

Danbury Adult Hockey League Rules
(Modified and Updated 1/2013)



Philosophy:

Our goal at the Danbury Arena is to provide a venue for all adults (men & women) to continue enjoyment in the game of ice hockey. Our goal is to provide competitive levels of play keeping it fun at the same time. After-all, it is a recreational league. We emphasize sportsmanship to the highest capacity with a ZERO TOLERANCE rule for fighting

Games are played and sanctioned under modified USA Hockey Rules and Regulations.

League Coordinator:

The league Coordinator is Dannon Haliskoe. She can be reached at 203-794-1704, ext. 104, or by email at dannon@danburyice.com.

Divisional Breakdown:

We offer as many levels of play as possible (A, B, C, D) with "A" being the most experienced level. Not all levels of play are available at all times as it depends largely on the number of teams. Our most common levels of play are the "C" and "D" levels. "A" and "B" levels are added as number and skill of teams allow. The league coordinator may also split divisions if the number of teams allow (i.e. "B1" & "B2").

Team Captain Responsibilities:

- The team captain is the main source of communication between league officials and his/her team. It is the responsibility of the captain to relay all important information from league officials to the members of his/her team so that everyone involved with the league stays on the same page.
- League officials will however take some responsibility in dealing with players directly, should the need arise, if proper communication information is given.
- There are NO COLLEGE PLAYERS ALLOWED unless they are in the B Division or RINGERS playing in the C or D division. It will be the REFS decision to make the call if a player should not be playing in that Division and there word will be final.
- It is the responsibility of the captain to have a full understanding of the rules to avoid game day issues.
- It is the team captains responsibility to submit rosters to the league coordinator before every season for approval.
- Many of the improvements/advancements in the league come from input from the captains and we do encourage input.

Website:

The website will be kept up to date with regards to schedules, game results and any changes.

Season/Game Format:

- Each season will consist of 10 regular season games with the addition of playoff games to those teams that qualify (see Playoffs for more information).
- We will try to keep a specific day of the week for each division , however due to arena schedules and conflicts or odd number of teams, all teams must expect to play games on another additional night. These situations will hopefully be kept to a minimum.
- The full schedule will be released when all teams are paid in full.
- League coordinator will do his/her best to schedule around conflicts if enough advanced notice is given and other team (s) to be affected by a schedule change agrees to the change.
- Each game will consist of 3 15 minute periods stop time.
- If the game is tied at the end of the 3 periods during the regular season, then, a 3 minute period of overtime will be played. Teams will skate 4 skaters a side plus a goalie.
- If the game remains tied after the overtime period then a 3 man shootout will commence. The home team will decide which team will shoot first in the shootout and the teams will alternate from there. If after the 3 man shootout the score remains tied then the shootout will become a sudden death situation until the game is won.
- Each team must have 5 skaters to begin play. Play can begin without a goalie.
- If a goalie is injured or removed from a game, the team may place a 6th skater on the ice. That player does not have goaltender privileges, (i.e. cannot freeze the puck, cannot cover the puck in the crease, etc.) In the case of an injured goalie, that 6th player may remain on the ice until another player on the team can put on the goalie equipment.
- The clock will become running time when there is a 6 goal differential is reached at any point in the game. If/when the goal differential is returned to 2 goals then the clock will go back to stop time.
- The team that wins the game will receive 2 points in the standings. If the game goes into overtime/shootout, each team will receive 1 point in the standings and the winning team will receive an additional point in the standings.

Penalties and Suspensions:

- No player under suspension may play in any DAHL sanctioned hockey game until his/her suspension has been served. It is up to the team captain to make sure that the player does not play. If that player does play while under suspension he/she will be subject to further suspension from the league and the team captain will also receive a suspension.
- For players that play in multiple divisions: If a player is suspended from one team in one division, he/she may not play in the other division until their suspension has been served in the division it was assessed in. For example, if a player plays on Wednesday's and Thursday's and is suspended due to an incident on Wednesday night, that may not play on Thursday night. The following Wednesday they will serve their suspension and then may begin to play again on that Thursday.
- The DAHL coordinator will provide an email or phone call to the team captain as well as the suspended player if up to date contact information is available.
- All suspensions carry over into playoffs as well as the next session if applicable.

- The League Coordinator as well as other league officials reserve the right to remove any player from the league for behavior detrimental to the integrity of the league or the safety of other players, officials, scorekeepers, spectators and rink employees. These decisions are at the discretion of rink management and are final. No refunds will be given to any players receiving suspensions or expulsions.

