



2018.19 SEASON OUTLINE RULES AND REGULATIONS.

8.31.18

*Updates and notes with emphasis are shown in color.
All players are responsible for knowing current rules prior to playing.*

I. PURPOSE

- a. The BAHA Adult Hockey Leagues are designed to promote an enjoyable recreational hockey experience. Since BAHA is a family based organization and we are all adults, all hockey should be played for fun and within a friendly atmosphere. **Have Fun. Play Nice. Repeat.**
- b. Treat teammates, other participants, rink staff, referees, volunteers and fans with respect. We all need to work after we play.
- c. We have a ZERO TOLERANCE POLICY – *we are a non-checking league with absolutely no fighting.* Checking, fighting, and any other harmful intentional acts to other players will not be tolerated and will likely result in suspension from the BAHA program.

II. ELIGIBILITY

- a. HHL Skaters must be at least 18 years of age to join the league.
- b. All players must be registered BAHA members & wear a helmet with membership sticker visible at all games.
- c. All players become eligible to play on a league team 5 days after they are registered, placed on a team roster, registrar is given all required forms and payments and is approved by the Directors.
- d. Any player caught **poaching** (playing in a game unregistered, without prior league approval and/or failure to make payment in advance will be ejected and banned from ALL on ice activities for the season). Any player caught transferring a membership sticker (loaning, selling or otherwise facilitating a non-registered player) will be banned from all on ice activities for one calendar year, or longer, depending on the circumstances.
- e. If a player is suspected of not being registered with BAHA and is playing without a helmet sticker, any league game or pickup hockey will be stopped and that player removed from the ice by referees or captains. The suspect skater will not be allowed back on the ice until it can be determined that player is registered.
- f. **Team captains and fellow teammates are responsible for their benches and locker rooms.** Any unregistered player without prior approval that is allowed to skate may result in penalties and or suspensions for captains or other associated player knowing, allowing or assisting a poacher.

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- g. On site rink staff, association board members and game referees have authority to eject players and/or spectators from the facility and enforce all rules.

III. GENERAL TEAM AND GAME INFO

- a. Two levels of play are offered for the **Hocktober** Fall Scramble: **D3/IVY** (Lower Intermediate/Intermediate – No Novices) & **REC/POWER**. **Five** levels of play are offered for the regular season HHL: **Greenhorn (New players only)**, Adult D3 (Novice), Adult IVY (Intermediate), Adult Rec (Recreational) and Adult Power (Power). *An elective for intermediate adults with birth year 1977 and older (age 40+) is also offered this season.* Pick Up / Shinny / Puck Lunch / Stick & Puck sessions are also offered as ice time is available and subject to general rules and suspensions for inappropriate play.
- b. All skaters are self-ranked 1-5 for skill level. See BAHA Skill Level Guidelines online for additional information. League Directors reserve the right to adjust self rankings.
- c. Cross-Rostering: No multiple memberships (cross rostering) accepted with initial sign-up. Cross rostering may be evaluated and posted after initial sign-ups if offered.
- d. **Greenhorn League hockey**
 - i. Greenhorn 1 League hockey is for brand new players only. Sessions will consist of 30 minutes of instruction and 50 minutes of a scrimmage.
 - ii. Greenhorn 2 League hockey is for players who have played hockey or Greenhorn for under 2 years.
- e. **D3 (Novice) League** teams and games:
 - i. D3 League hockey is for new and less skilled players who are out to have a good time, regardless of the final score. All D3 League players will recognize that this league has a variety of player abilities; that this league is offered for adults who want to start playing hockey and improve their skills; that games will be conducted in the spirit of having fun; that excessive domination by any one player or team is not appropriate for this league.
 - ii. Skaters rated 1 & low to mid 2 form entry level teams for league play with a multi-game schedule with referees. Minimum of 16 skaters per roster and a maximum of 20 skaters per roster plus goalie.
 - iii. **The use of the "slap shot" is prohibited in D3.** When a player who, in the process of making a forehand or backhand shot or pass raises the blade of his/her **stick above his/her waist as a part of the backswing**, play shall be stopped immediately and a face-off is conducted at one of the end zone face-off spots of the offending team.
 - iv. 3-Goal limit per player per game; all goals after the third goal do not count and an additional one goal is removed from the offending players team score.
 - v. All rules regarding Penalties and Suspensions apply (Section VII below, USAH rule book and as posted)
- f. **IVY (Intermediate) League and VHW (over 40) Elective** teams and games:
 - i. IVY/VHW League hockey is for players who are out to have a good time, regardless of the final score. All IVY/VHW League players will recognize that this league has a

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variety of intermediate player abilities; that this league is offered for adults who want to play recreational hockey and improve their skills; that games will be conducted in the spirit of having fun; that excessive domination by any one player or team is not appropriate for this league.

