SELECT HEALTH ICE CENTER ADULT HOCKEY LEAGUE RULES *2026–27 EDITION*

ARTICLE 1: GENERAL RULES

1. **Season Format:**

1.1. The Utah Mammoth Amateur Hockey Association's Adult League will run three seasons throughout the calendar year.

1.1.1. Each team is guaranteed 11 scheduled regular season games and 5 playoff/ consolation games.

1.1.2. Playoffs will operate in a bracket style tournament based on seeding from regular season standings in each division.

1.1.3. **Regular Season Point System:**

1.1.3.1. A regulation win is 2 points.

1.1.3.2. A win in a shootout is 2 points.

1.1.3.3. A loss in a shootout is 1 point.

1.1.3.4. A regulation loss is 0 points.

1.2. **Length of Games:**

1.2.1. Each game will consist of three, 16-minute run time periods.

There will be a 3-minute warmup period before the start of each game.

There will be a 1-minute intermission between each period.

1.3. **Stop Clock:**

1.3.1. A stop clock will be utilized for the final 3 minutes of the game in the event of a three (3) goal differential in the 3rd period.

1.3.1.1. Run-clock will be reinstated when the goal differential is increased to over 3 goals in the final 3 minutes.

1.4. **Equipment:**

1.4.1. Select Health Ice Center and Adult League operate under USA Hockey guidelines. All skaters must wear skates, shin guards, hockey pants, elbow pads, hockey gloves, and a hockey helmet. Skaters are strongly encouraged to wear shoulder pads and a full helmet cage but are not required.

1.4.1.1. 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 goaltending helmet.

1.4.1.2. All skaters and goalies must use a regulation hockey stick while playing.

1.5. **Jerseys:**

1.5.1. All players must wear a jersey of matching color to their team members. A dark set and light set of jerseys is preferred for each team, but not required.

1.5.2. All jerseys must have, at minimum, a number on the back. Numbers can be stitched, screen printed, or taped on the back of the jersey. Each player must have a different jersey number from his/her teammates.

1.5.3. Any changes in jersey number, or substitute players wearing a jersey that is not theirs, must be reported to the scorekeeper prior to the start of the game.

1.5.4. Any player who participates in a game and cannot be identified by jersey number or another identifier before the game will result in a team forfeit. This can be reviewed retroactively, and the box score changed after completion of the game.

1.5.5. Select Health Ice Center and Adult League Staff reserve the right to refuse or change any team name and/or jersey design for any reason. This includes any “nicknames” on the back of jerseys.

1.5.6. No two players may wear the same number for the same team during the same game.

1.5.7. Team Captains must check in with the scorekeeper prior to the start of the game to review the roster and jersey numbers. If a player is not rostered, but on the ice for the game the game will be forfeited and the team will receive a warning from the League administration. If a team has 3 similar infractions they will be removed from the League immediately.

1.6. **Ringer Rule:**

1.6.1. A player may only score a set maximum of goals per game, based on their league level. Once a player reaches the goal limit, any additional goals will be disallowed, and play will resume with a faceoff at center ice. This rule applies to both full-time and substitute players.

1.6.1.1. A,B,C and Women's-1: No set maximum of goals.

1.6.1.2. D, Beginner, and Women's-2: Three (3) goals

1.7. **Player Skill Level Placement & Eligibility:**

1.7.1. **Playing Down Restrictions:**

1.7.1.1. Skaters and goalies may only participate in games only one skill level below their highest level of league play. Any team with a player found playing more than one level below their highest level will result in a forfeit, with the final score recorded as a 0-6 loss. Adult League Staff reserves the right to grant exceptions under special circumstances; however, prior written approval is required.

1.7.2. **Substitute player approval:**

1.7.2.1. All substitute players in Beginner League games must be pre-approved by the Adult League Staff, regardless of their skill level.

1.7.3. **Division Placement Authority:**

1.7.3.1. League coordinators reserve the right to reassign players to a more appropriate division based on their playing experience and demonstrated skill level, to ensure competitive balance.

1.7.4. **Recognized Skill Level Progression:**

1.7.4.1. The following outlines the accepted one-level transitions for playing down for both Co-ed and Women's Leagues:

A League

↓

B League

↓

C1 League

↓

C2 League

↓

D1-A League

↓

D1-B League

↓

D2 League

↓

Beginner League

1.7.5. **Beginner Division Eligibility:**

1.7.5.1. Players are not permitted to play down into the Beginner League unless specifically approved by Adult League Staff.

