

Adult Hockey League Rules:

1. Hockey Canada rules will apply with the following changes:
2. Length of Games: 3 – 12 minute periods. 6+ goal differential in 3rd period results in running time until the score gets to within 5 goals.
- 2b. The referees have the right to cut the clock in the 3rd period, if the game is behind due to excessive penalties, etc.
3. Each team must supply the officials with pucks prior to the game.
4. Signing in: All players must check the game sheet prior to each game and return it to the timekeeper. The timekeeper should double check that the numbers on the game sheet correlate with players on the ice.
5. Helmets and Proper Equipment: Must be worn at all times during the warm-up and game. Players not wearing appropriate equipment will receive a 2 minute delay of game penalty, and not allowed to play until proper equipment is worn. (ex – CSA approved hockey helmets).
6. Slapshots: Allowed in all divisions.
7. Body Checking: Body checks results in a 2 or 5 minute penalty. This call will be made at the discretion of the referees, based on the severity of the body contact.
8. Red Line: Is used for icing only, 2 line passes are permitted.
9. Penalties: Minor penalties are 2 minutes; with the exception of cross checking, slashing & high-sticking, which are double minors (4 minutes). Slew foot penalties are at the referee's discretion, and can be called as 2 minutes or 5 minutes/game. 3 penalties of any kind result in automatic game misconduct
10. Conduct: Leave the ice directly after the handshake to ensure the facility attendant has time to clean the ice. Dressing rooms must be emptied 30 minutes after games.

11. Suspensions – Fighting (7 games), Gross misconduct (3-5 games, league manager to access), 10 minute misconduct, final 8 minutes of 3rd period (1 game).

11a. Suspended Players: Cannot be present around the bench/playing area while serving their games. Teams caught playing a suspended player will have that game forfeited and face discipline from the league (which could cause a team to be removed from the league without refund).

12. Playoffs: To be eligible for playoffs, players must have played a minimum of 10 (winter league), 6 (spring league) or 8 (summer league) regular season games. Teams caught trying to break this rule will be given a forfeit loss.

13. Team Rosters: Teams must submit a full roster with jersey #'s prior to the first game of the season.

14. Powerplays: To start each powerplay, the initial faceoff goes to the offensive end.

15. When a goalie gets hit in the mask with a shot – an automatic whistle will occur. Ex: A shot that hits the goalies mask, and bounces in – by rule is no goal.

16. Shootouts: A player still serving a penalty at the end of the game is not allowed to participate in the shootout. All players must have shot once before players can be repeated.

17. Alcohol: Absolutely no alcohol permitted on the benches. The referee has the right to suspend a player if alcohol has been spotted on the bench. That team may be removed from the league without refund.

18. Jerseys: Teams must have a numbered set (or two) of team jerseys to play in the league.

19. Defaults & No shows: Teams are expected to play every scheduled game. Teams that cannot make a scheduled game must notify the league 72 hours prior to their game or face a \$75 fine to be charged to the team credit card.

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