ANN ARBOR ADULT HOCKEY LEAGUE RULES

(May 2013)

I. MISSION STATEMENT

Ann Arbor Adult Hockey at the Ice Cube strives to provide a safe, enjoyable athletic experience with emphasis on friendly competition, camaraderie, and sportsmanship. Our goal is to foster a positive recreational environment for all teams, players and spectators. As true recreational leagues, all levels offered are strictly non-checking, no fighting leagues. All aggressive infractions will be strictly disciplined, resulting in game or league suspensions.

II. ELIGIBILITY

1. All players, either male or female, must be at least eighteen (18) years of age to participate in the leagues.

2. Players may not be current members of any educational institution’s varsity, junior varsity, or club hockey team, nor may they be members of any junior or pro hockey team.

   A. Players under the age of 35 with college varsity or club, junior or professional hockey experience are not permitted in our leagues.

   B. Any player that registers for the Leagues within three years of playing high school varsity or youth travel hockey must play in the “B” League.

   C. Players under the age of 30 with high school or youth travel hockey experience are not permitted to play below C League.

   D. No players with high school or youth travel hockey experience will be permitted to play in D1, D2, F1/F2, or Never/Ever.

   E. It is the responsibility of each team manager to know the skill levels of the players they place on their rosters, and to insure that each of their players’ skill levels are within the level of the league in which they are participating. Teams that place higher skilled players on their roster and attempt to keep them on their roster will be subject to forfeits of any games won with higher skilled players participating in those games. Team managers will also be subject to suspensions for allowing higher skilled players to remain on their team’s roster.

   F. League Management reserves the right to approve or remove any highly skilled player in any division at any time.

3. League Experience guidelines:

   A. **Never-Ever:** This player is a beginner in the truest sense of the word. He/she has begun playing the game as an adult and may only have up to three years of playing experience. The basic skills of the game i.e. skating, shooting, and passing are in their infancy and are the main focus of their development.

   B. **“F1/F2” - “D2” League:** This player may have three or more years of playing experience mainly as an adult. He/she is showing improvement and comfort with the basic skills of the game. Forward skating has improved, but transitions
are still uncomfortable i.e. crossovers with some ability to skate backwards.

C. **“C/D1” Leagues:** He/she may be a less experienced adult recreational player with some youth hockey playing experience up to the Bantam house level. The player has limited understanding of where they should be positioned on the ice. Forward and backward skating may be somewhat strong, but maneuverability and transition still needs work.

D. **“B” League:** He/she also has a decent understanding of team play and where they should be positional on the ice. Forward and backward skating skills are strong with good maneuverability and transition. He/she might be an experienced adult recreational player and may have played up to high school for this level.

4. With the exception of goalies, players may only participate on one team within each League.

   A. Approval for a one-time substitute may be requested of league management 24-hours in advance in the event of an extenuating circumstance.

5. Players will be allowed to participate in multiple leagues as long as their second league is of a higher skill level than their primary league.

   A. Playing fulltime or substituting below one’s primary skill level is **PROHIBITED.**

   B. Players playing in a second league that they are too talented for will be subject removal.

   C. League Management reserves the right to remove any highly skilled player from their secondary division at any time.

6. Eligible players are only those who have paid all fees and completed and turned in the following paperwork:

   1. USA Hockey Ice Player/Coach Registration Confirmation
   2. Ann Arbor Ice Cube Ice Skating Rink Participant Release

7. Eligible teams are those with fees paid and appropriate forms completed and filed with the League Management.

8. Substitute goalies are allowed for any team, to avoid forfeitures. Goalies are the only players allowed to play as write-ins. A substitute goalie’s primary skill level must be equal to or lesser than the borrowing team. Misuse of this provision may result in game forfeiture.

