



General Rules

- 1.1 **Season Format** Every team is guaranteed 13 games including playoffs. Playoffs will be a guaranteed three (3) games based on seeding from the regular season. Any exception or special circumstances must be approved by Adult League Coordinator or opposing team captain prior to the playoff game.
- 1.2 **Length of Games & Penalties.** 60-minute games will consist of three, 12-minute stop-time periods plus a 3-minute warmup. (Players are not allowed to get on the ice prior to the Zamboni doors closing.)
- 1.3 **Running Clock:** In the event of a six (6) goal differential in the 3rd period; a running clock will be put in place for the duration of the game, or until the goal differential is brought to four (4) goals.
- 1.4 **Equipment** All players must wear helmet, gloves, skates, shin guards, elbow pads, and hockey pants at minimum. Players are strongly encouraged to wear shoulder pads but are not required.
- 1.5 **Jerseys** All teams MUST have matching jerseys (dark/light preferred). Jerseys MUST have matching colors and printed numbers clearly visible on every jersey at minimum. Subs must wear the same jersey or a jersey of the same color with a number. Players with no number on jersey that are seen participating will result in a team forfeit. This may be reviewed retroactively, and the box score changed after completion of the game.
- 1.6 **Icing.** For Rookie League and D League, icing will be Blue Line Icing. All other leagues will use standard Red Line Icing rules.
- 1.7 **Ringer Rule.** 3 goal maximum – This rule is for D, C, and Over 40 leagues only. If a player scores more than three goals, the 4th goal will be disallowed, and play will resume as normal with a faceoff at center ice. (This rule extends to substitute players and full-time players)
- 1.8 **Alcohol Policy.** Beer may be purchased from the Ford Ice Center concession stand, but no “outside” beer may be consumed while inside the rink. Beer is prohibited on the bench during games.
- 1.9 **Locker Room Policy.** It is strongly recommended that you do not leave valuables in the locker rooms. Ford Ice Center is not responsible for any lost or stolen items. In consideration for all participants in our co-ed league, women are encouraged to utilize the women’s locker room.
- 1.10 **Schedule.** Ford Ice Center reserves the right to change or cancel a game within 24 hours for any reason. These changes will be communicated to all teams and leagues with as much notice as possible.

ARTICLE 2

Tiebreakers & Forfeit Policy

- 2.1 **Regular Season OT Rules** If a regular season game ends in a tie, the teams will proceed with a conventional 3-man alternating shoot-out. Winner is the team with highest score out of 3 shooters. If game is still tied after the 3-man shoot-out, the game will end in a tie. Home team shoots first, players alternate shots. No player may shoot twice.
- 2.2 **Playoff Shoot-out.** After each team has taken three shots and the score remains tied, the shoot-out will proceed to a "sudden death" format. The game cannot end until each team has taken the same number of shots. No player may shoot twice until every player who is eligible has shot.
- 2.3 **Forfeit Policy.** Any forfeit from a team will result in a 0-5 loss in the standings column. 1st forfeit will result in the opposing team scheduled to face the forfeiting team can declare within 48 hours a game later in the season that they would like to switch (with the team who forfeit against them) based on game start time or matchup. 2nd forfeit will make the team ineligible for playoffs. 3rd forfeit will lose their spot within the league and a team on the league waitlist will be offered that spot for the following season.
- 2.4 **Forfeit Fee.** Any team that forfeits less than 24 hours before their allotted game time will be required to pay the "scheduled officials" fee. A fee will be placed on the captains Ford Ice Center account for \$125 and if the fee is not paid before the teams next game, that game will be counted as the 2nd forfeit which will result in disqualification of playoffs.

