

LEAGUE RULES



ADULT RECREATION HOCKEY

2011-12



League Supervisor:
CRAIG BJUR
(701) 241-1356
cbjur@fargoparks.com

Complete league information available at www.fargoparks.com

Adult hockey leagues offered by the Fargo Park District include:

- **NO CHECK (Upper/Lower Div.)** — 18 years old and up
- **NOVICE LEAGUE** — 18 years old and up

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All Fargo Park District adult recreation hockey leagues will follow *USA Hockey* rules (with the following additions)

- All Fargo Park District hockey leagues are **NO CHECK** and **NO SLAP SHOTS** (from above the knee).
**See *PENALTIES* (rules 5 & 6) on next page for further details.

I. CAPTAIN RESPONSIBILITIES

1. Distribute and explain all Fargo Park District Adult Hockey League Rules to all team members prior to teams first game.
2. Ensure all players on team have read and signed the team roster and individual waiver form before teams first scheduled game.

II. PLAYER ELIBILITY

1. All players on a given roster must meet required age by the first game of the season for the league.
 - A. NO CHECK — 18 years old and up
 - B. NOVICE LEAGUE — 18 years old and up
2. All players must have read and signed their team roster and an individual waiver form before playing.
3. A player may not be on two rosters in the same league.
4. A player is not allowed to play in both the Novice League and the No Check Leagues.

III. GAME TIME

1. **LOCK LOCKER ROOMS DURING GAMES!** We recommend that players do not bring any valuables into the arenas. The Fargo Park District is ***NOT*** responsible for any lost or stolen items. Keys are available at front desk.
2. Games will consist of three 12-minute stop time periods with 90 second intermission between each period
3. *Game time is forfeit time!* Teams need to be ready 15 minutes prior to scheduled game time.
4. Teams must have 5 players and a goalie ready by game time otherwise the game is forfeited to the opposing team.
5. Each team will be allowed one 45 second time-out per game.
6. The clock shall become running time if the score differential reaches 6 or more goals in the third period. If the score differential becomes less than 6 goals the clock goes back to stop time. The only time the clock stops is for injuries.
7. In the event of a regular season tie, the game ends in a tie. **See League Tournament for rules in the event of a tie during league tournament.

IV. PROTESTS

1. Protests will be accepted only for violations of player eligibility. Judgment calls by referees my not be protested.
2. Protests must be placed by team captain prior to the end of the first period.
3. Any team that places a protest will also be checked for ineligible players.
4. Players must have ID at all games in cases of protests. Failure to provide ID may result in a forfeit!

V. FORFEITS

1. Forfeits shall automatically occur:
 - A. If a team plays a player not on the team roster or who has not signed an individual waiver form.
 - B. If the team plays a suspended player.
 - C. Alcoholic beverages on the bench will result in a forfeit.
 - D. If a team does not have 5 players and a goalie ready to play by game time.
2. A team winning by forfeit will be credited with a 5-0 victory.
3. If the event of a forfeit, teams are given the remaining ice time but referees are not allowed to be on the ice.

VI. PENALTIES

1. A 1:30 second minor penalty will be assessed for minor penalties.
2. A double minor penalty (3 minutes on the clock) will be assessed if an official feels that an infraction is more severe than a minor penalty, but does not warrant a major and a game misconduct. Any penalty can be issued as a double minor.
3. A misconduct penalty (10 minutes with nothing on the clock) will be issued if an individual has done something that requires an individual to be penalized without penalizing the team. This is an excellent method to deal with issues such as taunting or behavior approaching abuse of official. Officials do not have to call a minor penalty in order to issue a misconduct penalty.
4. Any player who grabs an opposing players' facial protection during an altercation will receive a double minor penalty and an automatic game misconduct. A suspension may be assessed to such player pending the severity of the incident.
5. There will be no body checking in the league. Minor & Major Penalties will be assessed for body checking. Any intentional body check in a no check league will result in a game ejection. Any player who is penalized multiple times for this infraction may be ejected from the league.
6. Slaps shots from above the knee are not allowed. Any illegal slap shot will be called off sides and placed outside the zone.
7. Any slash/dig at the puck when covered by the goalie will result in a minor penalty, regardless of whether the whistle was blown or not.
8. Any contact to an opposing player's head (elbow/forearm) will result in a minor penalty. A major may be assessed at the discretion of the officials.
9. Slew-footing will result in major penalty and will be assessed at the discretion of the officials.
Any player/goalie who receives 5 minor penalties (except misconducts) will be suspended for the remainder of that game and will also receive a game misconduct and be suspended for 1 additional game.
10. A player who receives multiple game misconducts in a season may be expelled pending League Supervisor's discretion.
11. Referees may hand out a game ejection penalty which does not carry an additional game suspension.
12. A game ejection will be assessed to a player whose conduct is deemed detrimental to the safety of other players or a travesty of the game. A minor or double minor penalty may or may not be issued with a game ejection. A game ejection does not entail an additional game suspension. It is a method by which an individual can be removed from a game in order to diffuse a potentially dangerous situation.
13. A major penalty (5 minutes on the clock) will be assessed for any deliberate infraction that results in an injury or is determined by an official to be so violent that a double minor is deemed insufficient.
14. A match penalty will be assessed for any infraction that is a deliberate attempt to injure. The result is five minutes on the clock and an indefinite suspension pending a review by the league supervisor
15. Teams do not have to put any one in the penalty box to serve a major penalty. The team will play with 4 skaters for the duration of the penalty and a fifth skater will come off the bench after the major expires.
16. If a goaltender receives a game misconduct the officials can decide if he is to be dismissed from the game. If the officials believe that the goaltender is of no further threat he may remain in goal for the good of the game. 5 minutes will go on the clock and the goaltender will be suspended for the next game.
17. A total of 15 penalties in a game will result in running time. Coincidental minors count as one penalty. Stop time will resume for the last 2 minutes of the third period.
18. If a player receives 5 penalties in a game that player is ejected from that game with no additional suspension. No player needs to serve that minor penalty, but the team will play shorthanded.
19. Double minors and misconducts count as one penalty toward a player's or team's penalty total.
20. Any penalty assessed during or after the post-game handshake will be assessed by the league supervisor.

