

Rules and Regulations

Captains are responsible for making notifying all players of the League Rules.

The League reserves the right to make any determination with regard to any rule or situation or to change and/or amend the Rules and Regulations, at its sole discretion without prior notice.

ALL USA HOCKEY RULES APPLY UNLESS OTHERWISE NOTED

LEAGUE GUIDELINES

All Sharks Ice Adult Hockey Leagues follow the rules and guidelines of USA Hockey for all age classifications, in addition to those rules, below are the following "in-house" rules.

- All general matters pertaining to the Sharks Ice Adult Hockey League should be directed to the League Director, Ian Fazzi: (ifazzi@Sharkslce.com).
- A player must be eighteen (18) years or older to play in any adult levels.
- A player must be forty (40) years or older to play in the Over 40 league unless authorized by the League Director.
- All players must be registered and insured by USA Hockey prior to playing in any game. The www.USAHockey.com web site must be used for all registration purposes.
- All players must sign and file the Sharks Ice Adult Hockey League waiver prior to playing in any game.

ALL LEVELS:

- All games are four (4) minutes warm up, three (3) periods of fifteen (15) minute stop time. If one team is winning by six (6) or more goals in the third period with six (6) minutes or less left on the clock, the game will go to running time ("Mercy Rule") and will continue even if goals are scored and there is no longer a six (6) goal difference. The clock can only be stopped by a time out.
- **Referees should make all reasonable efforts to stay within the allotted time of 1 hour and 15 minutes regardless of the score or level.** The scorekeeper will inform Referees as to how much time is remaining for the third period and the referees will determine any alteration of timekeeping, if any and at their sole discretion.
- However, if the goal differential is one (1) goal, then running time shall **NOT** go into effect and the existing stop time clock protocol shall remain in effect until the end of the game.
- Changing the clock from stop time to running time, shall take place **ONLY** before the start of the third period and not take place during the third period.
- Each team is allowed one (1) timeout (30 seconds) per game.
- No overtime, except playoff games.
- Blue line icing shall be called and the two line offside pass is allowed.
- All minor penalties are two (2) minutes; majors are five (5) minutes (even while the mercy rule is in effect or during any running time). However, if due to lack of time the third period is **all** running time, penalties shall become three (3) minutes for minors and seven (7) minutes for majors. During any running time, all penalties are subject to the rules of the running clock for starting and terminating. Once running time has begun, it shall not return to stop time regardless of the score.

EQUIPMENT REQUIREMENTS

- All players are required to wear all of the equipment specified by USA Hockey Rules.
- Any player who does not comply with **ALL** equipment rules may not participate in the game until he or she is fully compliant.
- **All players are required to wear shoulder pads.**
- No player may wear a hockey helmet, half shield visor, full shield, wire mask or a goalie mask or any equipment with any alterations or modifications.
- All players must wear the required protective equipment per USA Hockey in the manner for which it is designed and no alterations or modifications may be made from the original manufacturing specifications as any alterations or modifications shall cause said equipment to be illegal.
- Helmet ("chinstraps") must be properly fastened by both players and on-ice officials.
- Players are not required to wear a full-face mask or mouthpiece.

JERSEY REGULATIONS

- All players are required to wear the **same primary color** as the rest of their team.
- Every player must wear a readable number on their jersey at all times, according to USA Hockey rules. Only one player per number per team.
- All player numbers must correspond with the sign-in sheet and scoresheet.
- Any player who does not comply with the jersey regulations shall not be able to participate in the game until the player complies.