Fighting:

- Fighting will not be tolerated in the DAHL. Players receiving fighting penalties will receive a 5 minute major and a game misconduct as well as suspension from the league at the discretion of the refs and league coordinator.
- Players receiving more than one fighting major in a season will be suspended from the league for the remainder of the season. Not only should there be no reason to fight during a game, but there certainly should be no reason to do it multiple times in a season.
- There is no appeal to any league ruling involving fighting. If it is written on the score sheet as fighting, then it will be final.
- Any player will be given a fighting penalty even if only one punch is thrown. The punch does not have to land to be considered a fight. It is possible for only ONE player to receive a fighting major.
- Any player who drops his gloves or removes any other piece of protective equipment during an altercation will receive a fighting major even if no punches are thrown. A player who drops his/her gloves clearly has no other intention but to fight.

3rd Man in Penalty:

- Any intervention into an altercation by any player will receive a game misconduct penalty. This is not a time serving penalty but simply an ejection from the game.
- In the heat of the moment the referees do not know if you are playing peacekeeper or are looking to fight. It is the officials job to break up the altercation. Let them do their jobs.

How to Avoid a 3rd Man In Penalty:

- Stay away from the altercation.
- Skate to your bench.
- Stay on your bench.
- Goalies stay in the crease (if the altercation is in the crease area then skate to another area).

Leaving the Bench in an Altercation:

- Any player that leaves the bench during an altercation will be suspended for the remainder of the regular season and play-offs. This applies to every player that leaves the bench.

Checking:

- This is a non-check league however, hockey is a physical game and all players must expect incidental contact.
- Any player that is found to purposely and maliciously violate this no checking rule is subject to a game misconduct at the referee's discretion. The offending player may also be subject to league suspension.

Cumulative Penalties in One Game:

- Any player who receives 4 penalties during the course of a game will receive an automatic game misconduct. No further suspension will be assessed unless strongly recommended by the official.
- The four penalty rule is any combination of penalties (minors, majors, double-minors, misconducts)
- Double minor penalties count as two penalties towards the four penalty rule.

Cumulative Team Penalties in One Game:

- Any team that receives 12 penalties in one game will forfeit that game. The score will be logged as a 1-0 regardless of the score at the time of the 12th penalty. The team will leave the ice and NOT be able to continue to play (or practice regardless of time left on the game clock.)

Major Penalties:

- Any major penalty carries the potential of a game misconduct
- Whether or not to assess a game misconduct is at the discretion of the referee(s), however most referees will assess a game misconduct. There should be no reason for any player to receive a major penalty.
- Any major penalty will also be reviewed by league officials to determine if further disciplinary action is needed.

Arguing the Referee's Call:

- Arguing a call during the game will NEVER result in the call changing, and will ALMOST ALWAYS result in more penalties being assessed. The bottom line is, don't argue a call during the play. It delays the game and frustrates everyone participating.
- The referees have expressed that they are more than happy to explain a particular call they made, after the game is over providing the player is calm and collected about it. The referees are under no obligation to explain their call especially if a player is out of control.

Consumption of Alcohol During Game Play:

- The DAHL has a zero tolerance policy for the consumption of any type of alcohol during game play. Any player/team found to be drinking on the bench during the game will receive a warning from the referee. **This is the only warning you will receive.** If the player/team continues to drink during the course of the game, then the team will receive a bench minor penalty for unsportsmanlike conduct, for each drinking infraction during the

game, and those players drinking could face further disciplinary action as league official(s) see fit.

- If a player is deemed unable to play because of obvious intoxication the player will be asked to leave the ice with no penalty assessed unless the player/team acts out in an unsportsmanlike manner. The decision of the referee is final!
- Drinking before/during the game is not only a danger to the individual player but all the participants. Drinking prior to the game is also degrading to the game of hockey so please think responsibly and about the consequences that may occur.

Playoffs:

- Any player wishing to compete in the playoffs must have skated in at least 50% OF REGULAR season games (5 games out of a 10 game season) The only exception is a player returning from injury. That player MUST provide documentation to the DAHL. It is fair to say that any injury forcing you to miss 5 to 6 weeks of games would require attention from a doctor and or medical treatment.
- Divisions comprised of 7 teams or less will have the top 4 teams qualify for the playoffs. The #1 seed will play the #4 seed and #'s 2 and 3 will play each other. The winners of each game will play each other in the league championship.
- Divisions comprised of 8 teams or more will have the top 6 teams qualify. The #1 and #2 seeds will receive a first round bye. #3 and #6 and #4 and #5 will play each other in the first round. In the second round #1 will play the lowest remaining seed and #2 will play the highest remaining seed. The remaining teams will play each other for the league championship.
- Games are single elimination. If you lose in the playoffs you are eliminated.
- If the game is tied at the end of regulation in the playoffs, then a 15 minute overtime will be played. Teams will skate 5 on 5. The overtime period is a sudden death period. First team to score wins.
- Should the score remain tied at the end of the over time then another 15 minute over time will commence, and so on, until a goal is scored.
- At the conclusion of the championship game, the league trophy and championship T-shirts will be presented to the winner.
- The winner of each division will have their name engraved on the trophy.
- The trophy is property of the DAHL and may not be taken home by any team/player.