### III. ROSTER MANAGEMENT

1. The maximum number of registered players for each team is twenty-five (25), plus two (2) goalkeepers.

2. Roster must be submitted in an electronic spreadsheet format (Microsoft Excel) prior to the season with the following information in **separate** columns:

   A. First Name
   B. Last Name
   C. D.O.B
   D. USA Hockey Number
   E. Jersey Number
3. **ALL SKATERS** must be on the active online roster 24 hours prior to game time. **Write-ins to the score sheet are not permitted.**

4. Managers may login to Ann Arbor Adult Hockey.com to add/remove players during the first two (2) weeks of the season. **League Management must be notified of these transactions. Failure to do so may result in the suspension of that manager.**

5. After the initial two week period, rosters will be frozen and all transactions must be made through league management.

6. Teams are required to have identically colored hockey jerseys with no duplicate numbers. Numbers must be pressed, printed, or sewn onto the jerseys. **No tape.** Managers should have extra jerseys available for use by substitute players.

7. If an occasion arises that a player needs a substitute jersey or number, it is the responsibility of the team manager or team representative to notify the referee and the scorekeeper prior to the start of the game.

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**IV. EQUIPMENT**

1. **All players must wear USA Hockey approved protective ice hockey equipment for all games.** This is to include full equipment (shoulder pads, shin guards, hockey pants, etc.)

2. **All players must wear an unaltered hockey helmet, securely fastened at all times with snapping or permanently attached straps. String or tape is not acceptable.**
   
   - **A. USA Hockey approved facial protection and mouth guards are strongly recommended.**
   
   - **B. Players who choose to wear a mask may wear one that is a legal hockey mask. Altered masks are prohibited by USA Hockey and League rules.**

3. **Goalies must wear a USA Hockey/HECC approved facemask and helmet during all games and warm-ups.**

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**V. FORFEITS**

1. Game times are to be no later than five (5) minutes, including warm-ups, after posted ice times, or five (5) minutes after the ice is ready in cases when the arena is behind schedule. Any team not fielding the minimal number of players (five and a goalie, or six players) at that time will be assessed a delay of game penalty.

2. Any team not fielding at least six (6) players by the ten-minute mark (10:00) of the first period will lose by forfeit.

3. Any team not fielding a uniformed goalie will immediately lose by forfeit if the opposing team leads the game by five (5) goals at any time after the end of the first period.

4. **Any team using an illegal player will forfeit at least that game.**
   
   - **A. An illegal player shall include any non-rostered player, or any player participating while under suspension.**

5. **If a challenged player does not immediately provide proof of identity, he/she will not be allowed to participate at all until proof is provided. Also, refusal by the player to sign the score sheet will assume illegality and will result in the team’s immediate forfeiture of the game.**
A. It is required that all players carry identification to all games, and provide proof of identity when asked by the referee or League Management.

B. If it is found that a challenged player is in fact legal, the challenging team shall be assessed a Bench Minor Penalty for Delay of Game.

C. Random roster checks are subject at any time during the season.

6. Illegal players will be immediately suspended from League play for at least the remainder of the season. Managers knowingly using illegal players will be suspended from the League for at least 30 days and up to the remainder of the season.

7. The referee will handle the challenging of illegal players. Proof of identification will be required of the player in question. If an official protest is made, the signature of the individual in question will be required on the game’s score sheet for comparison to the team roster and/or personal identification. Refusal to sign will assume illegality and result in that team’s forfeit of the game and subsequent disciplinary action.

8. Teams that win by forfeit have the right to use the balance of the ice time.

VII. PENALTIES AND SUSPENSIONS

1. All games will be governed by the USA Hockey playing rules unless noted herein. Rules are non-checking rules and will be strictly enforced.

2. Any player incurring four (4) penalties during the same game shall be assessed a Game Misconduct Penalty.

3. Any player who receives a Major Penalty or a First To Intervene Penalty (Third Man In) shall be ruled off the ice for the balance of that game. No further suspension shall be served unless that player is assessed a Game Misconduct Penalty, in addition to one of these penalties, as provided by the USA Hockey playing rules.

