



General Registration & Information:

ADULT LEAGUE RULES AND REGULATIONS

League Mission Statement:

Palm Beach Skate Zone's Adult Hockey League strives to create an enjoyable adult league that is founded on the emphasized principles of respect, fair play, sportsmanship, camaraderie and safety.

Failure to abide by Skate Zone or USA Hockey rules may result in removal of player or team.
USA Hockey Rules apply; Must be registered for current USA Hockey Season.

Team Fees:

The team fee is **\$5250**; all fees paid by Game 5

The league reserves the right to **not allow a player or team to play until his/their fee is paid in full.**

Rosters:

- Teams can roster up to 16 skaters and 1 goalie (including substitutes)
- **Roster Freeze:** No additions to the team rosters after **Game 5** (unless approved by Adult League Committee)
- Players must play in 5 regular season games to be eligible for playoffs or paid in full
- Players cannot roster on more than one team in the same division
- **No one may participate if payments OR USA Hockey/ League Registration are not up to date**
- **Players must be on the roster before the game**
- **Un-rostered players will result in a forfeit; 1 GM Suspension for Team Captain and the Player**

League Information:

- 12 Regular season games
- Playoffs will be determined by the number of teams in each league

League Schedule:

- League schedule can be viewed online under Adult League Schedule
- Game times are subject to change

Game Protocol:

- Warmups: 3 minutes
- Game length: Three- 14-minute stop time periods
- 1 time out per team
- Overtime: 3 on 3 for 5 minutes (running time) followed by a 3-player shootout if still tied. Stopped Time last minute.
- **C3/D1 Overtime: 5 on 5 for 5 minutes (running time) followed by a 3-player shootout if still tied. Stopped time last minute.**

Standings Tie Breaker:

Points, Wins, Head to Head, fewest penalty minutes, goals against, goals for.

Playoff Format: USA Hockey rules apply

- Game length: Three- 14-minute stop time periods
- 1 time out per team
- Overtime: 4 on 4 for 10 minutes (running time) followed by a 3 on 3 for 5 Minutes (Run Time). If score is still Tied Sudden death shoot out. (After 5 players anyone can shoot).
- **C3/D1 Overtime: 5 on 5 for 5 minutes (running time), if still tied 4 on 4 for 5 minutes (running time), if still tied 3 on 3 for 5 minutes (running time) Stopped time last minute of each OT period.**

24 Hour Rule: Players must wait 24 hours after the completion of the game to voice their issue or concern to the Adult League Director or Staff. Issues are encouraged to be written in an email. Violation of this rule will result in a minimum 3 game suspension.

LEAGUE POLICIES & RULES:

Check in Rule: All players must check in at the registration table located in the Rink 3 lobby before every game. Late players still need to check in.

Jersey Policy (TO BE ENFORCED BY THE OFFICIALS): All players must have matching Colored jerseys. Jerseys must have a number on the back (no taped on or duplicate number can be used). Players will be asked to leave the ice immediately by the referees until the proper number is in place. If two teams have the same color jersey, the visiting team will need to change their jersey color. Captains must have a captain's patch attached to their jersey.

Start of Game Policy: Teams must have 6 rostered players (does not need to have a goalie) 5 minutes prior to the start time to begin a game. Teams that cannot field a team will forfeit the game. Referees do not stay for games that are forfeits.

Ineligible Player: Any team that is found using an ineligible player (not on official roster or determined ineligible due to disciplinary reasons) shall forfeit the game and shall be subject to a review of the disciplinary committee for further action not limited to expulsion from the league. (See Roster Rules)

Social Media: Players of PBSZ must honor the 24-hour rule with social media. No player shall make defamatory or harassing statements about the rink or its Related Persons; defame the rink, its activities or its Related Persons. No player shall make any comments about a game or league decision until after the 24-hour period and a meeting regarding the issue has first been had. Failure to abide by this will result in a minimum 3 game ban.

Mercy Rule: If the goal differential in the third period is 6 or more goals run time will start. Goal differential must revert back to within 3 goals to start stop time again. Timeouts DO NOT stop the clock.

Blue Line Icing: The Blue Line will be used to determine Icing. A puck shot from anywhere beyond a team's defending zone will not incur an icing.

Forfeit Rule: Any team the forfeits more than 1 game without 24 hours' notice given to the league will lose 2 points in the league standings.

3-Goal Rule C3/BHL League:

No player can score more than three goals in regulation or over-time. If a player scores more than three goals, there will be a faceoff in the opposing team's end, and goal will not count. If a player is awarded a penalty shot that already has three goals, there will be a 2-minute minor penalty instead of a shot.

Parity Rule:

No B3 players will be allowed to participate in the C2/C3 regardless of skill. No B2 player will be allowed in the C1, C2, or C3 regardless of skill. (Adult League Committee has final say in regard to waivers to this rule).

BHL Fighting Addendum:

Any form of fighting (see USA Hockey rule 615), overly aggressive play, intent to injure, or physical altercation shall result in supplemental discipline and removal from the league. (All supplemental discipline is at the discretion of the adult league committee and adult hockey director)

SUSPENSIONS

****All major penalties & incidents will be video reviewed by the disciplinary committee to determine correct disciplinary action. Team fines will be issued accordingly and will need to be paid before the start of the next game or the game will be a forfeit.**

Match Penalties: (a) A "MATCH" penalty involves the immediate removal of a player or Team Official for the balance of the game and a five-minute time penalty, or the designated match penalty time, shall be assessed.