VII. ICING & OFF-SIDES

1. Blue line icing will be observed for all leagues — The centerline will not be used for offsides (2 line pass is legal).
2. Touch-up or delayed offside is in effect.

VIII. ALCOHOL/TOBACCO POLICY

1. **NO SMOKING OR ALCOHOL IS ALLOWED IN ANY FARGO PARK DISTRICT BUILDINGS AT ANY TIME. Players and/or teams found in possession of alcohol will be immediately suspended for the remainder of the season. Possession of alcohol in a Fargo Park District facility is punishable by law.**

VIII. SUSPENSIONS

1. A game misconduct will be issued concurrently with any major penalty.
Game ejection for game misconduct — minimum 1 game suspension
2. Player who refuses to leave ice after ejection in a timely manner — minimum 2 game suspension
3. Player who leaves the bench during an altercation — game ejection + minimum 2 game suspension
4. Player who is the "third man in" during an altercation — game ejection + minimum 3 game suspension
5. Player who drops glove to fight (but does not throw punch) — game ejection + minimum 3 game suspension
6. Player who initiate a fight and/or throw punches in a fight — game ejection + **suspended from league a minimum of 12 games**. Second offenses for fighting will result in an indefinite suspension from all hockey leagues.
**Player may request a return to league after suspension pending written notification from the Recreation Director of the Fargo Park District.
7. Player who verbally threatens or physically abuses an official/scorekeeper — game ejection + **suspended from league a minimum of 12 games**. Please be advised that any ABUSE to a Fargo Park District official, scorekeeper or other staff may be subject to criminal or civil charges. **Player may request a return to league after suspension pending written notification from the Recreation Director of the Fargo Park District.
8. Suspensions will carry over to the following season.
10. If a player is removed from a game, that player is not to return to the arena area for any reason. The player is to either remain in the locker room or leave the building.
11. If the player attempts to watch the game after an ejection, that player will be asked to leave the facility and will receive additional suspensions.
12. A suspended player is not allowed on the bench or in the facility for any reason.
13. League Supervisor holds right to take disciplinary action where he/she sees necessary.

IX. UNIFORMS & EQUIPMENT

1. All players must wear matching or similar jerseys.
2. In the event of similar jersey colors, the team with less players will wear pullovers.
3. Mandatory equipment include regulation hockey helmet, shin guards, elbow pads, stick and hockey skates.
4. All players are **STRONGLY** encouraged to wear full equipment which shall include a full facemask, mouth guard, gloves, shin pads, shoulder pads, elbow pads, hip pads or padded hockey pants, protective cup, and a regulation helmet with helmet strap properly fastened.
5. Goalies are required to wear regulation face mask and helmet and throat protector during all games and warm ups.
6. Helmets must be worn during warm-up and on the bench. Failure to comply may result in a minor penalty.

X. LEAGUE TOURNAMENT

1. Overtime will be a 5 man shout out. — Each team will designate 5 shooters, and they will shoot in alternating fashion, away team shoots first. If game remains tied, shootout goes into sudden death with each team having a penalty shot. Players will not be allowed to shoot twice until the remainder of their team has participated.

XI. OTHER RULES

1. A minimum of 10 players and a maximum of 20 players are allowed on a given roster unless permission to exceed that number is requested in writing to the league supervisor and subsequently approved by the league supervisor.
2. Any player who skates under the influence of drugs or alcohol will be ejected immediately and face supplementary discipline, which may include expulsion. For safety sake, players are urged to make officials aware of these situations.
3. No player is allowed on the ice or in the player bench area until the zamboni doors are closed.

— **All league rules are subject to change prior to or during league if the need arises** —