- ii. Skaters rated mid to high 2 & low to mid 3 form teams for league play with a multi-game schedule with referees. Higher level 3 skaters are strongly encouraged to play in Rec League and may be moved out of IVY/VHW if determined skill level warrants a move.
 - iii. No team can have a combined player average higher than 2.7 and lower than 2.3. Minimum of 16 skaters per roster and a maximum of 20 skaters per roster plus goalie.
 - iv. As the season progresses, scheduling may reflect adjustments where similar skilled teams will play each other more often in the name of parity. Note: Win/Loss records have no bearing on playoff seeding's.
 - v. **The use of the "slap shot" is prohibited in IVY. When a player who, in the process of making a forehand or backhand shot or pass raises the blade of his/her stick above his/her waist as a part of the backswing, play shall be stopped immediately and a face-off is conducted at one of the end zone face-off spots of the offending team.**
 - vi. 3-Goal limit per player per game; all goals after the third goal do not count and an additional one goal is removed from the offending players team score.
 - vii. All rules regarding Penalties and Suspensions apply (Section VII below, USAH rule book and as posted)
- g. **REC League** teams and games:
- i. REC League hockey is for players who are out to have a good time, regardless of the final score. All REC League players will recognize that this league has a variety of player abilities; that games will be conducted in the spirit of having fun; that excessive domination by any one player or team is not appropriate for this league.
 - ii. Skaters rated mid to high 3 & low to mid 4 form competitive teams with a multi-game schedule with referees. Higher level 4 skaters are strongly encouraged to play in POWER League and may be moved out of REC if determined skill level warrants a move and POWER numbers are short.
 - iii. No team can have a combined player average higher than 3.6 or lower than 3.2, with a minimum of 16 and a maximum of 20 skaters per roster per roster plus goalie.
 - iv. As the season progresses, scheduling may reflect adjustments where similar skilled teams will play each other more often in the name of parity. Note: Win/Loss records have no bearing on playoff seeding's.
 - v. 3-Goal limit per player per game; all goals after the third goal do not count and an additional one goal is removed from the offending players team score.
 - vi. All rules regarding Penalties and Suspensions apply (Section VII below, USAH rule book and as posted)
- h. **POWER League** teams and games:
- i. POWER League hockey is for players who enjoy a more competitive game of hockey at a higher ability level than is played at the REC League.

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- ii. Skaters rated 4 and 5 to form/draft competitive power teams, with a multi-game schedule with referees.
- iii. Minimum of 16 skaters and a maximum of 20 per roster plus goalie.
- iv. Players are allowed to dominate the POWER League games (i.e. no need to tone it down relative to the opponent's ability).
- v. Teams will not be required to balance player ability among the teams in the POWER League, although parity is desirable amongst all teams.
- vi. No limits on the number of goals each player may score per game.
- vii. All rules regarding Penalties and Suspensions apply (Section VII below, USAH rule book and as posted).
- i. Game Substitutions: Teams that are short players (less than 10 skaters not including goalie) for a game are allowed substitutes. Substitute players must be from within the league they are rostered – i.e. Power level players may **not** substitute for Rec level games and visa-versa unless otherwise posted. Substitute goalie's are allowed for any game but must be registered members of BAHA and rostered on a BAHA team. Inter-league goalies are preferred for parity and efforts should be made to find a sub within the specific (D3/IVY/REC/POWER) leagues and VHW Elective.
- j. Players are not allowed to roster on two teams simultaneously within the same league.
- k. Changes made to rosters after the league has started require a 5-day notification period with our registrar before any player can play on that team.
- l. All additions to rosters during season are subject to approval by the Hockey Director. Additions after March 1st (leading up to playoffs) will be limited.

IV. EQUIPMENT

- a. All players must wear an unaltered hockey helmet, securely fastened at all times with snapping or permanently attached straps. String or tape for straps is unacceptable.
- b. **ALL Players are required to wear eye protection: approved half shields or cages.** Safety glasses, goggles or any similar items are not permitted as substitutes for the half-face shield requirement but may be worn in addition to the half-face shield.
- c. Goalies must wear a USA Hockey/HECC approved face mask and helmet, along with an approved and separate, throat protector during all games and warm-ups. No waiver may be signed regarding mask, helmet and separate throat protection.
- d. Mouth guards and neck protection are strongly encouraged.