Uniforms:

- All players on a given team must wear the same color jerseys. Each jersey must have a different number on the back of the jersey.
- Each team having a home and away jersey set it is strongly recommended you bring both jerseys as most teams only have one and we don't want to wind up with the teams having the same color on.
- Taped numbers are not acceptable in any situation.
- Goalies should have the same color jersey as his team, unless he is filling in will be the

exception.

- Goalies do not need numbers on his/her jersey.

Player Equipment:

- As set forth in the USA Hockey Official Playing Rules, each player must wear a full complement of equipment, including but not limited to skates, shin guards, hockey pants, girdle, protective cup or pelvic protector, elbow pads, gloves, helmet with chin strap.
- Players must wear an H.E.C.C. Approved hockey helmet and are encouraged to wear full H.E.C.C. approved face shield or cage.
- All B division or higher players may play without a face shield/cage, but this practice is not recommended.
- All C & D division players must wear a full face shield/cage at all times, no exceptions.
- Chinstraps must be fastened at all times.
- Misconduct penalties will be imposed for equipment violations.

Payments:

- In order to keep the league costs down, payments are required in a timely fashion prior to the start of the season.
- A penalty of a higher price will be imposed to those teams who are not paid in full by the start of the season.

Eligible Players & Rosters:

- Prior to each season, team captains must provide the league coordinator with a roster. Failure to submit a roster by the first game will result in a teams forfeit for that game.
- In the event of an un-rostered player playing in a game, the team with the un-rostered player will forfeit that game (game will be recorded as 1-0). There is no appeal process to this rule.
- Players must be 18 years of age and older.
- All players must fill out necessary paperwork (ISI insurance forms, information forms, etc.) before participating in league play. It is the responsibility of the team captain to make sure every player fills out the necessary paper work.
- Each team may roster up to 20 players and 2 goalies.
- No player should be rostered on more than one team in a given division.
- Goalies may be an emergency substitute for a team within the same division but this is not encouraged.

Abuse of Officials, Scorekeepers or Rink Staff

- Any physical altercation, verbal abuse, threats, use of vulgar, defaming, insulting, demeaning or profane language by any player or spectator towards a league official, scorekeeper or arena staff member will be considered an abuse of official. Any such behavior will result in immediate expulsion from the league for the remainder of the season and or playoffs. Off ice officials have the latitude to alert the on ice officials to violations of this rule.
- The decision of the referee is final. Only the captains may discuss a call with the referee. Abuse of the officials will result in additional penalties.
- A referee or league official may end a game if he/she feels that continuing the game places the officials or players' safety in jeopardy.
- Ejected/suspended players may not remain at ice level nor may they return to ice level

during the remainder of the game. They may not re-enter the game in over time or shoot outs. Any ejected player that remains at ice level or enters the stands and continues to verbally abuse or threaten officials and players will not only be removed from the arena but could also be ejected from the league.

- Team captains and managers should be the only ones discussing issues with the league officials during the game, after the game or through e-mail or phone calls. Should league officials feel it necessary to contact a certain player to discuss an issue, the officials will make first contact and invite that player into the discussion.

Scoring Corrections:

- Please email any misinformation regarding scoring to the league coordinator. Please do not call in corrections.

Game cancellations and Postponements:

- In the event of a cancellation/postponement, team captains will be notified as as possible. Also, provided that enough information is given a league wide email blast will be sent out notifying all members of the league about any cancellations/postponement.
- Games that are canceled/postponed will be rescheduled as soon as possible and all teams will be made aware of the rescheduling as soon as it takes place.

Locker Rooms:

- **Please** clean the locker room to the best of your ability and respect the facility.
- Effective Winter 2013, all players must exit the LOCKER ROOM 45 MINUTES AFTER YOUR GAME. Thank you for your anticipated cooperation.

PLEASE respect the officials of the league, the players of the league, and most importantly the facility you play in. Thank You

PLEASE respect the INTEGRITY of the game and keep it FUN to play!