4. For any player receiving a Game Misconduct Penalty, the following will apply:

   A. First offense- Results in expulsion from the game, plus suspension from the next game.
   
   B. Second offense- Results in expulsion from the game, plus a two (2) game suspension.
   
   C. Third offense- Results in expulsion from the game, plus suspension for the remainder of the season or three (3) games into the following.
   
   D. Any serious violation, or Match Penalty, may result in long-term suspension or expulsion from the programs, regardless of how many previous penalties.

5. **Fighting.** For any player involved in a fight, the following will apply:

   A. First offense- Results in expulsion from the game, plus a three (3) game suspension. This will count as two (2) Game Misconducts towards the three (3) allowed per player, per season.
   
   B. Second offense- Results in immediate expulsion from the League.
   
   C. For light-to-moderate altercations, a Roughing Major and a Game Misconduct may be assessed instead of a Fighting Major at the discretion of the game officials.
6. For a Game Misconduct Penalty, the player is suspended from playing in their next game. A player involved in more than one League must sit out any game(s) in the other League(s) until they have served the suspension in the league the suspension was originally assessed.

7. For any player who’s direct and/or deliberate actions result in a serious injury to an opponent, that player shall be suspended up to the length of the opponent’s recovery period.

8. Team Managers are responsible, and will be held accountable for, the conduct of their players on and off the ice.
   
   A. Any player that verbally abuses or attempts to threaten/intimidate any employee, referee or opponent on the premises will be suspended from all hockey activities at this facility for a minimum of 2 weeks.
   
   B. Any player that physically abuses any employee, referee or opponent on the premises will be suspended from all hockey activities at this facility for a minimum of 90 days. Actions like throwing objects at employees/referees, starting or attempting to start fights, and destruction or attempted destruction of rink property are considered physical abuse.
   
   C. Either offense will result in the suspension of the player’s team manager for a minimum of 2 games whether they were present or not.

9. Substance Abuse Policy. Any player determined by the referees to be under the influence of alcohol or drugs will have the following actions taken against them:
   
   A. First offense- The player involved will be required to schedule a meeting with the League Management to discuss the incident and a one (1) game suspension will be given. Failure to show for the meeting will result in an indefinite suspension until a meeting has occurred.
   
   B. Second offense- Results in a two (2) game suspension.
   
   C. Third offense- Results in expulsion from the League.

9. Any player or team that is suspended or expelled from the League will not be given any refund of fees, and will return the next season only with approval by League Management.

10. Late-Game Altercations - Any player receiving a physical altercation-based Game Misconduct Penalty within the last 5:00 of a contest will be subject to expulsion from that game, plus a two (2) game suspension.
   
   A. In the case of a two (2) game suspension, the offense will only count as one Game Misconduct towards the sequential discipline rule (VII.4)
   
   B. Any Game Misconduct that is a result of a player incurring four (4) penalties in a game will not be subject to this rule unless the 4th line item is a separate “misconduct” penalty.

11. Conduct Detrimental to League – Ann Arbor Adult Hockey reserves the right to refuse service to any patron who does not meet our behavioral expectations set forth in our mission statement. Any player who shows a consistent pattern of unnecessary infractions on or off the ice will be subject to permanent expulsion from the program.
VIII. USA HOCKEY / MAHA RULE MODIFICATIONS

1. A playing manager may act as on-ice captain of the team.

2. Automatic icing rules apply. The determining line shall be:
   - **B, C, D1 and D2** - the center red line shall be the determining line.
   - **F1/F2 and Never-Ever Leagues** - the team’s defensive blue line.

3. Delayed off-sides shall be used for all adult leagues.

4. Player changes during shorthanded situations may NOT be made, except:
   - B. When the clock is stopped for the end of the period or for an injury.
   - C. After a goal is scored.
   - D. When a new penalty is imposed affecting the on-ice strength of either team.
   - E. When the team with the power play makes player substitutions, at which point the team killing the penalty may also make player substitutions.
   - F. When the clock is stopped during the final two minutes of the game with the score differential at two goals or less (“stop time”).
   - G. Violations of this player change rule will receive a warning. Additional violations of this rule will result in a Bench Minor Penalty for “Delay of Game.”

