

Iceoplex Adult Hockey League Rulebook

1. LEAGUE GUIDELINES

- a. The league is a **non-check** league **but** ice hockey is a contact sport by nature.
- b. There are five levels of play in the league:

A= Advance

B= Advance/ intermediate

C= Intermediate

D= Intermediate/ novice

E= Novice

- c. All players in the league must be at least eighteen (18) years of age upon registration to be eligible to play.
- d. Full slap-shots are allowed in all divisions unless otherwise specified by the local Hockey Director.

2. LEAGUE DUES

- a. League dues will vary based on the number of games played. Please refer to the effective seasonal contract for details.
- b. Players joining after the start of the season are eligible to play on a pro-rated basis but must pay the balance due in full. Any exceptions must be **pre-approved** by the local Hockey Director.
- c. **NO REFUNDS**
- d. Any player whose **payment defaults** (check, credit card declination, etc.) will not be eligible to play in the league until his account returns to good standing. A **\$25.00 penalty** will be issued for any returned check or declined credit card.
- e. At all times, it is the responsibility of the player and team rep to ensure that whatever League dues (or fines) owed are paid promptly **before the start of the game**. As it is not the scorekeeper's responsibility to chase down players who owe dues and or fines, all payments must be brought to the scorekeeper. Prior to the start of the game, team reps should immediately review the score sheet for any relevant team personnel information. Should a player play before paying any dues/ penalties, that player may be suspended pending a Hockey Director Review.
- f. **Team Payment** is available. One (1) payment only (check or credit card) will be accepted on behalf on the team by the registration deadline. (Minimum 12 players – maximum 16 players on the roster) **No Refunds**.

3. ROSTERS, RELEASES & PLAYER PLACEMENTS

- a. Each team is required to have a **full roster of 16 registered and paid** players before each hockey season begins. Additional skaters will be required to pay

regular dues. Except for goalkeepers substituting in emergency situations (see rule 4c), **no substitute players are allowed.**

- b. Absolutely **no skater will be allowed on the ice without USA Hockey membership and proper league registration.** Should a team be found using an ineligible player, appropriate fines and penalties will be levied.
- c. For a Team Rep to be eligible for a dues credit (less registration & USA Hockey membership), his team must have and maintain a roster of **16 paid skaters (including goalies) by the conclusion of the 2nd game of the league season (includes exhibition games).** If this condition is met the team rep, in effect, becomes the 16th skater and skates for free. If this condition is not met, the team rep must pay regular **full season** dues. **There will be no extensions granted for team reps after the conclusion of the 2nd game.**
- d. Teams with incomplete rosters may have their rosters completed by the league from a waiting list of players (if available).
- e. Team representatives are allowed to release players (with League approval) as long as the minimum number of players is maintained on the roster.
- f. **Player placements and movements** shall be **monitored** and approved at the discretion of the local Hockey Director so as to ensure the **integrity and balance of all levels.** The Hockey Director has the authority to adjudicate on any player placement/ movement so that the **best interests of the league are served.**
- g. The Hockey Director **may release any player** on any team if it is determined that doing so is in the **best interest of the League.** The League will also review all discipline-related matters that have occurred outside of the league and act accordingly in the best interest of the League.
- h. Any team found using **ineligible players** will be issued the **following penalties:**
 - 1. The Team Rep will be fined \$30 and suspended for 2 games
 - 2. The game in question will be forfeited.
 - 3. In addition to the forfeited game, the team will have two points deducted from their team point total.
 - 4. The player in question, if playing on another League team, will be suspended for 4 games and fined \$30.
- i. Based on a 20 game schedule, players must play a minimum of **five games to be eligible** for the **play-offs.** Based on a 16 or 12 game schedule players must play a minimum of **four games to be eligible** for the **play-offs.** All other eligibility questions may be reviewed at anytime by the Hockey Director
- j. Based on a 20 game schedule, team rosters are frozen for play-offs **prior to the 16th League game** (including exhibition games). Teams may NOT add players to their roster after this deadline unless they have League approval. Please check with League office for changes regarding schedules of less than 20 games. Any exceptions must receive Executive Committee approval.
- k. Should it be learned or suspected, during the course of the game, that a Team is using an ineligible player, a protest should be filed and the official outcome of the game will be decided by the Hockey Director.

- l. Should a game be declared a forfeit before the game begins, and there are enough players to play, the game will go on with a forfeit on the score sheet.
- m. In response to the on-going concern about players competing in divisions below their **skill level**, League Representatives will be randomly monitoring games throughout the season. In **obvious cases**, players will be asked to **move up immediately**. **Most cases**, however, will be remedied season's end when a "**NOTICE TO ADVANCE**" will be issued to players deemed "too good" for their current level. Should a new team join the League and they are found to be playing in an inappropriate level, the League has the right to move that team accordingly.