V. VIOLATIONS, PENALTIES AND SUSPENSIONS

- a. The conduct of all adult members is expected to set an example for good sportsmanship in our community. **This includes respecting and adhering to all calls made by referee's during officiated games. Players violating our friendly membership policy will be penalized appropriately and asked to adjust their behavior immediately on the ice. Repeated and habitual offenses will lead to expulsion from the BAHA program.**

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- b. All leagues are **non-checking**. Participants must **skate in control, keep sticks down and avoid collisions** with other skaters and goalies. **Collisions, high sticks and reckless play are subject to penalties and suspensions.**
- c. When a goalie has a puck covered **before** or after a whistle - back off. Hacking a goalie's glove before a whistle is un-sportsman like and will be subject to a penalty.
- d. Fighting, slashing, unrestricted roughing, malicious contact and vulgar language is strictly prohibited and are subject to penalties and suspensions.
- e. **Abuse of officials and other misconduct: Verbal, and otherwise abuse of officials, will not be tolerated and will be subject to immediate penalties and suspensions as outlined in USA Hockey Rule #601. Additional suspensions, as determined by the League Directors, may be assessed under Rule #410, Supplementary Discipline and/or Rule #411 Progressive Suspensions. The League Directors reserve the authority to assess (possibly lengthy) suspensions for any pattern behavior which is detrimental to the overall purpose of the league which prioritizes safety and respect for all participants and sportsmanlike conduct in accordance to USA Hockey Zero Tolerance policies.**
- f. All alcohol and tobacco is prohibited on the benches, scorekeepers area, penalty boxes and rink. **A player who shows signs of intoxication is a safety risk to themselves and others and will be removed from the game.**
 - i. Teams/Players will be assessed a bench minor for each infraction.
 - ii. Continued violation will result in game ejection or suspension of play as determined by the officials.
- g. All alcohol must be stored out of sight for games that follow or precede youth ice times. Failure to follow this rule will result in confiscation and/or loss of the privileges. Keep it in your car, rental locker or bag.
- h. All games will be governed by USA Hockey rules and regulations, unless noted here-in. Rules are non checking rules and will be strictly enforced. See rules for additional important rink, league and USAH policies. Also note *current standard* USAH policies that will be strictly enforced. Rules are available online:

See 2017-2021 USAH Rule & Case Book online or download the mobile app:

http://assets.ngin.com/attachments/document/0042/4244/Rulebook_2017-21_FINAL.pdf

- i. Run time penalties are assessed at 1.5 times the normal penalty time.
 - i. 2 Minute Minor = 3 minutes
 - ii. Double Minor = 6 minutes
 - iii. 5 Minute Major = 7.5 minutes
 - iv. 10 Minute Misconduct = 15 minutes
- j. Any player assessed three penalties of ANY type in one game will be immediately ejected from that game. Persisting in the same behavior after the ejection could lead to further penalties and further suspensions. **Late game infractions, unusual or pattern behavior is tracked and will result in further suspensions as determined by League Directors.**

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- k. Game misconducts results in ejection from current game and player must serve at least one additional (following) game, depending on the infraction.
- l. Any player receiving a **Major Penalty** (with the exception of a Fighting Major, Match or determined as malicious intent - see Section V – m & n. below) the following will apply (can carry over to following season):
 - i. First offense - Results in expulsion from the game, plus a two game suspension and two week suspension from all on-ice programs (games, puck lunch, stick and puck, etc.).
 - ii. Second Offense - Results in expulsion from the game, plus a 4 game suspension and four week suspension from all on-ice programs.
 - iii. Third Offense - Results in immediate expulsion from all BAHA programs for a period of time to be determined by League Director (no refunds).
 - iv. Any serious violation as determined by the League Director and or BAHA Board of Directors, or match penalty will result in suspensions or expulsion from the BAHA program, regardless of how many previous penalties.
- m. **Fighting:** For any player involved in a fight (a punch is considered fighting) as determined by game referees:
 - i. First Offense - Results in an automatic 21-day or 5 game suspension (whichever is longer) which is defined as entering the facility, including games, pickup hockey and all other types of on or off ice activities. Infractions occurring at the end of the year will carry over to the following season. Players involved in fight may be required to go before a hearing committee of league captains that will determine the possibility of further actions that may be taken which may include expulsion from the BAHA program.
 - ii. Second Offense - Results in immediate expulsion from the BAHA program (as determined by Adult League Director - minimum 1 full season).
 - iii. Subsequent Offenses – as determined by Adult Director and Captains Committee.
 - iv. The League Director reserves the right to adjust penalties based on scheduling irregularities and other factors.
- n. **Match Penalty:** Any player receiving a Match Penalty will serve an immediate and minimum 30-day suspension (which is defined as entering the facility, including games, pickup hockey and all other types of on or off ice activities), during which a required hearing will be scheduled. Further suspension and/or expulsion from BAHA Programs could be implemented.
- o. Any player or team that is suspended from the BAHA program will **not** be given any refund of fees.
- p. A suspended skater found to be playing or otherwise participating in events they are suspended from will result in a doubling of the suspension and possible expulsion from BAHA programs.
- q. Unregistered players (poachers), with or without helmet stickers, can be identified by any player in a game. A player should notify his captain. Captains are required to bring this to the attention of the referee and or any BAHA Board member present. The captain of the unregistered player must address this situation, help remove said player from the ice and provide that player's name to the BAHA Director of Adult Hockey within twenty four (24) hours.

