Preface ​

The following references the official playing rules for the Aliso Viejo Ice Palace and the Lake Forest Ice Palace Adult Hockey Leagues. All USA hockey rules will be used herein, unless otherwise noted.

The adult league management at the Aliso Viejo & Lake Forest Ice Palace strongly encourages all players to familiarize themselves with the adult league playing rules, however, the onus of understanding and knowing the playing rules will be relegated to the captain of each, respective adult league team.

Finally, all adult league players are strongly encouraged to familiarize themselves with the current USA hockey playing rules. The official USA hockey playing rules can be found at [www.usahockey.com](http://www.usahockey.com)

Rosters

1. All players are to be currently registered and certified with USA hockey. *Note*: USA hockey membership runs from September 1 to the following calendar year of August 31. All players will need to renew their USA hockey registration for each USA hockey year. Players that are not current with USA hockey will be ineligible and indefinitely suspended until proper verification of USA hockey is provided to Adult League Management. **NO EXCEPTIONS!**
2. Teams need at least 6 players to start a game. If at any time during the course of a game a team is reduced to less than 4 players the game will be declared over and forfeited.
3. A team will have 1 designated captain for the season. The captain will be responsible for the logistics of the team with adult league management, on ice participation with officiating and scorekeeping and overall participation of the team in the adult league
4. Sub Players: NO sub players will be allowed to play without *advanced* authorization from the adult league administration/director. If a sub player is deemed eligible to play the sub player is required to produce proper USA hockey certification and adhere to the league jersey policy.
5. Jersey Policy: ***New Rule***: All players are to have a matching colored jersey of their team with rostered jersey number. Failure to comply with the jersey rule by week 4 of the season will result in a 10-minute misconduct for each offending player. It is the team captain’s responsibility to ensure that all players, as well as any sub players, have the appropriate team color jersey.
6. Playoff eligibility: Each player on a team must play a minimum of 4 games during the regular season to be eligible for playoffs. Under extreme circumstances (i.e. documented injury during the season) a player with less than 4 regular season games played may be eligible to play in playoffs per approval of adult league management.

League Rules & Protocol

1. Time of Play: Leagues 5 and above will play 2-20-minute run time periods followed by a 15-minute stop time 3rd period. If at the start of the 3rd period or any time during the 3rd period a 7-goal differential occurs, running time will commence. Stop time will NOT be enacted at any time once run time begins. Leagues 6 and below will play 3-20-minute run time periods. In leagues 6 and lower stop time will be enacted in the 3rd period with 2 minutes remaining if the goal differential is 2 goals or less. If during stop time a 3 goal or greater differential is reached, running time will commence and not stop.

*Note:* ***OVERTIME: New rule****:* Regular season: 3 on 3 shootout. If no winner is decided after the 3 on 3 shootout, a sudden death 1 on 1 shootout will occur until a winner is decided. Playoffs: A 5-minute sudden death 5 on 5 running clock will be implemented. If at the end of the sudden death period there is no winner, the shootout protocol will occur until a winner is decided. Championship game: 10-minute sudden death running clock overtime, 5 on 5. No winner, shootout.

1. Timeouts: Each team will be permitted 1-30 second timeout per game. NO TIMEOUTS IN OVERTIME.
2. Penalty Times: Minor Penalties: 3 minutes in run time. 2 minutes in stop time. Major penalties: 7 minutes in run time. 5 minutes in stop time. Misconducts: 10 minutes regardless of run or stop time. Game misconducts/Match Penalties: If applicable, players will be issued a major penalty plus ejection from game AND subsequent game misconduct.

Penalties

1. Progressive Penalties: All players should inform themselves of USA hockey rule 411 pertaining to progressive suspensions. Rule 411 will be strictly enforced pertaining to progressive penalties.

2 major penalties in 1 game will incur a game misconduct. 2 misconducts in 1 game will incur a game misconduct. 2 game misconducts in any 1 season will result in a 3-game suspension. 3 game misconducts in any 1 season will result in an automatic season suspension, as well as supplemental discipline by USA hockey. 5 penalties in 1 game to the same player will result in a game ejection for the infracting player.

1. Fighting: Fighting will NOT be tolerated under any circumstance in adult league. Players participating in fighting will be strictly reprimanded according to the USA hockey rulebook on fighting.

Any player engaging in fighting will be given a 5-minute major plus game misconduct and immediately be ejected from the game***. New Rule:*** Any player engaging in fighting in the last 5 minutes of the 3rd period or later will be given an additional game misconduct on top of their game misconduct for fighting (in this case the player will be suspended for the next 2 games). ***New rule***: Any player engaging in fighting in the handshake line or off the ice at the conclusion of the game will be given an additional game misconduct on top of their game misconduct for fighting (also in this case the player will be suspended for, at minimum, the next 2 games and upon review may incur subsequent disciplinary action).

**All fighting game misconducts and all other major penalties plus game misconducts are subject to review by the appropriate adult league staff and may incur subsequent discipline.**

Officials

1. Officials will act as the **ULTIMATE AND FINAL** authority on the ice.
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3. Abuse of officials: Verbal abuse of officials: Verbal abuse of officials will not be tolerated under any circumstance. Verbal abuse of officials will be strictly enforced under USA hockey rule 601. All players should familiarize themselves with USA hockey rule 601 pertaining to discipline in regard to verbal abuse of officials. Physical abuse of officials: Physical abuse of officials will not be tolerated under any circumstance. Physical abuse of officials will be strictly enforced under USA hockey rule 601, as well as local law enforcement.
4. Officials will act as the **ULTIMATE AND FINAL** authority on the ice.

Miscellaneous

1. Alcohol policy: No alcohol will be allowed on the ice surface or benches. A warning to the player followed by a minor penalty followed by a game ejection will be enacted to any player who does not comply to this policy. *Note*: Any player who exhibits obvious intoxication while on the ice is subject to ejection from the game, as well as subsequent disciplinary action per review by adult league management.
2. Vandalism policy: No player will be allowed to vandalize any portion of the building including: players benches, rink boards/glass, rink trash cans, rink lockers, or any other rink property. Any vandalism to rink property will be subject to indefinite suspension upon review by adult league management.
3. Game Suspensions: Captains will be notified via email by adult league management of player suspensions not earlier than 24 hours after the game suspension is documented. Player suspensions will be enacted for the team’s next scheduled game(s) after the suspension is documented. In the most extreme circumstances, game suspensions may be reviewed by the appropriate adult league management. Player suspensions will only be communicated through adult league management and the team captain. **Individual players will not be allowed to protest suspensions**. The onus of player suspensions will be relegated to the team captain. Players who are suspended will under no circumstances be allowed to play until their suspension is finished.

Declaration of Rules & Ratification

1. Adult League Management for the Aliso Viejo & Lake Forest Ice Palace will refer to the above playing rules for all USA hockey sanctioned adult league games at the Aliso Viejo & Lake Forest Ice Palace. *Note*: All topics not covered in the playing rules will fall under jurisdiction of the most current USA hockey official playing rules.
2. Management of the Aliso Viejo & Lake Forest Ice Palace reserve the right to change, amend, or adjust the above playing rules at any time. *Playing Rules Declared & Enacted 9/5/2017*