1.8. **Drug & Alcohol Policy:**

1.8.1. Beer may be purchased from the concessions during select hours in accordance with State law and can only be consumed in designated areas. No "outside" alcohol may be consumed on the premises, and no alcohol may be consumed in the locker rooms or on the player benches and penalty box.

1.9. **Locker Room Policy:**

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

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

1.9.3. You may access your locker room 30 minutes before puck drop and will have 30 minutes after your game concludes to allow the next team to use the space.

1.9.4. Each locker room has one shower assigned to it. If you wish to use a different vacant restroom, please be appropriately dressed when walking the locker room hallways.

1.9.5. Following the last game of the night, both participating teams will have 30 minutes to exit the building, to ensure appropriate closure of the arena and safety of the staff and participants. Failure to follow this procedure can result in disciplinary action.

1.10. **Schedule:**

1.10.1. The full regular season schedule will be published to Bond Sports before the beginning of each season. The playoff schedule will be posted in Bond no later than six (6) days prior to the first playoff game of the respective League.

1.10.2. Select Health Ice Center and the Adult Hockey Staff reserve the right to reschedule or cancel a game within 24 hours of the original start time for any reason. Changes will be communicated to all affected team captains with as much notice as possible.

1.11. **Playoff Seedings:**

1.11.1. All teams will play 11 regular season games in a round robin format. After the 11 regular season games, all teams will be seeded in a highest vs lowest bracket format. Winners will advance and play winners, while losers will fall into the consolation pool and play consolation games.

1.12. **Game Outcomes:**

1.12.1. All final scoresheets are final. Outcomes will not be changed unless the Adult Hockey Staff discovers a league rule violation.

ARTICLE 2: REGISTRATION, PAYMENT, ROSTER STRUCTURE, LEAGUE PLACEMENT

2. **Registration Policy:**

2.1. All full-time and sub players MUST be registered with their team in Bond no later than two weeks after registration opens. Any player who misses the two week window is unable to play, unless prior communication and approval

2.1.1. Any full-time player who is not paid in full or caught up on a payment schedule will be deemed ineligible to play until proper payment is received.

2.1.2. Every full-time player must also be listed on his/her team's roster. The captain of the team is responsible for submitting all full-time players to the Adult League Staff prior to the first regular season game of each season.

2.1.3. All players, full-time and substitute, must have an active Bond Account.

2.1.4. All players, full-time and substitute, must have a valid waiver to be on ice at all times.

2.1.5. Any registration requests after the registration window has closed will result in a $100 late fee added to their registration. Any defaulted payment plan installments will result in a 15% late fee after a 5-day grace period.

2.1.6. Discounts will not be honored if requested after the registration window has closed. All discounts must be applied by reaching out to the appropriate coordinator during the registration window.

2.1.7. Individuals, under special circumstance, may be allowed to join a team following the deadline if given permission by Adult League Staff.

2.2. **USA Hockey Number:**

2.2.1. All full-time and substitute players are required to have a current and valid USA Hockey number to participate in all Adult League games. Any player who does not have a valid USA Hockey number and participates in a league-sanctioned game will result in a forfeit for his/her team.

2.3. **Roster Size:**

2.3.1. Each team may have a maximum of 30 players on the team's roster for the season. "Players" are defined as a combination of full-time skaters, full-time goalies, substitute skaters, and substitute goalies.

2.3.2. **Full-Time Players:**

2.3.2.1. All teams must have at least 11 full-time skaters and 1 full-time goalie registered to Bond prior to the first game of the season. All teams may register a maximum of 20 skaters and 1 goalie to their roster as full-time players. All players must be 18+ years old.

2.3.2.2. If a team does not meet the roster requirements prior to the start of the season the Adult League Staff has the right to add full-time players from the free agent list to the team until the minimum roster requirement is met.

2.3.2.3. If a team still does not meet the roster requirements after Adult League Staff adds full-time players from the free-agent list, the team MAY be dropped from the league effective immediately. Affected players will be able to join another team in the same division or will receive a refund.

2.3.3. **Substitute Players:**

2.3.3.1. A substitute player is a player who is not registered as full-time on a team's roster in Bond. But has been designated as a substitute. All substitute players must have a Bond account with Select Health Ice Center. All Players must be 18+ years old.

2.3.3.2. All substitute players must be listed on the team's gamesheet roster prior to the start of any scheduled game. Any requests to add or delete a substitute player from a team must be communicated by the captain and approved by the Adult League Staff prior to the team's scheduled game.

2.3.3.3. A goaltender may only sub for a team in the division they are registered full-time in, a team 1 division below, or any higher division. Adult Staff reserves the right to approve a sub goalie to play down more than 1 division.