SCORESHEETS AND ROSTERS

- Each team is required to enter its roster via its on-line account. Captains are solely responsible for the proper maintenance of the roster. These are the rosters that will print on the game scoresheet.
- The roster management site is located at www.oaklandice.com and each team will have a username and a password. You may update the team password at any time.
- Each team may roster a maximum of twenty-five (25) players. You are required to have one (1) goalie on your twenty-five (25) player roster. A team is required to identify a captain, a maximum of five (5) alternates, and all goalies via the on-line system. It is recommended that each team roster two (2) goalies. Only players on your official roster and scoresheet may participate in any game and there shall be no exception(s) to this rule.
- The maximum number of players permitted to play in a game, excluding goalkeepers, shall not exceed nineteen (19).
- On a date specified by the League Director, rosters will be locked and you will not be allowed to add or delete any player from the team's roster for the remainder of the season.
- Each team is required to submit to the scorekeeper before each game a legible printed sign in sheet (signed roster) with the name, number and signature of each player present. Each name and number must be typed or computer generated with room for a signature next to the printed name.
- Do not sign in for your teammates under any circumstance(s). All players on the ice must be accounted for on the sign in sheets. Players arriving late must report to the scorekeeper to sign the roster.
- A player on a team that submits a hand written sign in sheet will not receive credit for a game played (see playoffs). No statistics will be tabulated for the game.
- The game will not start until both teams have turned in a sign in sheet.

- The official roster is the one printed on the score sheet furnished by the league, not the one turned in by teams each game.
- At the end of the game, each team will receive a copy of the score sheet. It is the responsibility of the team representative(s) to obtain it.

PLAYER ELIGIBILITY

- All players must be at least eighteen (18) years of age to be eligible to be rostered and/or participate in any adult league games. There are no NO EXCEPTIONS to this rule for any reason(s).
- The league does not differentiate substitute players from full time players. Only players on the official roster may play in a game. The official roster is the one printed on the score sheet not the one handed in by teams.
- Players shall provide a PHOTO I.D. when asked by the League Director or his designate, any league official, including but not limited to the referee(s) or scorekeepers.
- Punishment for using illegal players may include but is not limited to one or more of the following; suspension of the player(s), removal of any goals scored or assisted goals, forfeit of the game, or suspension of the Captain of record.
- **No one is allowed to play on any team in the league while on suspension from another team.**
- Players may not play on teams more than two (2) divisions apart and goaltenders may not play on teams more than three (3) divisions apart. Any exception may be granted on an individual case by case basis, only by the League Director.
- **The League Director has the final authority on any and all matters of player eligibility and any other matters relative to the league.**

PENALTIES

- Any player, including goalies, who receives five (5) penalties in the same game, will receive a Game Misconduct and be ejected for the remainder of the game
- ALL penalties shall be entered on the scoresheet.
- All Major Penalties shall result in an AUTOMATIC Game Misconduct.
- Players who serve any penalty as a server for any other player shall not be charged for that penalty.
- A delayed penalty which is canceled by a goal scored, must be reported to the scorekeeper and recorded and does count toward a players gross penalty total.
- Sharks Ice Adult Hockey League has a zero tolerance policy for fighting of any kind.
- The possession or use of Alcohol and/or drugs or any illegal substances in the locker rooms, anywhere in the building is strictly prohibited.
- Any player that is substance impaired may be prevented from playing or removed from the game.
- Any behavior that endangers the players, participants, referees or spectators is intolerable and the league will immediately take action against those involved.

SUSPENSIONS AND UNRULY PLAYERS

- All game misconducts (with the exception of excessive penalties) will result in an automatic suspension.
- **Players may not play for any team in the league until he has finished serving a suspension for the team with which the suspension was received. A player playing on multiple teams risks missing multiple games.**
- A player receiving a second game misconduct for excessive penalties during the season will receive a one (1) game suspension for each subsequent infraction.

- The League reserves the right to issue any length of suspension at any time.
- General minimum guidelines for suspensions are:

1st game misconduct: one (1) game

2nd game misconduct: three (3) games

3rd game misconduct: six (6) games, plus an eligibility review by the League Director.

- All players who come off the players' bench or penalty box during an altercation shall receive a major plus a game misconduct and be subject to a minimum three (3) game suspension.
- Captains may view suspensions and game misconducts received by accessing their team's on-line account. All game misconducts shall be listed on the scoresheet following each game.
- Captains are ultimately responsible for notifying their players of any suspensions.
- Players who receive a Match Penalty will be suspended for a minimum of thirty (30) days, pending an investigation. The player will be notified by the League Director about any reinstatement and is not allowed to resume playing prior to receiving written notice from the League Director.
- Fighting is absolutely not tolerated. Players who continually violate this will jeopardize their continued involvement in the league.
- Any physical or verbal assault on an on-ice official or an off-ice official is unacceptable, and may result expulsion from the League.
- Any player who bangs his stick on the glass while in the penalty box shall receive a game misconduct and be removed for the remainder of that game. The scorekeeper shall report his version of the circumstances to the Referee who shall assess any appropriate penalty or penalties. Subsequent violations of this rule, shall subject offenders to a league imposed suspension.
- Teams that receive a total of ten (10) penalties in a game, shall be assessed an automatic game misconduct. Such penalty shall not be served by a player; but shall be counted as part of the tiebreaker protocol for playoffs.
- Players who are deemed to be continually dangerous, unruly or unsportsmanlike may be suspended at the sole discretion of the League Director.
- **Suspension from the regular season will carry over to the playoffs and future seasons.**

