



Men's Hockey League Rules

The Rinks at Shelton Adult Hockey League ("League") follows USA Hockey's "Official Rules of Ice Hockey" and the Rules set forth below:

- 1) **All games are comprised of a 3 minute warm up time with three (3) fifteen (15) minute periods of stop time.** There are no time outs or no overtime during regular season games. During the playoffs/championship, there will be one (1) time out per team per game and the overtime format for the playoff/championship games will be as follows:

5 on 5 for 5:00 minutes of sudden death time

4 on 4 for 4:00 minutes of sudden death time

3 on 3 for 3:00 minutes of sudden death time

3 player shoot out if still tied (the same 3 shooters can be used to determine winner)

Throughout the season, if a five (5) goal differential exists after two (2) periods the game clock will be on running time. If the score differential becomes less than five (5) then the game clock will return to stop and go time.

Should a tie exist at the end of a regular season game, then we will go to a 3 player shootout to decide the game. If it remains tied after the first 3 shooters, then it will become a single shooter, sudden death shoot out. One point will be given to both teams and an additional point will be given to the winning team.

- 2) **Teams must enter the league with matching team jerseys, with corresponding numbers for each rostered player. No team can play with an un-rostered player.** Teams are required to submit rosters before their first game and have jerseys by their team's third game. Any team not complying is subject to protest/forfeit. Team contacts/captains are responsible for the roster. Should a player be deemed illegal at the league's sole discretion, that player shall be removed from the game. For the first offense, the team will forfeit the game and the captain will receive a warning. For a second offense, the team will forfeit the game and the captain will receive a one game suspension. For a third offense, the game will be a forfeit and the team will be ineligible for the playoffs as well as placed on probation for the following season.

Players must submit a copy of a photo ID and have a signed waiver on file or fill out waiver at the sign-in table before their team's first game.

At the beginning of every game all players are required to sign in with the timekeeper with their name legibly printed and jersey number. Their names/jersey numbers must correspond with the team's official roster. Any players that do not sign in will not be credited with having played in that game. Players must participate in a minimum of 6 of their team's games in order to be eligible for the playoffs.

Only goalies rostered on teams from within our league can be used as a substitute if the team's goalie is unable to attend the game.

- 3) **The league is following the new Standard of play issued by USA Hockey.** Due to this new directive, it may be necessary to shorten the game time in order to fit the game in the time slot allotted.
- 4) **The league has adopted the four (4) penalty rule.** Any player who commits a fourth penalty during a game will be ejected from the remainder of that game.

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- 5) **This is a no checking league.** You should expect incidental contact. However, the referees may issue a game misconduct or game ejection to anyone who purposely violates this rule, said misconduct will be reviewed by the /league commissioner/disciplinary committee and the offender possibly removed from the league at it's sole discretion.
- 6) **Zero tolerance to fighting.** Anyone fighting will be expelled from the game by the referees in their sole discretion and suspended for the next scheduled game, if a player receives an instigator penalty along with the fighting major and game misconduct, then that player will be suspended for the teams next 2 scheduled games. Should an incident involving the same individual occur a second time, that individual will be ejected from the league without refund at the league commissioner's sole discretion. It will be the discretion of the league commissioner as to whether said player will be allowed to return to the league. If that player returns to the league, they will be on probation for the following season, if the player is involved in another fighting penalty then that player will be permanently expelled from the league without refund.
- 7) **Verbal and physical abuse of officials and arena personal will not be tolerated.** Abuse of any official (on/off ice) will not be tolerated by the league. The league, in its sole discretion, reserves the right to suspend or terminate any player from the league for detrimental behavior. All reviews will be made on a case-by-case basis by the league commissioner and will consist of information from teams, referees, scorekeeper and arena personal. At all disciplinary hearings the player and team captain shall meet with the league commissioner/disciplinary committee.
- 8) **The league reserves the right to block participation of players in any division.** Players playing "down" (or up) a division will be subject to evaluation by the league commissioner to determine eligibility to play. Please be sure that you assign players to your teams based on their ability to play (or not play) in the division that you are applying to.
- 9) **All rulings of the referees/league commissioner/league officials are final.**
- 10) In the event of inclement weather, Rinks will be open and your ice time will be available. Games will not be made up. The Rinks will close if the Governor declares a state of emergency; all those games will be rescheduled.
- 11) League applications are due one week prior to start of season. Bounced checks or credit cards are subject to a \$25 fee.
- 12) Full Hockey Equipment and at a minimum, half shields are required; full facemasks/cages are encouraged.
- 13) **The league reserves the rights to add/change rules or programs without prior notice.**

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