

Date: August 14, 2025
To: All Officials
Subject: 2025-2026 SFHL & SFGHL Travel Leagues Rules Update



All leagues play under the USA Hockey rule book; however there are some differences.
AA and A Play under same rules

Rule	SFHL & SFGHL
3-official system	14UAA, 16UA, 16UAA and 18UAA
ROSTERS	You must check Roster before game & Count Players AND Coaches. Only Coaches appearing on roster are allowed on BENCH. OFFICIALS, PRINT YOUR NAME on SHEET and SIGN (also put # if you have one)
CURFEW	10U, 12U and 14U and all Girls divisions are allotted 75 minutes for games. Youth 16U and 18U are allotted 80 minutes for games. The time starts when the teams enter the playing surface. The scorekeeper should write the time on the scoresheet when the players first step on the ice.
Timing of games	<p>10U & 10UG: (1:15 ice slot) 3 x 13-minute stop time periods.</p> <p>12U & 12UG: (1:15 ice slot) 3 x 13-minute stop time periods.</p> <p>14U & 14UG: (1:15 ice slot) 3 x 14-minute stop time periods.</p> <p>16UG & 19UG: (1:15 ice slot) 3 x 14-minute stop time periods.</p> <p>16U & 18U: (1:20 ice slot) 3 x 14-minute stop time periods.</p> <p>3rd period- If time allows, period begins with full time on clock as prescribed above (but not more). When the real time until the end of the ice slot equals the remaining game time on the game clock, running time begins; no time outs will be allowed during running time. ENFORCE the 5 second face off rule.</p>
NEW-Stop Time after running time	Once you have gone to running time in the 3 rd period, if the score differential is less than 3, the clock shall revert to stop time in the last minute (1:00) while the score differential remains less than 3. NO Timeouts.
Mouthguards (per SFHL)	Required for all players and goalies in 12U, 14U, 16U and 18U per USAH
Neck Laceration Protection	Required for all players and goalies in all divisions per USAH
Timeouts	One per team during stop time. Timeouts are NOT permitted once game reverts to running time.
Mercy rule	Running time in 3 rd period with 5 -goal differential or more. Goes back to stop time if less than 5 goal differential.
Goalie Injury	If no back-up on bench, maximum 5-minute delay or must resume play.
Overtime	Regular season games that are tied will end in a tie. No overtime or shootout.
Number of penalties for Game Misconduct	Player: 4 penalties in game results in a Game Misconduct and MUST be recorded on the scoresheet as an additional penalty. Coach: When a team has 12 penalties in a game (this is NOT a Game Misconduct. Coach is suspended for 1 game but can remain on bench for the rest of the game). Please write in the GAME NOTES section of the scoresheet.
Penalty Lengths	ALL minor penalties are 1:30, Majors are 5:00, Misconducts are 10:00
Game Misconduct Communication	When a Game Misconduct penalty is assessed, the official must communicate this penalty to the head coach of the team that incurred the game misconduct and advise that the penalized person must sit out their next game. That should be the extent of the communication on this matter. This is

**3-minute
warm-up in all
divisions**

	especially important when that team has a second game later that same day.
--	--