7. **Goaltender Privileges.** The following “additional” privileges shall be extended to all goaltenders at all times:

   - A. Any unnecessary contact with an opposing goaltender shall result in a Minor Penalty for Unsportsmanlike Conduct. Unnecessary contact is defined as any contact with a goaltender that was not in the course of legally playing the puck.

   - B. Any unnecessary roughness towards an opposing goaltender shall result in a Double Minor, Major, or Major plus a Game Misconduct Penalty for Roughing The Goaltender.

8. In the event that a team’s goaltender is late or does not show for a game and a “forward” player is substituted in place of the goaltender, no slap shots (above the knee) shall be permitted by either team. For a violation of this rule the goal shall be disallowed and the following penalties shall be assessed:

   - A. The first violation by a player shall result in a Minor Penalty for Unsportsmanlike Conduct.

   - B. The second violation by the same player shall result in a Major Penalty plus a Game Misconduct Penalty.

   - C. The second violation by the same team shall result in a Misconduct Penalty in addition to the penalties assessed under sections A and B of this rule.

IX. GAME TIMES

1. Teams will be given three (3) minutes for warm-up.
2. Games will consist of three (3) periods. Each period’s length shall be:

B, C, D1 and D2 - Twenty (20) minutes, running clock.

F1/F2 and Never-Ever Leagues - Fifteen (15) minutes, running clock.

3. If the score is tied or within two (2) goals at any time during the final two (2) minutes of the third period, time shall become “stop time.”

4. All penalties are running clock, except during “stop time” situations. Lengths of penalties are as follows:

A. Three (3) minutes for Minor penalties.
B. Seven (7) minutes for Major penalties
C. Ten (10) minutes for Misconduct penalties.

X. PLAYOFFS

1. **Eligibility.** All teams will be eligible to participate in the playoffs. For B-D2, each player is required to play a minimum number of games to eligible for the playoff roster. The minimum numbers of games are as follows:

A. For B League teams, each player will be required to play in at least seven (7) games during the regular season.
B. For C/D1 League teams, each player will be required to play in at least six (6) games during the regular season.
C. For D2 League teams, each player will be required to play in at least six (6) games during the regular season.

2. Each team must use their rostered goalie(s) for all playoff games. Any substitute must be approved by League Management.

3. All playoffs will be single elimination, regular game format.

   a. Each team will be allowed one 1-minute time-out for playoff games.

4. Play-off pairings will be based on the NHL play-offs.

   a. The regular season points total determines each team’s seeding. In case two or more teams are tied in points, the following tie breakers will be used, in this order, to determine the seeding: Most wins, head-to-head record, highest head-to-head Goals For/Goals Against differential, highest total Goals For/Goals Against differential, then fewest goals against. If there is difference in games played, winning percentage may be utilized as a tie breaker.

   b. Each round, teams will be re-seeded. The higher seeded team in each pairing will be designated as the Home team.

9. In the event of a tie at the end of regulation play, the following format shall be used:

   a. A five (5) minute sudden-death overtime period shall be played. The teams shall not change ends. All unexpired penalties shall remain in force. (Note: “Stop time” rules will be in effect for the final 2 minutes of the overtime period.)

   b. A three (3) player shoot-out will take place with the Home team choosing to shoot first or last. The team that scores the most goals wins the game. Any player serving a penalty at the end of the 5-minute overtime period shall not be
permitted to participate in any part of the shootout.

C. If the score remains tied after the first round, a one (1) on one (1) shoot-out will commence with new players in each round and continue until one team out scores the other team, or until the extent of the team with the fewest players has been reached.

D. If the score remains tied after every player on the team with the fewest players has taken a shot, repeat with a new three (3) player shoot-out.

At the discretion of League Management, any team that wins a League Championship may be required to move to the next highest league prior to the start of the next season.

Rule changes and amendments are the sole discretion of League Management, and are subject to change at any time.