4. GOALIES

- a. Only one goalie position is required to be paid for on each team. If a team has two goalies, the goalies may split the dues or one goalie can reimburse the other for the games in which he plays. Both goalies are required to have a complete registration form and have their insurance/ registration fee paid in full.
- b. Provided that the regular team goalie is registered and in good account standing, team may use a substitute goalie in emergency situations. **Any abuses** in the use of subs -- i.e. deliberately using a substitute goalie of a higher skill level -- will be subject to League review and **possible forfeiture**. As such, when attempting to secure a substitute goalie from the **same level or lower**. If you cannot secure a goalie from the appropriate level, call the League office.
- c. In the event that a goalie cannot be secured, a 6th skater may participate **but without goalkeeper privileges**. In order to be considered a "goalkeeper", the player must wear full goalkeeper equipment.

5. INJURIES

- a. All injuries must be reported to the scorekeeper or **League office within 24 hours** to comply with USA hockey membership guidelines.

6. UNIFORMS

- a. Unless the League grants prior exemption, all teams in all divisions must have complete **matching sets of home (white) and away (dark) jerseys**. (Exemption example: A division having only four teams with all teams having non-conflicting colors.)
- b. All players must wear team color coordinated jerseys with "main color" coordinated, permanently attached numbers on the back and color coordinated socks. Team crests are optional. Cooper All-type pants are exempt. Uniform codes will be enforced by the scorekeeper and will be the responsibility of the team rep to maintain conformity. Logo & Name must be approved by the League.
- c. ****By the fifth game of the season (incl. Exhibition) any player not in proper team uniform will be assessed a TEN-minute misconduct penalty -- which will not be recorded on the score sheet – at the start of the game. Teams may assign a skater to serve misconduct for goalies without a team jersey. Substitute goalies are exempt. Should a team fail to have at least 6 skaters (including goalkeeper) in uniform by the start of the game, the game will be declared a forfeit.**

7. EQUIPMENT

- a. Certified protective headgear is required with a fastened, regulation strap. The **lightweight JOFA** helmet is **NOT PERMITTED**.

- b. ****Face protection is optional but strongly recommended. The Iceoplex Hockey League believes in SAFETY FIRST and recommends full-face shields (plastic or metal cage). Hockey by nature is a contact sport and occasionally sticks or pucks come high by accident, this is why we believe this so strongly.**
- c. **USA HOCKEY RULES APPLY FOR ALL EQUIPMENT REQUIREMENTS**

8. OFFICIALS

- a. The **scorekeeper** is an **off-ice official** and may assist the referees in declaring assists and penalties. Any player abusing scorekeepers will be subject to the **same penalties** as if abuse was directed towards an on-ice official.

9. GAME LENGTH

- a. For regular season games, all levels will utilize the following format:
 - 1st and 2nd periods, 20 minute running time; last minute of each period – stop time.
 - 3rd period, first ten minutes running time; last ten minutes, stop time.
 - Each team is allowed on 30 second time out
 - A one-minute break between periods will be in effect (except before overtime).
- b. ****In the event of a tie, a five minute, running time, sudden death overtime period will be played (last minute – stop time). There will be no time out or change of end. The winner in OT gets 2 points and the loser gets 1 point.**
- c. If, during the regular season, a game is tied at the end of overtime, the game shall remain a tie. Each team receives one point in their league standings.
- d. If a **six-goal margin exists** at any time after the 10-minute mark of the third period, the **mercy rule** will be in effect and there will NOT be stop time. This remains consistent until the end of the game **even** if the **margin decreases from six**.
- e. No time outs are allowed during the last ten minutes if the mercy rule is in effect.
- f. In the event of an extraordinary time-consuming delay where the clock is stopped – i.e. injury, ice maintenance, etc. – the scorekeeper and referees shall have the authority to run the clock on “straight time” for the balance of the game should the arena ice schedule be seriously compromised.

g. **GAME RULES SHALL REFLECT ALL USA HOCKEY REGULATIONS & STANDARDS**

10. PLAY-OFFS

- a. Unless otherwise specified, at the end of the regular season, the top four teams in each division advance to the play-offs – 1st vs. 4th, 2nd vs. 3rd.
- b. Should two teams finish tied in the standings, the following **tie-breaking procedure** will be implemented to determine the higher standing:
 - 1. Team with the **fewest forfeits**.
 - 2. Most wins
 - 3. Superior head-to-head record based on points
 - 4. Superior head-to-head record based on goal differential.
 - 5. Superior league goal differential.
 - 6. The team with the fewest penalty minutes.

- c. **Play-off games** will utilize the same three period formats as in the regular season. Should a play-off game be tied at the end of regulation time, a **twenty-minute** (running time – last minute stop) **sudden death overtime** period will be in effect. Should the game still be tied at the end of the overtime period, a **five player “shoot-out”** will be implemented to break the tie. If the game is still tied, a **one-by-one shoot-out** will take place until a winner is determined.
- d. Unless otherwise determined, all **quarter-final and semi-final** rounds will be a **one game sudden-death elimination**.
- e. All **final** rounds will be a **two-out-of-three elimination**.

