Pass	Legal		Legal		Legal		Legal				Legal	
Off-Sides	Puck must exit		Puck must exit		Puck must exit		Puck must exit				Puck must exit	
USA Hockey?	Yes		Yes		Yes		Yes				Yes	
Game Format												
					Based on ice rental:							
					< 90 min	>= 90 min						
	20 stop (15 intermission)	20 stop (15 intermission)	15 stop (1 intermission)	15 stop (1 intermission)	12 stop (1 inter.)	15 stop (2 inter.)	16 run (1 inter.)	17 run (1 intermission)	15 stop (1 inter.)	15 stop (1 inter.)	15 stop (1 intermission)	15 stop (1 intermission)
	20 stop (15 intermission)	20 stop (15 intermission)	15 stop (1 intermission)	15 stop (1 intermission)	12 stop (1 inter.)	15 stop (2 inter.)	16 run (1 inter.)	17 run (1 intermission)	15 stop (1 inter.)	15 stop (1 inter.)	15 stop (1 intermission)	15 stop (1 intermission)
	20 stop	20 stop	15 stop	15 stop	12* stop	15* stop	16 run	16 run	15 stop***	15 stop***	15 stop*	15 stop*
Overtime	(5 intermission)		?		none		none				none	
Overtime during Playoffs	(15 intermission) 20 stop repeat		?		none		none	none	Finals only: (no inter.) 4 run 1 stop 3 player s/o rpt. 1-pl. s/o		none	
Time Outs	60 seconds		60 seconds		none		none	none	60 sec.		none	
Notes	* = or half the remaining ice rental time, whichever is less. At any stoppage in the third period, go to running time if the clock exceeds the remaining ice rental. ** = unless one of the teams is a girls' team *** = can go to running time if short on ice rental time											
Equipment Requirements												
HECC Helmet	Required		Required		Required		Required				Required	
Face Mask or Mouthpiece?	Full Mask Required	Both Required	Full Mask Required	Both Required	Full Mask Required	Both Required	Full Mask Required		Both Required		Full Mask Required	Both Required
"Goalie" without goalie pads OK?	Yes		Yes		Yes		Yes				Yes	

Other Key Rule Differences	
Fremont IH:	No minimum number of players. Play 4-on-4 if needed, etc.
San Jose IH (LYHL):	Mini-Mites and Mites do not change ends between periods Mini-Mites and High School: minors 2 minutes, majors 5 minutes, even in running time. No one under 18 on the bench without full face mask (exc. employees). Delayed penalties cancelled by goals must still be recorded and count toward player limit