

## City of Aspen Recreation Hockey League Rules



### **Player Registration**

- League fees are determined at the beginning of each season and costs vary from season to season.
- All players must have a current USA Hockey number in order to register for the Aspen Recreation Adult Hockey Leagues. You can obtain this number at [www.usahockey.com](http://www.usahockey.com).
- Registration is online at [www.aspenrecreation.com/activities/hockey](http://www.aspenrecreation.com/activities/hockey) then click on Leagues. All players register as a Free Agent.
- League fee must be paid in full prior to going on the ice.
- Players are only allowed to register for and participate in one league per season.

### **Teams and Equipment**

- **All teams are required to wear matching jerseys with numbers.**
- Hockey helmet with strap snapped is required for all players. Half shield or cage is strongly recommended but is not required.
- Winter League minimum number of players is 5 and a goalie to start the game.
- Spring League minimum number of players is 4 and a goalie to start the game.
- Except for goalies, only registered and rostered players can substitute. There are no drop in players allowed.
- Any team using an ineligible player (not on the roster, unapproved substitute, or suspended player) will forfeit by a score of 1-0 and the Captain of the violating team will receive a 1 game suspension.

### **Substitutions**

- Goalie substitutions - During the regular season you can substitute a goalie from your league or lower. Men's league goalies cannot play down. During playoffs only a goalie of the same level or lower can be substituted.
- Player substitutions – Teams may substitute a player from their league if there are less than 9 players for a regular season game. There are no player substitutions allowed in the playoffs.

### **Penalties** *(all penalties will be USA Hockey rules unless noted below)*

- Any player who incurs 4 penalties in one game receives a game misconduct and is suspended from the team's next game (someone must serve any non-ten-minute penalties). Double minors count as 2 infractions, as do 5-minute majors' penalties.
- Any player who receives 4 penalties in one game a second time in the season will receive a game misconduct and be suspended for 2 additional games.
- If a player receives 4 penalties in a third game during the season, they will be suspended for the remainder of the season.

- If there is a Game Misconduct penalty the player is removed from their current game immediately (someone must serve any non ten-minute penalties) and is suspended for a minimum of 1 game.
- If there is a Game Match penalty the player is removed from their current game immediately (someone must serve any non ten-minute penalties) and is suspended indefinitely until the disciplinary board is convened and a ruling is given or after 30 days pass, whichever is first.
- All game misconducts are a minimum of 1 game and will be reviewed for further disciplinary action.
- Fighting carries an automatic major, minimum of a game misconduct, and a possible fine. A second fight in the same season will result in suspension from one full season.
- Checking from behind is assessed as a 2-minute minor plus a 10-minute misconduct or a major, or a major plus a game, or a match penalty.
- **AIRL RULE – ABUSE OF OFFICIALS – Minimum 3 game suspension + review**
- Only the captain of each team has the privilege of discussing with the referee any question related to the interpretation of the rules that may arise during the game (the captain may leave the bench to do this but cannot leave if he is in the penalty box).
- Any other player who speaks to the referee may be given a bench minor at the referee's discretion.

**Game Format & Playing Rules** *(all playing rules will be USA Hockey rules unless noted below)*

- All games are 18-minute running clock. If a team cannot start the game on time due to absence of goalie or too few players, they will start with 6 players – one acting as the goaltender.
- The last 1 minute of the first two periods will be stop time as well as the last 3 minutes of the third period if the goal differential is 3 goals or less.
- If a game is running late due to a situation arising from the current game (injured player, fight, etc.) the games 3<sup>rd</sup> period may be shortened.
- If a game starts late due to an issue with the facility, the game will be played with normal times.
- Altered game times are at the discretion of the league commissioner.
- Ties
  - If the game is tied at the end of regulation, there will be a 3-person shootout.
  - If still tied at the end of 3 shooters, there will be a sudden death shootout up to 5 shooters maximum.
  - If still tied at the end of shooters, the game will end in a tie.
- No body checking is allowed in any division.

- Alcoholic beverages are not allowed in the bench area. Violation of this rule will result in the suspension of player for the remainder of the season with no refund. The Hockey Director also reserves the right to remove anyone suspected of playing under the influence of alcohol.
- No player will be allowed to play if intoxicated. No non-players allowed on benches. Violation of this policy will result in immediate suspension from the league to be determined by the league commissioner.

### **Season Format**

- The length of each season will be determined prior to the start of each season. Captains will be notified via email of the season dates, as well as the pre-season captain's meeting (if applicable).
- Season Tie Breakers (in order)
  - Wins
  - Head to Head
  - Goal Differential
  - Least Amount of Penalties
  - Coin Flip
- Schedule Design
  - The schedule is set up to have the teams play each other an equal number of times, if possible. If the division has an odd number of teams that may not be possible. It is also designed to try and keep the numbers of early, mid, and late games evenly distributed. The league strives to keep it as balanced as possible. The same goes for game times, one team may play more late games, but it will be a very small differential.
  - Games for each division will almost always occur on the same night of the week throughout the season. It is possible, however, that an occasional game (including playoff games) may be scheduled on an alternate night of the week to facilitate with rink scheduling. Schedules for the season will be available online at <http://www.aspenrecreation.com/adult-activities/hockey/> and at [www.hockeyshift.com](http://www.hockeyshift.com). You can also download the Hockey Shift app on your smart phone. If there are any changes during the course of the season, the team captain will be notified and it is their responsibility to disseminate the information to their team.

### **Playoff Format**

- Single elimination will be determined prior to each season. All teams make the playoffs in the single elimination format.
- Playoff Seed Tie Breakers (in order)
  - Most Wins
  - Head to Head Record
  - Goal Differential (Goals for Minus Goals Against)

- Least Amount of Penalty Minutes
- Overtime is a 5-minute sudden death period. If the score remains tied at the end of overtime a 3-person shootout will be used to decide the game. If after 3 shooters, the score is tied, it will be a sudden death shootout with each team getting an equal number of shots. No shooters can shoot twice until everyone on their team has taken a shot in the shootout.

### **Standings & Schedules**

- Statistics, standings, schedules and league messages can be found online at <http://www.aspenrecreation.com/adult-activities/hockey/> and at [www.hockeyshift.com](http://www.hockeyshift.com).

### **Locker Rooms**

- Teams will be assigned locker rooms which will be posted on the scheduling screen in located in the front entrance at the Aspen Ice Garden and in the warm room / lobby at Lewis Ice Arena.
- Locker rooms should be left clean and free of debris such as discarded sock and stick tape, tags from new equipment, wrappers, tissue, cans, etc.
- PLEASE DO NOT SPIT ON THE FLOORS!
- Locker Rooms should

### **Communication & Contact information**

- It is highly recommended to get on the hockey texting program for announcements, schedule changes, closures, etc. Text aspen hockey (all lower case) to 313131.
- Before doing anything, talk to your captain. If the problem is team related, he should be able to solve the problem best. If he or she cannot, send an E-mail **to both league commissioners**.
  - Christine O'Callaghan - [christine.ocallaghan@cityofaspen.com](mailto:christine.ocallaghan@cityofaspen.com)
  - Tim Ware – [tim.ware@cityofaspen.com](mailto:tim.ware@cityofaspen.com)