11. MODIFICATIONS TO USA HOCKEY RULES

a. MINOR PENALTIES

All minor penalties are a three minutes during running time consistent up to the 49-minute mark. Any minor penalty called between the 49 and 50-minute mark shall consistently expire at 52:00 minutes (8:00 minutes remaining). All minor penalties are two minutes during the last ten minutes and regular season overtime if stop time is in effect.

b. MAJOR PENALTIES

All major penalties are seven minutes during running time consistent up to the 48-minute mark. Any major penalty called between the 48 and 50-minute mark shall consistently expire at 55:00 minutes (5:00 minutes remaining). All major penalties are five minutes during the last ten minutes if stop time is in effect.

c. ****FISTICUFFS.**

1. 1st Fight, player receives a major penalty, automatic game misconduct, **minimum one-game** suspension and a \$15.00 fine
2. 2nd Fight, - minimum **two-game** suspension and a \$30.00 fine.
3. 3rd Fight – automatic season suspension pending review by the Hockey Director

d. **THIRD MAN IN.**

A player who intervenes in an altercation shall receive a game ejection and a \$15.00 fine. The Hockey Director shall review all third man in penalties to determine if a suspension is warranted. Be advised that fighting penalties do not have to be called for a player to be assessed a third man in penalty.

e. **MISCONDUCTS**

1. Ten minute misconduct: No fine or suspension.
2. Game misconduct (ten minutes on the score sheet): **\$15.00 fine, one game suspension**
3. Gross misconduct (ten minutes on the score sheet): **\$30.00 fine, minimum 2 game suspension** from the division in which the action occurred and Hockey Director review.
4. Match penalty 30-day suspension, **\$30.00 fine.**

f. **GAME EJECTION**

Should a player be ejected for the balance of a hockey game, he will be fined **\$15.00** (no suspension)

- g. All money collected from fines will be donated to a youth hockey scholarship fund

- h. ****Forfeit** (no show or not enough players): **1st forfeit**: lose the game and 2 points deducted from the team standings, **2nd forfeit** of the season: lose the game and 2 points deducted from the team standings. **3rd forfeit** of the season: lose the game and 4 points deducted from the team standing.

12. SUPPLEMENTARY DISCIPLINE

In addition to the fines and suspensions previously outlined in these rules, the Hockey Director may, at his discretion, investigate any incident that occurs in connection with any league game or season and may assess additional restrictions, fines, suspensions and/ or expulsions for any offense committed during the course of a season, game and/ or after the game by a player regardless of whether such offense was penalized by the referee.

13. CHECKLIST FOR TEAM REPS AND COACHES

The Team Rep is liaison between the players of his team and the League. **Know this rulebook thoroughly.**

- a. It is the **responsibility of the Team Rep** to establish and **maintain a full roster.** Please advise your team members that the League **does not provide refunds.**
- b. See to it that every team member has your phone numbers and knows how to reach you.
- c. Arrive early and attend every game or designate a substitute who is familiar with the team and the rulebook. Make sure that your team is ready to play at the designated time.
- d. Check with the scorekeeper and the score sheet before every game to find out if any player owes dues, fines or other League business.
- e. Make sure that players owing money bring it with them and get it paid before the warm-up is over.
- f. Please instruct all **new players** to **call the League Office** as per rule 30.
- g. **Instruct all new players** (who have received League approval to play) to **pay their fees, sign the proper League and USA Hockey registration forms** and have proper equipment and matching team jersey and socks.
- h. Pick up the **score sheet after the game** and **be sure** that **any players with suspensions or fines are aware that they are suspended** or have a fine due before the **next game.** Please be advised that any score sheet changes must be done at the game by the scorekeeper.
- i. **See** to it that all your **players have a schedule** or know where and when the next game will be. Schedules and rulebooks are available in the Hockey Office.
- j. Make sure that your **goalie is planning to be at your game.** If he isn't and you cannot find a substitute, **call the League office** and we'll try to locate one for you.
- k. All players should be on the league mailing list and receiving special event information. Please report changes of address promptly.
- l. Please instruct all players that players and pucks **must stay off ice** until the ice-resurfacing machine has exited the ice and the area gates are closed.
- m. Keep in mind that all players are entitled to equal ice time. We know that it's nearly impossible to ensure this for all players but as Team Rep, it's your responsibility to try.
- n. Make sure that you keep your players up to date with League news, especially with memos sent directly to you. **Communication is vital!**

- o. Should a Team Rep know that he/ she will be absent from a game, please call the League office and advise us as to whom you have appointed as acting Team Rep. If you are absent and no individual has been appointed to act in your place, the Team Captain will be designated Team Rep. Should the Team Captain be absent, one or all Assistant Captains will be designated as Team Rep.