

ADULT LEAGUE HOCKEY

Danbury Ice Arena offers "A", "B", "C", "D" and "Adult Instructional" levels of recreational ice hockey for adults 18 years of age and older. The hockey department supervises all leagues. League rules and regulations will be carried out by both on-ice and off-ice officials. The league coordinator may also split divisions if the number of teams allow (i.e. "B1" & "B2").

SEASON/GAME FORMAT

- Each Season will consist of 10 regular season games with the addition of playoff games to those that qualify .
- We will try to keep a specific day of the week for each division, however due to arena schedules and conflicts or odd number of teams, all teams must expect to play games on another additional night. These situations will hopefully be kept to a minimum.
- The full schedule will be released when all the teams are paid in full.
- League coordinator will do his/her best to schedule around conflicts if advanced notice is given and other team (s) to be affected by a schedule change agrees to the change.
- Each game will consist of 3 15 minute periods during the regular season, then, a 3 minute period of overtime will be played. Teams will skate 4 skaters a side plus a goalie.
- If the game remains tied after the overtime period then a 3 man shootout will commence. The home team will decide which team will shoot first in the shootout and the teams will alternate from there. If after the 3 man shootout the score remains tied, then the shootout will become a sudden death situation until the game is won.
- Each team must have 5 skaters to begin play. Play can begin without a goalie.
- If a goalie is injured or removed from a game, the team may place a 6th skater on the ice. That player does not have goaltender privileges . In the case of an injured goalie, that 6th player may remain on the ice until another player on the team can put on the goalie equipment.
- The clock will begin running time when there is a 6 goal differential is reached at any point in the game. If/when the goal differential is returned to 2 goals then the clock will go back to stop time.
- The team that wins the game will receive 2 points in the standings. If the game goes into overtime/shootout, each team will receive 1 point in the standings and the winning team will receive an additional point in the standings.

TEAM ROSTERS

- Each team is allowed a roster of no more than 20 players (including goalies).
- All teams are required to submit a roster no later than one week prior to the start of the season. All players, subs, part-time and full-time players are on the 20 player roster ONLY. No players will be allowed to be added to the roster unless approved by the Hockey Department.
- Teams are able to adjust their roster up until the start of the third game. No roster changes will be permitted after that time.
- All players are required to check in at the front desk prior to the start of the game. Any player who has not checked in will not be permitted to play. In the event a player arrives after the start of the game, they must check in at the front desk and also with the scorekeeper. If a

- player is not checked in, they will not get credit for playing in that game.
- League officials will however take some responsibility in dealing with players directly, should the need arise, if proper communication information is given.
 - There are **NO COLLEGE PLAYERS ALLOWED** unless they are in B Division (or higher) and **RINGERS** playing in the C or D Division. It will be the Hockey Dept. decision to make the call if a player should not be playing in that division and their word would be final.

NO UNROSTERED PLAYERS WILL BE PERMITTED TO PLAY. If any team is found using unrostered players, they will forfeit the game. Please note, the league reserves the right to perform ID checks. If any player refuses to show ID, they will not be permitted to play. If any player attempts to play without providing the requested ID, that team will forfeit and the game will be cancelled.

- Captains are responsible for their teams. While we will be policing the rosters, it is ultimately up to the team captains to make sure they are not using unrostered players on the ice. If a team is found either before, during or after the game to be using unrostered players, the captains will be held responsible. A suspension will be awarded to the team captain for this.

The following are the league suspensions for the team captain using unrostered players...

1st Offense: 1 game suspension

2nd Offense: 2 game suspension

Further infractions will be at the leagues discretion.

- If any team has concerns with another teams roster, it must be addressed prior to the start of the game.

UNIFORMS

- All Players on a given team must wear the same color jerseys. Each jersey must have a different number on the back of the jersey.
- Each team having a home and away jersey set is strongly recommended to bring both jerseys as most teams only have one and we don't want to wind up with teams having the same color on.
- Taped numbers are not acceptable in any situation.
- Goalies should have the same color jersey as their team, unless they are filling in, that is the only exception.
- Goalies do not need numbers on his/her jersey.

RULES & REGULATIONS

Danbury Ice Arena's adult league is not a sanctioned league of USA Hockey. However, the rules of USA Hockey will govern the league with the following exceptions:

- High-sticking, slashing and cross checking are four-minute double minor penalties.
 - These penalties will count as two separate penalty infractions toward the 12-penalty rule and individual 4-penalty rule.
- Four infractions in a game is a game disqualification.
- **All major penalties carry a minimum 1 game suspension.**
- All game misconduct penalties carry an automatic 1 game suspension.
- Please remember that anyone ejected from a game with either a misconduct penalty or game misconduct penalty must leave the building for the duration of their suspension. No exceptions.

- All players must be in full equipment.
- No player/goalie is permitted to alter the goal frame in any way, no rubber covers are allowed on the goal posts during the game.
- Icing will be determined by the blue line NOT the center-red line.
- In the event of a tie during a regular season game, there will be a 4 minute running time 4 vs. 4 sudden death overtime period.
- Each player must play a minimum of 5 games to be eligible for playoffs.
- If the player plays but does not check in, they will not receive credit for playing.
- If a player shows up after the game has already started, it is the players responsibility to check in with the score keeper.