ARTICLE 3

Roster Structure, Approval & League Placement

- 3.1 **Full Time Players.** Every team must have at least 11 full time registered players. If rosters do not meet the number requirement, the league officials have the right to add players from the free agent list until that number is met. It is strongly recommended teams add more than 11 full-time players, as subs are not allowed to play in playoffs, no exceptions.
- 3.2 **Roster Limits.** Teams can have up to 25 skaters on a roster, including full-time players, subs and goalies.
- 3.3 **Game Check In.** Prior to each game captains are required to pick up their approved roster at the Ford Ice Center front desk and indicate players skating that night with updated jersey numbers, then bring the roster to the scorekeeper. The scorekeeper will verify the eligibility of each player. Any team with an ineligible player will result in an automatic forfeit. (For parity, the league has the right to retroactively review this and change box scores on a case-by-case basis.) Teams that do not present their updated roster to the scorekeeper before the 3-minute warm-up period ends will be issued a 2-minute penalty for delay of game.

- 3.4 **Subs.** Rostered subs must pay the required \$25 sub fee prior to the start of the game. All substitute players that are eligible to play during the 10-game season must be on their respective team's roster. All teams may use any rostered sub free of charge on games starting on or after 10:30PM.
- 3.5 **Illegal Substitutes.** Any substitutes that are non-rostered, not approved, do not have an USA Hockey number, or have not paid the sub fee will cause a forfeit for the offending team.
- 3.6 **Player/Team Placement.** The Adult League staff reserves the right to place individual players and teams in appropriate skill division. Staff will make recommendations to team captains regarding roster adjustments (for competitive balance) and will allow ample time to determine what adjustments the team will make. Ford Ice Center also reserves the right to not alter pre-existing leagues if believed that the team or player in question is within reasonable means of participating in that league.
- 3.7 **Playoff Substitutes Rule** During playoffs, substitute players will not be eligible to play on playoff contending teams. If your team is competing in the consolation bracket, both captains must agree upon on your roster (regular season substitute rules apply) for substitutes and communicate this to Adult League coordinator.
- 3.8 **Goalies Substitutes.** Goalies will be allowed to sub for teams in the division in which they currently play. If a goalie plays in multiple divisions (i.e. Lower C league and D league) they will only be allowed to sub in the higher of the two leagues.
- 3.9 **Refund Policy.** If a player has a season ending injury within the first seven (7) games of the season, the rink will provide a credit to the account of that player. A fee of \$25 will be subtracted from that credit for how many games that player had played. If an injury occurs after seven games, no credit will be issued. Any requests will be handled on a case-by-case basis by the Ford Ice Center Hockey Department.

ARTICLE 4

Rules, Penalties, Misconducts, Suspensions & Forfeits

- 4.1 **Penalties.** The Ford Ice Center Adult League follows all USA Hockey penalties. Rules listed below are in addition to USA Hockey penalties.
- 4.2 **Body Checking.** Body checking is not allowed. If an official deems body contact/checking to be intentional, the player will automatically be ejected, a game misconduct will be assessed, and the player will be suspended for the rest of the season. Additional time may be applied pending the Official's game report and review from the Ford Ice Center Hockey Department.
- 4.3 **Penalties Per Game.** Any player committing three (3) penalties in one (1) game will be removed from the game but is eligible to play in the next game. Note: A 2 and 10 penalty counts as 2 penalties.
- 4.4 **Fighting** There is a zero-tolerance rule for fighting. If any player fights (punch/punches thrown with gloves on or off) or receives a game misconduct for fighting, that player will be suspended for the remainder of the season. Additional time may be applied pending the Official's game report and review from the Ford Ice Center Hockey Department.

- 4.5 **Games Misconducts.** Any player receiving a game misconduct is ejected from the game and must also miss at least one additional game. Pending review, that player may face additional discipline depending on the severity of the incident as determined by Adult League staff.
- 4.6 **Official/Scorekeeper Abuse.** There is a zero-tolerance policy for abuse of officials and scorekeepers. Abuse includes verbal, physical, or other. Abuse of officials and scorekeepers will result in an immediate and indefinite suspension, pending a review.
- 4.7 **Playoff Disqualifications.** Any team with a player on the roster (substitute or full-time players) that receives a suspension or an additional game(s) due to a game misconduct penalty, will be ineligible to compete in the playoffs. This includes Match Penalties, Fighting Misconducts, etc. This does not include a game ejection or misconduct due to 3 penalties or more.