

## 2023-24 General Rules – Winter Adult Hockey League

- All players must complete a USA Hockey registration to be placed on a team.
- Maximum number of players on roster is 30.
- Players may only be rostered on 1 team in 1 division. Preliminary roster must be submitted by September 15, 2023 and must include all players USA Hockey registration number. Goalie substitutions will be allowed as long as they play up a level or at their respective level. Goalies may be rostered on multiple teams following this rule.
- **Playoff goalie substitutions will be allowed following the goalie rule and do not have to meet the minimum game requirement but must be a registered player in the PAHL. Any goalie playoff substitute must be approved by the hockey director prior to play or a forfeit will be entered for that game.**
- **All players will be required to check in and show ID prior to any game. All names must appear on the team sign in sheet or that player will not be allowed. Any player signing in that does not appear on the sign in sheet will result in an automatic forfeit.**
- Rosters will be frozen on September 25th or upon completion of the 3rd regular season game. Cost per team is \$6150.00. \$3075.00 is due by September 15<sup>th</sup>, \$1537.50 November 15<sup>th</sup> and \$1537.50 January 15, 2024. No team with an outstanding balance will be eligible to participate in the playoffs.
- Jerseys must be of same color and numbered.
- USA hockey rules apply to all games.
- Fighting and intent to injure penalties will be reviewed and will carry a 1 game minimum suspension up to removal from the league.
- Any player receiving four game misconduct penalties during the season is subject to expulsion from the league.
- A player must play in at least 5 regular season games to be eligible for playoffs.
- All games will be 3 -15 minute stop clock periods.
- There will be a 5 minute warm-up prior to each game.
  - Scorekeeper will run the clock for warm-up.
  - Warm up will begin at normal start time unless we are running late in which case warm-up will begin once Zamboni is off of the rink and the doors are closed.
  - A 5 minute grace period will be allowed for any team that does not have enough players or a goalie to begin a game. The 5 minute grace begins at the end of the warm up. After the 5 minute grace period has expired a team may then use its 60 second time out. If the team still does not have 6 players to start the game the team forfeits the game.
  - The referees and score keeper will determine with the captains if a scrimmage can be held in which case the officials will remain and officiate the scrimmage. If at any point either referee(s) considers the game not safe due to any reason they will inform the teams and the scrimmage will end.
- Running clock will be instituted in the third period when the goal differential is equal to or more than 6 goals. Normal clock will resume if goal differential falls back below 6 goals.
- **Regular season overtime: If the game is tied at the end of regulation we will go to a shootout to decide a winner. The shootout will be conducted as follows:**
  - **Each team will designate 5 shooters prior to the start of each game**
  - **Home team will shoot 1<sup>st</sup>.**
  - **All five shooters will take a shot at goal.**
  - **If the game remains tied we will go to the bench and have the next eligible shooter for each team shoot in pairs until the tie is broken. Any player that has penalty time remaining at the end of regulation will not be eligible to participate in the shootout.**
  - **The winning team will be awarded 2 points and the loser 0.**
- **Playoff overtime: If a game is tie at the end of regulation we will play a 5 minute running clock 5 on 5 sudden death overtime period. If game remains tie we will institute additional 5 minute running clock 4 on 4 sudden death periods until a winner is declared. All other rules are the same as in regular season overtime. Time out rule is the same as regular season overtime. A team may use a time out as long as they have not used it in any regulation or overtime period. One timeout per game per team.**
- Abusive or threatening language and actions toward anyone will not be tolerated and will be punishable by possibility of being removed from the league.
  - Abusive or threatening language and actions will be deemed so at the discretion of Pettit Center staff and employees (includes referees).
- Referee decisions are final.
- Locker rooms, team benches, and all Pettit Center property and equipment must be respected at all times. Individuals and teams will be held accountable for any damage to any part of the facility.