

## 5. POINT SYSTEM:

- Two points for a win, one for an OT/shootout loss
- Regular Season: Tie games will result in a 5 minute, 3 on 3 stop time overtime, followed by a best of 3 shoot-out. Followed by sudden death shootout. No player can shoot twice until all players have gone.
- Ties at the end of the regular season by 2 teams will be broken as follows:
  1. Overall wins/loss differential
  2. Head-to-head matchups between the tied teams
  3. Total Goal differential between the tied teams (all 10 regular season games)
  4. Least penalty minutes in games vs. each other
  5. If the tied teams did not play each other:
    - a. Goal differential
    - b. Least goal against will be used
    - c. If three or more teams are tied, most goals for head-to-head will not be used. First will be goals against, goal differential, then least penalty minutes in all 10 regular season games.

## 6. PLAYOFFS:

- No subs are allowed during playoffs except goalies.
- Team must play a minimum of four games to qualify for the playoffs.
- Players must participate in at least four regular season games for playoff eligibility.
- If an illegal player participates in a playoff game, that team's game may be forfeited.
- Tied games will result in stop time periods.
  1. 5 minute 4 on 4, followed by 5 minute 3 on 3, then a three player shootout will occur, followed if necessary by a sudden death shootout. No player may shoot twice till everyone has participated.

**For more information,  
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# Adult Hockey League Rules

Fall/Winter/Summer  
2025-2026 Season



Revised 9/1/25

## 1. PAYMENT RULE:

- Deposit of \$1,000 due one week before season starts. Due date will be determined by the Hockey Commissioner. Teams must be paid in full by Game Three. NO EXCEPTIONS.
- All payments must be submitted by each team captain and paid online at [cityicepavilion.com](http://cityicepavilion.com)
- **FAILURE TO PAY IN FULL AND ON TIME WILL RESULT IN SEASON CANCELLATION.** No exceptions. No refunds. Reschedules will not be offered.

## 2. ROSTER MANAGEMENT RULE:

- All teams will follow USA Hockey rules and regulations. Go to [usahockey.com](http://usahockey.com) for more information.
- **ROSTERS OF ALL PLAYERS NAMES MUST BE SUBMITTED BEFORE GAME ONE.**
- Rosters must consist of 12-25 players.
- REQUIREMENTS:
  1. All players must be 18 years of age or older
  2. ALL PLAYERS MUST HAVE ONE LIGHT AND ONE DARK COLORED JERSEY AT GAME TIME
  3. ALL PLAYERS MUST HAVE A UNIQUE NUMBER ON THE BACK OF THEIR JERSEY or they will not be allowed on the ice
  4. Slap shots are not permitted in a game when one team has no goalie.
- A player may not play on two teams within the same division.
  1. Any player that plays on a B or C team must get permission from the Adult Hockey League Commissioner to be allowed to play or sub for an E1 or E2 team.
  2. Any player that plays on a E1 or E2 team that the Commissioner feels does not belong there; the Commissioner has the right to remove that player from that Division.
  3. Any player that is caught by the commissioner, the referee, or the staff with a B or C player that does not have a permission, that team will automatically forfeit that game and the Captain will face a **one game suspension**.

- Any team arriving for a scheduled game with fewer than six players will receive an automatic forfeit.
- **Any game changes less than 24 hours before a scheduled game will result in a forfeit.**
- Substitutions are allowed as long as the Adult Hockey League Director is aware. Free agents or goalies can be obtained by requesting the **League's free agent and goalie list.**
- Captains are responsible for any free agents given to their team or sent to their team for one or more games.
- **Players must be signed in for each game they play.**
- All forfeits will result in a 5-0 loss.

## 3. GENERAL RULES:

- No players or coaches are allowed on the ice until the Zamboni driver shuts the door.
- All captains are responsible for the conduct of their bench, locker room, and players in the facility.
- Any damage to the facility will result in a fine and suspension from the league, plus full payment of damages to City Ice Pavilion.
- Third Period Mercy Rule: Seven goal margin: the clock will go to running time until the margin is cut to a four-goal differential.
- Each team is allowed one 30-second time out.
- A player incurring a game ejection (EJ) penalty shall be kicked out for the remaining time in that game. That player will not be suspended for the next game.
- 12 combined penalties in a game, running time in the third period, if it's more than a two-goal lead (scorekeeper, refs and Hockey Commissioner's decision).
- The following penalties will be at least four minutes: Boarding, Roughing, Slashing, Cross Checking,
- High Stick: inadvertent, two minutes; careless or reckless, four minutes
- The following penalties will be at least two-minutes: Trip, Hook, Elbow, Interference, Two Many Men, Un-sportsmanlike Behavior.

- Three penalties to a player will result in an EJ. A four-minute penalty counts as two penalties.

## 4. GAME MISCONDUCT & PENALTIES

- Any abuse of the officials, scorekeeper or staff will not be tolerated.
  1. Offenders will be assessed for misconduct and placed in a tracking system.
  2. Repeated offenders and their captains will be suspended for two games for an additional misconduct thereafter.
  3. Any team with multiple misconducts in this category will automatically forfeit their next game.
- Fighting or Game Misconducts will not be tolerated.
  1. First fight or game misconduct will result in a minimum one game suspension.
  2. Second fight or game misconduct will result in a minimum of three game suspension.
- A **24 hour Incident Rule** is in effect after every game. CIP staff will not discuss any incidents or results of a game until at least 24 hours after the game has been played.
- Any player who gets four penalties in one game will be ejected from the game and may receive a one-game suspension.
- Suspended players will not be allowed on the bench OR play in any other division games.
- **NO ALCOHOLIC BEVERAGES ON THE BENCH or ANYWHERE IN THE BUILDING EXCEPT THE LOCKER ROOMS.**
- Any players skating under the influence of drugs or alcohol will be ejected.
- Any altercations after the final whistle will result as a game misconduct and all players will receive suspensions.
- Video will not be used or seen in determining a suspension. League will consult with on and off-ice officials to determine a ruling.
- Any major penalty automatically carries a game misconduct.