

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 5th game; then the roster will 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 rostered on that team's roster for that session. Also, 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 playoffs.
- I.D's will be checked before playoffs

GAME RULES

- Three fifteen minute stop time periods.
- If a team leads by 7 goals in the third period, the clock will go to running time. It will not be stopped unless the lead is 5 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 fro an additional game and the team Captain is also 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.

This is a recreational League...you are playing from exercise, fun and about \$125 worth of trophies, t-shirts, mugs, etc... **CHECK YOUR EGOS AND TESTOSTERONE AT THE DOOR!**

ADULT LEAGUE
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 doesn't 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 st round	5 shooters each, alternating shots
2 nd round	3 shooters each, alternating shots
3 rd round	alternating single shooters

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