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VI. PROTESTS

- a. **JUDGMENT CALLS BY REFEREES DURING A GAME ARE FINAL AND MAY NOT BE PROTESTED.**
- b. Protests will be accepted only for: Violation of player eligibility. Judgment calls by referees may not be protested.

VII. DELAYS/CANCELATIONS/FORFEITS

- a. Composition of Teams: A team must start a game as scheduled with a minimum of six players or it will be declared a forfeit *on the score sheet*.
 - i. **Game times where less than 10 total players (including goalies) on the ice surface (at the end of the 8 minute warm-up) are considered canceled and are subject to referees and score keepers leaving. Balance of ice time may be used by remaining skaters.**
 - ii. Play can continue with players/referees/score keepers present using shorter equal lines (4 on 4, 3 on 3, etc – as determined by players present). Teams may choose to share players accordingly. Ziggies (shooter tutors) can be used as necessary for missing goalies.
 - iii. Captains may dismiss referees/score keepers with low numbers.
 - iv. Game clock will start at the scheduled time. Any delayed games will result in time off the clock to ensure next ice slot is not impacted.
 - v. A pattern of lack of attendance shall result in game suspensions and/or elimination of team if pattern persists.

VIII. ADULT PICKUP HOCKEY ICE TIMES

- a. **All the preceding applicable rules will also apply for all BAHA Adult Pickup/Open Hockey Sessions.** In the event that any severe violations of these rules should occur during any pickup hockey games, all members on the ice during a pickup game must consider themselves in part responsible to remedy and report these violations to BAHA Directors or an appropriate BAHA Board member. In particular, severe violations involving fighting, uncharacteristic roughness and the intentional harming of other players, vandalism, and players that are not registered must be reported immediately. All BAHA members are expected to take responsible action on and off the ice.
- b. USA Hockey insurance is NOT in effect for pick-up, shinny hockey, public skating and other non-sanctioned events and is at the risk of the individual skater. Participate at your own risk.

IX. OTHER NOTES

All participants must read and follow all rules of the league and as posted at the rink. Captains of each league may form a committee to review all rosters and skater rankings prior to the start of league play. League and rosters are closed once desired teams and roster numbers have been met for each league. All additions to rosters during the season are subject to approval by Adult Director.

Referees have the ability and authorization to stop any game due to adverse playing conditions.

All skaters/teams must have a light and dark jersey – **WITH UNIQUE ASSIGNED ROSTERED NUMBER** available to wear at each game. **Captains must submit a roster with jersey numbers at the**

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beginning of the season and update rosters on file as necessary. A skater with no number will not be allowed to play. *Temporary* tape numbers OK. Captains can mutually decide who wears light and dark before each game – with a tie breaker going to the team schedule in the North Locker Rooms (JB: C or D; RESS: 1 or 2).

All teams must designate a Captain and at least 1-2 Assistants. Captains and Assistants must be identified with a “C” and “A” respectively on their jerseys during all games. If the Captain and Assistant are not in attendance of a game, referees may ask for team to designate a responsible player.

Most 80 minute game slots will be (3) 20 min. run-time periods with certified referees, 8 min. warm up and 2 min. period breaks. When official score keepers are present, tied and one goal differential games will have the last 3 minutes stop time. Each team may call (1) 2 minute time out during a game. Ice Time clocks may continue to run during stoppages or delays to keep the rink on schedule.

Schedule will be subject to change and posted.

Season ends with League Play-offs in a double elimination format. Team will be seeded by a blind draw. Team season W/L records have no bearing in the play-offs.

These policies and any rule changes and amendments are at the sole discretion of the League Director(s) and BAHA Board of Directors and are subject to change at any time.

**THANK YOU FOR YOUR PARTICIPATION IN, AND SUPPORT FOR,
BAHA and HHL ADULT HOCKEY.**

