

UTAH MAMMOTH ICE CENTER ROOKIE LEAGUE RULES *2026-27 EDITION*

Mission: Provide a Rookie League that is all about fun, development, and encouraging a love for the game.

General Rules

1. Season Format:

- 1.1. 10 Week season (10 practices and 8 scheduled games)
 - 1.1.1. Each team will have 8 scheduled games.
- 1.2. Each season will begin with an evaluation period. After which Rookie League Staff will draft rosters designed to build competitive balance throughout the league.
- 1.3. One practice and one game per week.
- 1.4. Games in 6U/8U will be played 3v3 or 4v4 half-ice for the first 6 weeks of the season. The final 2 games will be played 5v5 full-ice.
- 1.5. Games in 10U, 12U, 14U, 16U, 18U, and 11-19 (Girls) will be played 5v5 full-ice.
- 1.6. 10U (girls) will be played 3v3 or 4v4 half-ice.
 - 1.6.1. All game formats are subject to change.

2. Game Format:

- 2.1. Games in 10U, 12U, 14U, 16U, 18U and 11-19 (Girls) will consist of three, 12 minute stop-time periods.
- 2.2. Games in 6U and 8U will consist of three, 10 minute stop-time periods.
 - 2.2.1. Games in 6U/8U and Girls 10U will have stop-time line changes signaled by a whistle/horn blast every minute.

- 2.3. There will be a 3 minute warmup period before the start of each game.
- 2.4. There will be a 1-minute intermission between each period.
- 2.5. If a game is tied at the end of 3 regulation periods the result will be a draw.
- 2.6. Game score will not be kept for the 6U/8U league.

3. **Equipment:**

- 3.1. Utah Mammoth Ice Center and Rookie League operate under USA Hockey guidelines. All skaters must wear their own hockey skates, neckguard, shoulder pads, mouthguard (12U and older), shin guards, hockey pants, elbow pads, hockey gloves, Jock/Jill, and a hockey helmet with full cage. The Utah Mammoth will not provide any equipment for players.
- 3.2. Goalies are required to wear a full set of goaltending equipment. This includes, but is not limited to, skates, leg pads, chest protector, blocker, trapper, and a helmet with a full cage.
 - 3.2.1. Utah Mammoth Ice Center can provide a set of goaltending equipment for players to use on gamedays.
- 3.3. All skaters must use a regulation hockey stick while playing.
- 3.4. Players must wear their Utah Mammoth issued team jersey.

4. **Penalties and Discipline:** Utah Mammoth Ice Center and Rookie League are sanctioned under USA Hockey. The USA Hockey rulebook will be used by all officials during on-ice play.

- 4.1. Excessive Penalties per Game: Any player committing five (5) penalties in one (1) game will receive a game misconduct and be ejected for the remainder of the game.
- 4.2. There is a zero-tolerance rule for fighting. Any player who engages in fighting or attempted fighting, as defined by USA Hockey rule 615, including punches, kicks, grappling, or retaliation of any kind, will receive a game misconduct.

4.3. Body Checking:

4.3.1. Intentional physical contact, including body checking, charging, boarding, or any reckless or dangerous play inconsistent with no-contact hockey is not allowed.

4.3.2. If an official deems body checking to be intentional, the player will be automatically ejected, and game misconduct will be assessed.

4.3.3. The Gold Standard (Hateful/Discriminatory Language): Directly aligning with USA Hockey Rule 601 e3: (Any player that) uses language that is hateful or discriminatory in nature anywhere in the rink before, during or after the game will lead to a match penalty.

5. **Locker Room Policy:** Parents with skaters over the age of 10 will not be allowed into locker rooms prior to games. Parents of skaters under the age of 10 will be allowed to assist their skater getting dressed.

5.1. It is strongly recommended that personal valuables are not left in the locker rooms. Utah Mammoth Ice Center is not responsible for any lost or stolen items.

5.2. In consideration for all participants, female players are encouraged to utilize a separate women's locker room.

5.3. Locker room doors must stay open while players/teams are dressing.