2.3.3.4. Substitute players are not allowed to play in playoff games unless they have reached the four (4) game minimum required to become eligible for playoffs. Substitute players may play in consolation games but must abide by all substitute rules outlined in this rulebook.

2.3.3.5. Substitute players may only be used if a team has less than 12 full-time registered skaters for a game. This does not apply for consolation games.

2.3.3.6. Substitute players can only be used to get a roster to 12 skaters. This rule does not apply to consolation games. (example: only 8 registered players can attend, maximum 4 sub players for that game)

2.3.3.7. If a team has a suspended player that player will count towards the 12 player minimum. A sub cannot be used to accommodate a suspension. (example: 1 suspended, 8 full-time available, maximum 3 sub players for that game)

2.3.3.8. A player who has a past due balance at the Select Health Ice Center is not eligible to sub. If a player with a past due balance with Mammoth Ice plays as a sub, the team he played for will receive a forfeit.

2.3.4. **Illegal Players:** A player will be deemed an illegal player if:

2.3.4.1. The player is not a registered substitute on the roster of the team he/she is subbing for.

2.3.4.2. The player does not have a current and valid USA Hockey number.

2.3.4.3. The player does not have a current Bond Account with Select Health Ice Center.

2.3.4.4. The substitute player participates in a playoff game without having played in the required four (4) game minimum.

2.3.4.5. The substitute was used in a game that had 12 or more skaters. (non-consolation)

2.3.4.6. The player has a past due league balance.

2.3.4.7. The player does not have an active waiver on file.

2.3.4.8. The player is playing more than 1 division below their skill level. (not including special Staff-approved circumstances)

2.4. **Roster Deadline:**

2.4.1. Team rosters will be locked in Bond 1 week before the 1st day the league is set to start. Team rosters will also be locked in Gamesheet the day before the first regular season game. Team captains will not have access to manipulate their rosters in Bond or Gamesheet . After the first regular season game. All roster change requests must go through the Adult League Staff after the first regular season game.

2.4.2. All final roster changes must be made by DECEMBER 15th. 2026. There will be no additions to the roster following this date, regardless of injuries, relocation, etc.

2.5. **Player/Team Placement:**

2.5.1. **Promotion/Relegation:**

2.5.1.1. Top 2 teams of the season and the playoffs will be added to the division above, while the bottom 2 teams from the season play and the playoffs will be placed in the skill division below for the following season.

2.5.2. The Adult League Staff reserves the right to place individual players and full teams in an appropriate skill division for competitive balance.

2.5.3. Adult League Staff will make recommendations to players and team captains regarding movement amongst divisions. Adult League Staff also reserves the right to move individual players or full teams to the correct skill level to maintain competitive balance across all divisions. Any movement across the divisions will be communicated with appropriate players and captains before a new season begins.

2.5.4. Adult League Staff also reserves the right to not alter pre-existing divisions if it is believed that the team or player in question is within reasonable means of participating in that division.

2.6. **Division Skill Expectation:**

2.6.1. Below are the skill level expectations for players and teams in each division and will be used as a guideline when placing teams and players in appropriate divisions.

2.6.1.1. **A/B League:** Players with extensive hockey experience who are confident skaters and can maintain a higher level of play. Former college, college club, semi-pro, professional, and AA-AAA junior players fit best in this division.

2.6.1.2. **C League:** Players with multiple years of playing experience who are strong skaters and continue to develop their skills. Former high school or travel hockey players who are looking to continue their hockey career. Games are competitive while still being fun and recreational.

2.6.1.3. **D1-A League:** Players with several years of experience who are confident skaters and eager to continue playing/improving. This level is marked by consistent skating, coherent stickhandling, and effective passing.

2.6.1.4. **D2 League:** Players who are moving up from Beginner League or play in similar skill levels at other adult leagues.

2.6.1.5. **Beginner League:** Our Beginner League is designed for new and developing players who are still learning the fundamentals of the game. This league focuses on building confidence, improving basic skills, and enjoying hockey in a fun, supportive environment.

2.6.1.6. **Women's 1 Division:** Our Women's league offers a fun, inclusive, and competitive way for players of higher skill levels to enjoy hockey in a competitive and fun environment. Former high school, travel, collegiate players.

2.6.1.7. **Women's 2 Division:** Our Women's league offers a fun, inclusive, and competitive way for players of all skill levels to enjoy hockey in a welcoming environment. This 16-game season accommodates varying skill levels, emphasizing sportsmanship, community, and consistent ice time.

