

ADULT HOCKEY LEAGUE HANDBOOK



Payment policy: League dues must be paid in full by the 3rd week of games. Any team not paid in full will receive a forfeit for games until payment is received. Any forfeits entered into the schedule are FINAL and will not be removed.

League Schedules

<https://danburyarena.ezleagues.ezfacility.com/leagues.aspx>

TEAM CAPTAINS

The Team Captain is the most important person on the team. Their responsibilities include: Ensure the team is registered and that all fees are paid by due dates. Ensure that all players on the roster are eligible for play in their league. Select team jersey colors and ensure that all jerseys match and have no duplicate numbers. Ensure that all players have signed the on ice waiver before stepping on the ice. Communicate all league rules & information to the players on their team. Communicate any problems or concerns or the "TEAM OPINION" to the Adult League Coordinator. Assist the league staff in controlling players when difficult situations arise. Uphold a high level of professionalism and leadership when dealing with league personnel in all situations. Keeping my personal cell phone number private.

ROSTERS

- A list of players MUST be emailed to the Adult League Coordinator by the 3rd week of the season.
- If a player is not on the roster; they cannot play (unless they are subbing).
- A player cannot be added to the roster after the 3rd week of the season (unless approved by Adult League Coordinator).

PLAYER SUBSTITUTIONS AND ELIGIBILITY

- A team may have a player sub on their team within their skill level.
- No team can have a sub during the play-offs or championship game (unless approved by Adult League Coordinator).
- Any team bringing in "ringers" will be asked to exit the ice. If this continues, a forfeit or team suspension from the league; this will be decided by the Adult League Coordinator.
- Player eligibility is the responsibility of both the team captain and the player. If a player violates these rules, they will be removed from the league. Additionally, any game where an illegal player is used will be declared a forfeit.
- Goalies will be allowed to play for any team as a goalie in the league(s) in their appropriate division or if a team needs an emergency sub.
- Players must be at least 18 years old.

PROCESS FOR CHALLENGING PLAYERS & TEAMS LEVELS:

Player Vote - Any captain emailing the Adult League Coordinator a complaint about a specific player will be forwarded to all captains within that division. This will turn your complaint into a vote. If the majority rules, the Coordinator will then look at all information regarding the player and make a final decision.

Only a captain can send in a complaint. Any complaint being made by a player will be disregarded. These complaints need to be within reason. If you are upset about "Billy John" tripping you, I will not entertain the conversation.

Team Evaluation - The Adult League Coordinator will evaluate any team level and reserves the right to remove any player or team from the league who is above the general level of play for the league. This decision will be final.

ALCOHOL and FEDERALLY PROHIBITED SUBSTANCES

- There is a zero tolerance policy for the consumption of alcohol or federally prohibited substances during the game. If any player is deemed unable to play because of intoxication the player will be asked to leave with no penalty unless the player/team acts out in an unsportsmanlike manner. The decision of the referee is final.

- Drinking after the game in the locker rooms is prohibited. If any team violates this, they will forfeit their game and/or be suspended from the league.

RULES OF PLAY

USA Hockey senior rules are in effect unless otherwise noted.

PROTECTIVE EQUIPMENT

- All players must wear a full set of USA Hockey equipment including: HECC certified helmet, protective cup or pelvic protector, elbow pads, hockey pants, shin guards and hockey gloves.
- All players are highly encouraged to wear a full face shield.

UNIFORMS

- All teams must have matching jerseys with a legal hockey number.
- Any player who is not wearing an EXACT jersey with a unique number will be asked to leave the ice. No penalties will be assessed, assuming this is done without incident.
- Subs are exempt; however, they must wear a jersey in similar color.
- Goalies are exempt; however, if goalies do not have a matching team jersey, they must wear a jersey that is in contrast to the opposition.
- Taped numbers are unacceptable.
- Duplicate numbers on a team are not allowed.
- Teams should make every effort to select a color in contrast to the rest of the league.
- All teams may have one and only one player wearing a "C" on the jersey as the designated captain.

CHECKING

- Checking is not allowed in the league. This does not mean that there will be no contact. Some body contact should be expected in upper levels.
- Body checking will be penalized by a 5 minute major (or more) at the discretion of the referee.
- Body Contact that appears to be Intent to Injure will be reviewed and taken seriously and have a minimum 4 game suspension.
- The Adult League Coordinator may impose further penalties for excessive checking.
- Two major penalties for checking in the same season by the same player will result in suspension from all league play for the season without a refund including all other teams of which the player is a member.

