

# ADULT LEAGUE

## PLAYING RULES & PENALTIES

### PLAYER RULES AND REQUIREMENTS

- ✓ All teams will supply on or before the first game a complete roster of not more than 25 players. Additions will be allowed until the 5<sup>th</sup> game; the roster will then be frozen.
- ✓ It is highly recommended that ALL players wear full hockey attire whenever they are on the ice. This includes: helmet, shoulder pads, elbow pads, hockey pants, cup and supporter, shin pads, and hockey skates.
- ✓ All players on a team must be wearing similar jerseys with numbers for easy identification.
- ✓ A legal player is as follows:
  - You are placed on that team's roster for that session.
  - You may play on more than one team in the league if you are properly rostered to do so.
  - The score sheet is filled out properly with correct jersey number to the appropriate name.
- ✓ All players must be rostered and have played in at least (5 games- Winter Session)/ (3 games-Summer Session) to participate in the playoffs.
- ✓ I.D.s will be checked before the playoffs.

### GAME RULES

- ✓ Three - fifteen minute stop time periods.
- ✓ If a team leads by 5 goals in the third period, the clock will go to running time. It will be stopped once the lead is 4 goals.
- ✓ If **BOTH** teams amass a **TOTAL OF 15 PENALTIES THE GAME CLOCK GOES TO RUNNING TIME AT THAT TIME-** no matter what the score is.
- ✓ All games are played under USA Hockey rules.

### PENALTIES

- ✓ Any player who receives 3 stick penalties (slashing, high stick, crosscheck, hook) will receive an officials misconduct. (See Below)
- ✓ An Officials Misconduct suspends a player for the remainder of the game.

- ✓ A Game Misconduct removes a player from the game being played PLUS the next game.
- ✓ Fighting penalties result in a 3 game suspension for the first offense. A second fighting penalty results in a suspension for the remainder of the season with NO refund.
- ✓ Any team that plays a suspended player will forfeit the game. In addition, the player is suspended from an additional game. Additionally, the team Captain is suspended for one game.
- ✓ Any player that physically abuses or threatens a game official or Sportsplex employee will be dropped from all future play at the Darien Sportsplex and banned from any use of the facility.

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### PLAYOFF INFO

# Tie Breakers

1. Teams that are tied after the last regular season game:
  - a. Wins
  - b. Head to Head Record
  - c. Goals against
  - d. Goals for
  - e. Flip a Coin- *let's hope it does not come down to this!*

2. Ties during playoff games:

#### ALL GAMES MUST HAVE A WINNER

- a. 5 MINUTE SUDDEN DEATH OVERTIME, 4-ON-4
- b. Shoot-out

- |                       |                                    |
|-----------------------|------------------------------------|
| 1 <sup>st</sup> Round | 5 shooters each, alternating shots |
| 2 <sup>nd</sup> Round | 3 shooters each, alternating shots |
| 3 <sup>rd</sup> Round | alternating single shooters        |

\*No shooter may shoot again until all players have shot 1 time\*