2.7. **Refund Policy:**

2.7.1. All requests will be handled on a case-case basis by the Adult League Staff. If a refund is requested and approved, it will be for no more than what was paid for the remaining games that season. That player will also become ineligible for playoffs and consolation games.

2.7.2. If a member on a team is injured, it is up to the team's discretion on whether or not the team fee will be redistributed or refunded.

2.7.3. If a player is injured, Select Health Ice Center Staff can help offer the spot to a Free Agent, which will be determined by the team captain.

ARTICLE 3: TIEBREAKERS & FORFEIT POLICY

3. **Overtime Rules:**

3.1. **Regular Season:**

3.1.1. Regular season games ending in a tie after three regulation periods will proceed to a conventional 3-person alternating shootout. The HOME team will shoot first, with teams alternating shots.

3.1.2. The winner will be the team with the highest goal count after three shooters.

3.1.3. If the game remains tied after three shooters from each team, the shootout will continue to sudden death. No player can shoot twice until all players on the team have participated.

3.1.4. Subs cannot participate in the shootout.

3.2. **Playoff and Consolation:**

3.2.1. Playoff games ending in a tie after three regulation periods will proceed to a five-minute, stop-time, 3v3 sudden death overtime period. The first team to score a legal goal will be declared the winner.

3.2.1.1. If the game remains tied after the overtime period, the game will proceed to a three-round shootout.

3.2.2. Consolation games ending in a tie after three regulation periods will proceed to a three-round shootout.

3.2.3. If the game remains tied after three shootout rounds, the game will proceed to a sudden-death shootout. No player may shoot twice until every player who is eligible has shot. The game cannot end until each team has taken the same number of shots. The HOME team shoots first.

3.3. **Championship Game Overtime Rules:**

3.3.1. A championship game ending in a tie after three regulation periods will proceed to a five-minute, stop-time, 3v3 sudden death overtime period. The first team to score a legal goal will be declared the winner.

3.3.1.1. If the championship game remains tied after the overtime period, the game will proceed to a five-round shootout.

3.3.1.2. If the game remains tied after five shootout rounds, the game will proceed to a sudden-death shootout. No player may shoot twice until every player who is eligible has shot. The game cannot end until each team has taken the same number of shots. The HOME team shoots first.

3.4. **Forfeiture Policy:**

3.4.1. A forfeiture for a team will be assessed when a team does not have the minimum 5 skaters and 1 goalie to start a scheduled game. A forfeiture will also be assessed to a team when said team violates any other league rules in which the punishment is a forfeit. Any forfeit from a team will result in a 0-6 loss in the league standings. These rules apply to all regular season, playoff, and consolation games.

3.4.2. There will be a 3-strike policy for any games that are forfeited.

3.4.2.1. The 1st forfeit will result in a written warning by Adult League Staff to the captain of said team. If the forfeiture is within 24 hours of scheduled game time, rule (3.5 Forfeiture Fee) will override rule (3.4.2.1 Current Rule).

3.4.2.2. The 2nd forfeit by a team will result in a $125 “forfeit fee” being placed on the Bond Account of said team’s captain. This fee must be paid off in full before the next scheduled game for the team in violation. If the fee is not paid in full by the start of the next game, the violating team will incur an additional forfeit.

3.4.2.3. The 3rd forfeit by a team will result in immediate expulsion from the Adult League. The captain of the violating team will also be ineligible to captain a new Adult League team in future seasons.

3.4.3. All forfeited games are ineligible for a rescheduled make-up game at a later date in the season. Only games which are postponed or canceled due to Select Health Ice Center and/or Adult League Staff decisions will be eligible for a reschedule at a later date.

3.4.3.1. The team who was forfeited on will still be allowed to use the ice for the one-hour time frame they were originally scheduled for.

3.4.3.2. All players on both teams will not receive any form of refund or account credit due to a forfeited game.

3.4.4. Forfeiting a playoff or consolation game will count as 1 strike for the current season and 1 strike for the following season.

3.5. **Forfeiture Fee:**

3.5.1. Any team that forfeits a regular season, playoff, or consolation game less than 24 hours before their scheduled game time will be required to pay the "forfeit fee" regardless of the amount of forfeits the team has incurred. A fee of $125 will be placed on the captain's Bond Account and must be paid in full before the team's next game. Failure to pay the fee in full before the next scheduled game will result in an additional forfeit for the violating team.

3.6. **Playoff Seeding Tiebreakers:** Playoff seedings will be determined by regular season standings at the end of each regular season. Any necessary adjustments will be made by Adult League Staff, with communication to teams.