PENALTY BOX DOOR

- Penalized players are responsible for closing the penalty box door completely if there is not a scorekeeper present for their game.
- Failure to abide may result in an additional 2:00 minute minor penalty.

FIGHTING

- Fighting is not permitted; any form of fighting will result in being suspended from the league without refund.
- The number of games suspended will be decided by the Adult League Coordinator.

SLASHING GOALIES

- If a goalie has the puck covered, the play is dead, even if the officials have not blown their whistles yet and a player that is digging for the puck that is covered by a goalie will be assessed a 2.00 slashing minor.

PROGRESSIVE PENALTIES

- If a player receives 4 penalties in one game, the player is done for the game. No additional penalties are assessed, the player must leave the ice for the remainder of the game and a teammate will serve the 4th penalty.
- If a goalie receives 3 penalties in one game, the goalie is done for the game.
- If the same player receives 3 penalties in a second game in the same season, the player will be assessed a Game Misconduct. This means that the player will not be allowed to finish his/her current game, and further suspension will be assessed by the Adult League Coordinator.

PLAYER SUSPENSIONS

- Any player who receives a game misconduct will sit out at least one additional league game.
- Any player that receives a game misconduct or match penalty will be suspended for as many games as the Adult League Coordinator decides.
- Any player that is involved in physical or verbal abuse towards anyone (player, official, coordinator, etc) will be assessed the number of games suspended by the Adult League Coordinator.
- Players who are penalized at the last game will serve their suspension during the playoffs or at the beginning of next season in order to remain eligible to participate in the leagues.

GAME FORMAT

DURATION OF GAME

- Most seasons will consist of 10 regular season games with the top four teams of each league proceeding into a single elimination playoffs and a championship game.
- Each game will begin with a three-minute warm-up period.
- All leagues will be three fifteen-minute periods.
- All end of games in a tie will result in a 3 minute stop time 3v3 OT. If after the OT the score remains tied, a 3 man shoot will commence until the game is won.
- If a goalie is injured or removed from the game, the team may place a 6th skater on the ice. That player does not have goaltender privileges.
- The clock will begin running time when there is a 6 goal differential come the 3rd period of the game. If/when the goal differential is returned to a 5 goal differential the clock will go back to stop time.
- Icing - The team's defensive blue line will be used to determine icing infractions.
- The team that wins will receive 2 points in the standings. If the game goes into OT/shootout, each team will receive 1 point in the standings and the winning team will receive an additional point in the standings.
- Any teams tied for seed 1-4 in the standings, goals for will be used to determine spots.
- If any game reaches more than 10 penalties combined between the two teams, the game will become a running clock for the remainder of the game.
- During all games played, USA Hockey penalty timing will be used.
- Each team will be allowed to call one, one minute, time out during the game.

PLAY-OFFS AND CHAMPIONSHIPS

- The top 4 teams in each league will advance to play-offs and the 2 winning teams will advance to a single Championship Game.
- All end of games in a tie will result in a sudden death 5 minute 3vs3 OT until the game is won.

CANCELLATIONS AND MAKE UPS

- If a team does not have enough players for a game and is choosing not to play short handed; the game will result in a forfeit and will not be rescheduled. This is final.
- If both teams do not have enough players for a game and are choosing not to play short handed; the game will result in a forfeit on both teams and will not be rescheduled. This is final.
- In the event of a cancellation/postponement called by the arena, the team captains will be notified as soon as possible. The game would be rescheduled at the earliest opportunity for ice time.

DANBURY ICE ARENA



ICE RULES

- **NO STREET SHOES ON THE ICE**
- **ALL RINK DOORS ARE TO BE KEPT CLOSED**
- **ABSOLUTELY NO ONE CAN SKATE ACROSS LIBERTY ICE AS A SHORTCUT**

TO PATRIOT ICE

- **DO NOT ENTER ON THE ICE UNTIL THE ZAM DOORS ARE CLOSED**
- **DO NOT LET WARM PINS SIT ON THE ICE AND MELT IN**
- **ALL PUCKS NEED TO BE PICKED UP IN A TIMELY MANNER**
- **PLEASE FOLLOW DIRECTIONS OF THE ZAM TEAM WHILE ON THE ICE**
- **YOUR HELP WITH TIPPING THE NETS FOR THE ZAM TEAM IS GREATLY**

APPRECIATED!