(Note) For all "MATCH" penalties, regardless of when imposed, or prescribed additional penalties, a total of 10 minutes shall be charged in the records against the offending player or Team Official.

(For Adult Classifications) Unless immediate substitution is permitted under the coincidental major penalty Rule 403(c), the penalized team shall not be required to place an additional or substitute player on the penalty bench for the purposes of serving short-handed penalty time. When the match penalty expires, the penalized team may regain even strength by adding a player from the team bench.

(b) When coincidental match penalties have been imposed or when any combination of coincidental major and match penalties have been assessed to a player or players of both teams, Rule 403(c) covering coincidental major penalties will be applicable with respect to player substitutions.

(c) A player or Team Official incurring a match penalty shall be suspended from participating in all USA Hockey games and practices until their case has been dealt with by the proper authorities. Appropriate discipline will be determined using the USA Hockey Standardized Discipline Policy (see Preface).

If a hearing is requested by either party (the offending player/team official or the proper authorities), it shall be offered to be held within 30 days of the incident ("30-day period") together with a decision in accordance with Bylaw 10D (Suspension Hearings/Domestic Competition Playing Rules). If extenuating circumstances prevent the proper authorities from conducting the hearing within the 30-day period, the player or Team Official shall be automatically reinstated after the 30-day period. The failure to offer the hearing shall not prohibit the hearing body from conducting the hearing after the 30-day period and imposing further disciplinary action.

If the proper authorities decide to suspend the offending player or coach as a result of a match penalty, the minimum suspension must be one complete game. All additional suspensions, after a hearing, must include the next game appearing on the offending team's game schedule.

(Note) The Referee is required to file an incident report for all match penalties and the surrounding circumstances no later than 24 hours following the game in which they occur.

(d) Any Team Official or player who is assessed a match penalty may not remain near the bench of their team, nor in any way attempt to direct the play of their team for the balance of the game in which the match penalty has been issued.

(e) Original jurisdiction in any hearing resulting from a match penalty assessed under Rule 601(e.1) (Physical Assault of Officials) shall reside with the Affiliate.

Excessive Suspensions

- Excessive suspension may result in removal from the facility and a refusal of service. This is defined as more than 1 Game Misconduct or Ejection in the same season.
- In the event of a refusal of service the team/players fees will be held for games completed. Any over payment of games played may be refunded at the discretion of Palm Beach Skate Zone and the Adult League Committee.

Fighting:

- **First offense: 3 game suspension /Disciplinary Probation**
- **Second offense: 1-year suspension** from league

Excessive Penalties:

- Player receives 4 penalties in a game: Immediate game ejection and Committee Review.

Intent to Injure:

- Any player who attempts to injure an opponent or official will be assessed a match penalty.
- **Examples:** Head butt, stick swinging, spitting, derogatory slurs, obscene gestures, kicking motion, shooting pucks at benches or Officials, leg sweeping.
- **Match Penalty:** USA Hockey requires a 30-day suspension and a hearing before player can return to play

Game Misconduct Penalty:

In accordance with USA Hockey, any player receiving a game misconduct is ejected from the current game and must also miss the next scheduled game. The disciplinary committee will automatically review the penalty and determine if it warrants any further disciplinary action.

As of 5.6.2019

Supplemental Discipline Levels (Ejections, Game Misconducts, and Match Penalties):

For this policy, there shall be three levels of standardized suspension:

Level 1 – Recommended range of a 6+ game suspension. (Note: There is no maximum suspension for Level 1 offenses)

Rule 305(b) Dangerous Equipment

Rule 601(e) Abuse of Officials and Other Misconduct (This includes all match penalties assessed under this rule except 601(e.1) Physical Assault of an Official)

Rule 602(a) Attempt to Injure or Recklessly Endanger an Opponent

Level 2 – Recommended range of a 3-8 game suspension

Rule 603(c) Boarding

Rule 606(b) Butt-Ending

Rule 607(e) Charging

Rule 608(c) Checking from Behind

Rule 619(b) Head Butting

Rule 620(c) Head Contact

Rule 634(d) Slashing (Swinging Stick During Altercation)

Rule 635(b) Spearing

Level 3 – Recommended range of a 3-5 game suspension.

Rule 601(e.3) Abuse of Officials and Other Misconduct Hateful/Discriminatory Language

Rule 604(e) Body Checking- Competitive Contact Category

Rule 609(c) Cross-Checking

Rule 611(c) Elbowing

Rule 615(c) Fighting (Helmet Removal)

Rule 621(c) High Sticks

Rule 622(c) Holding an Opponent

Rule 623(c) Hooking

Rule 627(b) Kicking Opponent or Puck

Rule 628(c) Kneeing

Rule 633(a or b) Refusing to Start Play

Rule 634(c) Slashing

Rule 639(c) Tripping/Clipping/Leg Checking/Slew Footing

Rule 640(e) Unnecessary Roughness (Roughing)