3.6.1. **Playoff Tiebreakers:**

3.6.1.1. The first tiebreaker for season standings is team points.

3.6.1.2. The second tiebreaker is total team wins.

3.6.1.3. The third tiebreaker is the greatest surplus in goal differential.

3.6.1.4. The fourth tiebreaker is the least amount of penalties in minutes.

3.6.1.5. The fifth tiebreaker is the most shootout wins.

3.6.1.6. The sixth (and final) tiebreaker will be determined by a coin flip by Adult League Staff, witnessed by captains of affected teams. The sixth tiebreaker is the final tiebreaker.

ARTICLE 4 - PENALTIES & DISCIPLINE

4. **Penalties**:

4.1. Select Health Ice Center and the Adult Hockey League is sanctioned under USA Hockey. The USA Hockey rulebook will be used by all officials during on-ice play.

4.2. **Excessive Penalties Per Game:**

4.2.1. Any player committing four (4) penalties in one (1) game will receive a game misconduct and be ejected for the remainder of the game. The offending player will remain ineligible to play in the following game.

4.3. **Fighting:**

4.3.1. 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 be suspended for the remainder of the season and will not receive any refund or account credit. Additional punishment may be applied pending the official's game report and review from the Adult League Disciplinary Committee.

4.3.2. Dropping the gloves in any form, regardless if any punches are thrown will be deemed as intent to fight and will result in an automatic season suspension from Select Health Ice Center Adult Leagues.

4.3.3. If a fight is recorded on the official scoresheet, it will be recognized and counted as a fight in accordance with Utah Mammoth Adult League rules.

4.4. **Body Checking:**

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

4.4.2. If an official deems body checking to be intentional, the player will be automatically ejected, and game misconduct will be assessed. Additional suspension time may be applied pending the official game report and review from the Utah Mammoth Adult League Disciplinary Committee.

4.5. **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 and follow rule (4.7 Match Penalties Rule) . Violation of this rule can lead to an automatic 1-year suspension from all Select Health Ice Center Adult Hockey.

4.6. **Game Misconducts:**

4.6.1. Any player receiving a game misconduct will be ejected from the current game and automatically assessed a one-game suspension, which is not eligible for appeal and must be served with the team the infraction was committed with. The infraction will be reviewed by the Utah Mammoth Adult League Disciplinary Committee to determine if additional suspension or disciplinary action is warranted. If further action is deemed necessary, a mandatory hearing will be scheduled with the Utah Mammoth Adult League Disciplinary Committee.

4.6.2. Suspensions resulting from a game misconduct will count toward rule (4.9 Team Consequence RULE). Depending on the severity of the incident, the offending player may face further discipline at the discretion of the committee. Players will not receive a refund or account credit for games missed due to disciplinary matters.

4.7. **Match Penalties:**

4.7.1. Any player receiving a match penalty will be placed under summary suspension and deemed ineligible to participate in any Adult Hockey activities at the Select Health Ice Center until a disciplinary decision has been reached and concluded. A mandatory hearing will be conducted by MAHA or the Utah Mammoth Adult League Disciplinary Committee to review the incident and determine the appropriate disciplinary action.

4.8. **Official/Scorekeeper/Staff Abuse:**

4.8.1. Select Health Ice Center and Adult League Staff enforce a zero-tolerance policy for abuse of officials, scorekeepers, opposing players/teams, and all Select Health Ice Center Staff. Abuse includes verbal, physical, or other forms of abuse including, harassment, intimidation, threats, and profanity. A violation of this policy will result in an immediate and indefinite suspension, pending a review by the Utah Mammoth Adult League Disciplinary Committee and carry a minimum 3 game suspension.

4.9. **Team Consequence of Suspensions:**

4.9.1. Teams are expected to hold their players accountable for their actions and prevent players from entering situations where disciplinary action will be necessary. All teams will operate on a three-strike system regarding discipline.

4.9.1.1. The 1st incident of a player receiving a suspension will result in a written warning to the player's team from the Utah Mammoth Adult League Staff.

4.9.1.2. The 2nd incident of a player receiving a suspension will result in the player's team being placed on a 6-month probationary period. This probation will carry over to the next season if there is overlap.

4.9.1.3. A 3rd incident of a player receiving a suspension within the 6-month probation period will result in removal from the league.

4.10. **Player Suspensions:**

4.10.1. Any player receiving a suspension from the Adult League Disciplinary Committee will be ineligible to play at the Select Health Ice Center until the suspension is completed with the team in which the penalty was committed. Select Health Ice Center reserves the right to to remove any Adult League player from the Select Health Ice Center programs and facilities.

4.11. Removal of Championship Trophy from the Select Health Ice Center.