

## ADULT HOCKEY LEAGUE RULES

This is a NO CHECK league! Playing the puck rather than the body is the rule. It is understood that incidental contact is inevitable; however, if body contact is avoidable a player is required to do so by rule. Non-incidental checking is a minor penalty.

- 1) It is understood and agreed that all participants will abide by Park City Ice Arena rules and regulations. The arena rules will be enforced by arena management.
- 2) Arena staff will provide two referees and one time keeper for each game.
- 3) There will be one hour and 15 minutes provided for each game. This time will be broken down as follows:
  - A&BC leagues:
  - One 5 minute warm-up
  - 1<sup>st</sup> Period = 14 minute stop time
  - 2<sup>nd</sup> Period = 14 minute stop time
  - 3<sup>rd</sup> Period = 14 minute stop time
- 4) To begin a game, all teams must have at least five skaters and one goalie.
- 5) The only person who can stop the clock will be the referee.
- 6) Referees/scorekeepers should make sure games end within the 1.25 hour time limit. The 3<sup>rd</sup> period will be cut short to complete the games on time.
- 7) Substitution Policy: **NO out of league subs.**  
The League Coordinator will be present at most games enforcing the following policy:
  - Players that are rostered on a current team in the same league may only sub for another team if there are nine or fewer skaters present.
  - **If a player is not a current member of the same league, they cannot play.**
  - If a team plays an illegal player they will forfeit the game and the captain/co-captain will not be eligible to play the next game.
  - Subs can only be used if a team has less than 9 players.
  - The team needing subs must ask opposing captain if the subs are O.K.
  - Subs can not be used in the playoffs.
- 8) Games may, other than any playoff or final game, end in a tie.
  - a. Playoff game tiebreaker: 2-5 minute sudden death overtimes and then a Shootout
- 9) USA Hockey Rules will be used unless a special league rule is set. The rules include, but are not limited to the following:

- i. Minor penalties are assessed with 1.5 minute penalties served in the penalty box.
- ii. A player receiving five minor penalties in any one game is assessed a game misconduct. After the fifth penalty is called, the player who received the fifth minor will receive a game misconduct and will be asked to leave. The offending team will serve the minor 1.5 minute penalty from their bench and will play one person short.
- iii. Major penalties will be enforced by a four minute penalty and a mandatory game misconduct. The skater who is assessed the game misconduct must leave the game and the offending team will serve the major four minute penalty from their bench and will play one person short. The four minute penalty must be served in full, even if a goal is scored.
- iv. Fighting is a major penalty. The fighting player/s will receive a game misconduct and a mandatory one game suspension. A second fighting violation will result in suspension of league play for the remainder of the current season.
- v. All game misconducts will carry one game suspension + 1 additional game if the League Coordinators think the infraction was severe and a \$20 dollar reinstatement fee.

As defined by USA Hockey rules, a Game Misconduct penalty means the player or team official will be suspended for the balance of that game and for the next scheduled game.

**\*\*\* Intent to injure or behavioral deviation is subject to league review. League coordinators and team captains hold the authority to expel any player for inappropriate behavior.\*\*\*  
\*\*\* If expelled, return of league fees will not be granted.**

The rules of play for the adult hockey league are subject to change at the discretion of the league coordinator and team captains for the safety of the program.

- 10) If space is available after the registration deadline, registrations will be accepted with a late fee. Maintaining the same order used in the draft process, the player will be assigned to the team with the next draft pick.