



2021 – 2022 Season

RULES:

- Utah High School Hockey uses the USA Hockey rulebook
- Tag up offsides is to be used for all high school games
- Short handed teams are allowed to ice the puck on the penalty kill.

TIME:

- Varsity:
 - Warmup = 3:00 minutes
 - Periods = 16:00 minutes
 - Penalty = 1:30 minutes (minor)
 - Time Out = 1:00 minute (1 per game)
- Junior Varsity
 - Warmup = 3:00 minutes
 - Periods = 13:00 minutes
 - Penalty = 1:30 minutes (minor)
 - Time Out = 1:00 minute (1 per game)
- For games that need to be curfewed:
 - If the game needs to be curfewed, the third period shall be shortened. The time put on the clock will equal half of the remaining ice time.
 - For example: If the remaining ice time is 20 minutes, the third period will have a length of 10 minutes.

NOTES:

- Please maintain proper line change procedures
 - If it is helpful, the back referee can put their hand up to indicate the visiting team cannot change.
- Maintain communication
 - Communicate with your partner and both benches to ensure that everyone is on the same page.
- Teams cannot pick the side of the ice for faceoffs following an icing or a penalty. That rule is for the college and junior level only.
- Please call the emphasized standard for check hockey. We need to try our best to have a consistent standard as an association.