

# Dobson Arena Adult League Hockey Rules

Please note: All games are sanctioned and played under the current standards of USA Hockey.

## Player Rules

- Every player must be at least 18 years of age.
- Every player must be registered with USA Hockey.
- Players may only play on one team per league unless approved by league director.
- No outside alcohol is permitted in Dobson Arena. The concession stand is open to sell alcohol for Adult League games. Should a team be found to have outside alcohol, they will forfeit that evening's game and be fined \$100, payable prior to their next game. A 2<sup>nd</sup> offence results in the team's expulsion from the league without refund. Players under the influence will be asked to leave the ice.

## Game Rules

1. Breezers (or girdle) and a facemask (minimum half shield) are required equipment.
2. Games will consist of 2, 20 minute run time and 1, 15 minute stop time periods. The last minute of periods 1 and 2 will be stop time (with the exception of Ladies and Coed). All penalty times are stop time.
3. The game clock will run with a six goal differential at the referees' discretion.
4. A game that is tied after regulation will result in a shoot-out (best of 3 shooters a side). Should the score remain tied, the shoot-out will continue in sudden death fashion up to 3 more shooters a side. Each team will receive one point should the score remain tied after the sudden death rounds. A player in the penalty box at the end of regulation is not eligible to participate in the shoot-out. A player with 3 goals in regulation is not eligible to participate in the shoot-out. Shoot-out win results in 2 points. Shoot-out loss results in 1 point.
5. Fighting will result in a major penalty (to be served by a teammate) plus a game misconduct and a **365 day Adult League Suspension**. No refund.
6. Intent to injure will result in a major penalty (to be served by a teammate) plus a game misconduct and a **365 day Adult League Suspension**. No refund.
7. 3<sup>rd</sup> + man in penalties will result in a major (to be served by a teammate) and expulsion from the rest of the current game and the following game.
8. The scorekeeper will ask for a player's name in the penalty box for accurate record keeping. The penalty clock will not start until the player has given their name.

9. Four penalties (majors count as two) will result in expulsion from the remainder of the current game. A 2<sup>nd</sup> offence will result in expulsion from the remainder of the game as well as the following game.
10. No body checking. As determined by an on-ice or off-ice official a body check could result in an intent to injure penalty.
11. Each team is recommended to have matching colored jerseys with numbers on the back.
12. Physical abuse of officials or arena staff will result in expulsion from any league at Dobson Arena for a minimum of 365 days.
13. Rosters must have a minimum of 10 players with a maximum of 18 excluding goalies. Players must be rostered to be eligible (with exception of Rule #14). Use of an ineligible player will result in game forfeiture.
14. A team must start the game with a minimum of 5 skaters total (6 without a goalie). Should a team have the minimum number of players to start, they may pick up additional players from the same league or lower to make 10 players. Should a team not have the minimum number of players to start the game, the game will be declared a forfeit. The forfeiting team will be fined \$100 (payable prior to next game). Should a team forfeit twice in the same season, they will be removed from the league without refund and the league schedule will be redone.
15. Teams should consult the goalie list or call the rink to find a substitute goalie from the same league or lower.
15. All suspensions are final. No appeals. Think before you act. All fines and suspensions will carry over to the next season for that participant.
16. The league manager(s) will reserve the right to make any suspensions at any time. This covers any action deemed worthy of a suspension while in Dobson Arena ON and OFF the ice.
17. The league manager has the right to restrict and limit any and all players to what league they may play in.
18. Season tie breakers are as follows: 1) head to head 2) most wins 3) best total goal differential quotient - total goals scored / total goals against

19. **B, C, Coed & Ladies Leagues**

One Player may only score 3 goals in one game. Should a player score a fourth (plus) goal, the ensuing face off will be in the scoring team's defensive zone. Players with 3 goals in regulation are not eligible to participate in a shoot-out.

20. **C & Coed Leagues**

- No slap shots (wind up must be below the knee). Offence will be treated as a high stick and face off will take place in offending team's defensive zone.

21. **Coed**

Minimum of one female skater on the ice at all times; failure to comply results in minor penalty. Team can play with four skaters if unable to put a female on the ice.