Head Contact- USA Hockey has very strict policies for Head Contact and all infractions will be strictly enforced. Referees will make every effort to call all infractions, intentional or unintentional. Please note that any infraction will result in a minimum of a minor plus a misconduct. Any intentional head contact will result in a minimum major plus a game misconduct penalty and will be at the discretion of Danbury Ice Arena league management. Any intent to injure or deliberate injury will receive a match penalty and may result in expulsion from the league.

Checking- Checking is not permitted in any adult leagues at Danbury Ice Arena.

1. All checking infractions will receive a 2 minute minor and 10 minute misconduct.
2. All deliberate checks will receive a minimum 5 minute major. All major penalties received are subject to further suspensions.
3. Deliberate checks with intent to injure will be subject to a match penalty.

****Any player that is serving a suspension CAN NOT play for another team until the suspension is served in its entirety for the team it was assessed for****

Fighting and Abuse of Officials

Fighting is not permitted in any form in adult leagues at Danbury Ice Arena. The rules regarding fighting are outlined below...

- 1st Offense: Game misconduct plus a minimum 2 game suspension.
- 2nd Offense: Game misconduct plus a minimum 4 game suspension.
- 3rd Man In: Game misconduct plus an automatic 2 game suspension.
- Instigator: If a player is determined to be an instigator, additional game may be added on top of the suspension listed above.

All game misconduct penalties are subject to review by the league for further suspensions. League expulsions penalties can be assessed at any time if the hockey department feels it is warranted. No refunds will be given to players that are suspended or expelled. ALL decisions made by the hockey department will be FINAL. If you are ejected from a game, you must get dressed and leave the rink immediately. You will no longer be able to stay and watch the remaining time left in the game, nor will you be allowed to hang out in the locker room during or after the game.

If you are suspended, you are not allowed in the rink which your team is playing on, nor are you

allowed in the locker rooms before, during or after your team's game for the duration of your suspension. You may view the game from the lobby. If you are found in violation of these policies, you will receive the following:

1st Offense: Additional 1 game suspension.

2nd Offense: Additional 2 game suspension.

3rd Offense: At league management discretion up to one year suspension.

- For Players that play in multiple divisions: If a player is suspended from one team in one division, he/she may not play in the other division until their suspension has been served in the division it was assessed in.
- Any player that leaves the bench during an altercation will be suspended for the remainder of the season and playoffs. This applies to every player that leaves the bench.
- Any physical altercation, verbal abuse, threats, use of vulgar, defaming, insulting, demeaning or profane language by any player or spectator towards a league official, scorekeeper or arena staff member will be considered an abuse of official. Any such behavior will result in immediate expulsion from the league for the remainder of the season and or playoffs. Off ice officials have the latitude to alert the on ice officials to violations of this rule.

****All of the above suspensions will be at the sole discretion of the Danbury Ice Arena Hockey Department, any further suspensions may be assessed by Danbury Arena Hockey Department as deemed necessary****

Playoff Rules

- Playoff games ending in a tie will play a 4 on 4, five-minute sudden death overtime. If the game is still tied at the conclusion of the overtime period, the game will be decided by a three-man shootout. If the score is still tied at the end of the shootout, teams will play a one-man shootout until one team breaks the tie.
- Teams must exhaust their bench before any player can take a second attempt.
- Any player serving a penalty at the end of overtime may not participate in the shootout.
- The home team will have the option of shooting first or second.
- The trophy is property of the DAHL and may not be taken home by any team/player.

Playoff Tiebreakers

The following list will serve as the main points of emphasis for tiebreakers for playoffs seeding:

- Points
- Wins
- Head-to-Head
- Least Goals Against
- Least Penalty Minutes
- Coin Toss

SCORING CORRECTIONS

Please email any misinformation regarding scoring to the league coordinator. Please do not call in corrections.

CONSUMPTION OF ALCOHOL

- The DAHL has a zero tolerance policy for the consumption of any type of alcohol during game play. Any player/team found to be drinking on the bench during the game will receive a warning from the referee. **This is the only warning you will receive.** If the player/team continues to drink during the game, then the team will receive a bench minor for unsportsmanlike conduct, for each drinking infraction during the game.
- If a player is deemed unable to play because of obvious intoxication the player will be asked to leave the ice with no penalty assessed unless the player/team acts out in an unsportsmanlike manner. The decision of the referee is final!
- Drinking before/during the game is not only a danger to the individual player but all the participants. Drinking prior to the game is also degrading to the game of hockey, so please think responsibly and about the consequences that may occur.

GAME CANCELLATIONS & POSTPONEMENTS

- In the event of a cancellation/postponement, the team captains will be notified as soon as possible. Also, provided that enough information is given a league wide email blast will be sent out notifying all members of the league about any cancellations/postponement.
- Games that are canceled/postponed will be reschedule as soon as possible and all teams will be made aware of the rescheduling as soon as it takes place.

LOCKER ROOM

- **Please** clean the locker room to the best of your ability and respect the facility.
- Effective Winter 2013, all players must exit the **LOCKER ROOM 45 MINUTES AFTER YOUR GAME.** Thank you for your anticipated cooperation.

Website

The website will be kept up to date with regards to schedules, game results and any changes.

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