PLAYOFFS

- Prior to the end of the regular season, the League Director shall inform all teams of the playoff schedule and the number of teams that each division that have qualified for the playoff.
- In the event of a tie in points at the conclusion of the regular season standings, the following tie breaker protocol shall be used:

1. Wins
2. Fewer Game Misconducts
3. Head to Head Record
4. Fewer Goals Against
5. Greater Goals For
6. Fewer Head to Head Goals Against
7. Greater Head to Head Goals for
8. Single Coin Toss

Player Eligibility:

- **Only players who have played in the minimum number of required games will be allowed to participate in the playoffs. The Fall/Winter Season requires six (6) games and the Summer Season requires five (5) games. Only printed rosters submitted during the regular season games with the players valid signature count towards the player's game total.**
- Players who appear in **BOLD** on the scoresheet have achieved the minimum game requirement for a given season.
- Captains may view player eligibility and game count at anytime by accessing their on-line team accounts.
- Captains are ultimately responsible for assuring that all game statistics are accurate, and must address the league statistician with any questions no less than forty-eight (48) hours prior to the start of the playoffs.
- The League Director must approve any substitute goalies in the playoffs.

PLAYOFF PROTOCOL

- All playoff games shall be played according to the same rules for each particular division that were in effect during the regular season.
- If any playoff game ends in a tie, there shall be one overtime period, as outlined below:
- Overtime shall be ten (10) minutes {nine (9) minutes running time, one (1) minute stop time} and if the game is still tied after overtime, a penalty shot shoot out (5 players) shall commence immediately according to the following procedure.
 1. The visiting team shall shoot first.
 2. The penalty shots are taken alternately by the teams.
 3. If, before five shots are taken, one team has scored more goals than the other could score, even if it were to complete its five shots, no more shots are taken.
 4. If, after both teams have taken five shots, both have scored the same number of goals, or have not scored any goals, shots continue to be taken in the same order until one team has scored one goal more than the other team from the same number of attempts.
 5. Each shot is taken by a different player and all eligible players must take a shot before any player can take a second shot.
 6. When a team finishes a game with a greater number of players than its opponent, it shall reduce its numbers to equate with those of their opponent and inform the referee(s) of those players excluded and those players subsequently eligible to take the penalty shots.
 7. Before the start of the penalty shot shoot out, the referee(s) shall ensure that only an equal number of players from each team participate in the penalty shot shoot out and shall identify same.
- Any goalkeeper rostered for the game, dressed and on the players bench may participate as a goalkeeper in the penalty shot shootout.
- Any player still serving his penalty when overtime expires may not participate in the penalty shot shootout. However, a player serving a penalty for a bench minor, for another player or whose penalty time has expired before the expiration of the overtime may participate in the shootout.

GOALTENDERS

- In an event that a team does not have a goalie present and dressed for a game, an emergency goalie may be used. The emergency goalie must currently be registered in the Oakland Ice Adult Hockey League.

- Every goalie must be registered with USA Hockey.
- If a team does not have a goalie dressed for a game, the team may elect to put in a sixth skater.
- The Referees must be notified if the player is a sixth skater or a designated goalie. A sixth skater will not get a shot on goal count.
- In all levels a designated goalie must have a full wire cage, no plastic masks and no half shields of any kind.
- **Any player not wearing full goalie equipment who chooses to be a designated goalie, does so at his or her own risk.**

CAPTAINS- ARE RESPONSIBLE FOR PASSING ALONG ALL INFORMATION FROM THE LEAGUE TO THEIR TEAMMATES!