

# Sportsplex Adult Hockey League Rule Sheet

## Players

- All players must be listed on the game score sheet. Use of a player not on the score sheet will result in a forfeit.
- All players must have jerseys of matching color. A different shade of the team color must be approved by the referees. **If a player does not have a jersey of matching color that player is not allowed to play.**
- All players must have a permanent number on their jersey. Players without a permanent number **will not be allowed to play.**
- All player jersey numbers need to be listed on the score sheet. If a player on the ice is found to not have their correct number listed on the score sheet the result will be a **penalty shot** for the opposing team.

## Games

- Three 16:00 stop clock periods with scorekeeper
- Three 25:00 run clock period without scorekeeper
- Each team has use of one timeout. **Referee will stop the clock** if game is run clock.
- All ties decided by 3 player shootout. If still tied sudden death shootout.
- All teams must have a goalie to start game. Five minute grace period after warm ups to get your goalie on the ice. No goalie will result in a forfeit.
- **Home team will wear dark colored jerseys, away team will wear light colored jerseys. If a team is unable to produce the correct jersey they will forfeit the game.**

## House Rules

- Any player receiving three penalties will be ejected from the game.
- **Any player making intentional contact as deemed by the referee will be assessed a five minute major. A five minute major for intentional contact in the last five minutes of the game will result in a player ejection and a game misconduct.**
- Any player receiving two major penalties will be ejected from the game and given a game misconduct.
- Fighting will result in a three game suspension. A lesser suspension will be at the discretion of the Adult Hockey League Director.
- Two game misconducts in a six month period will result in an additional one game suspension. Three game misconducts in a six month period will result in a five game suspension. Four game misconducts in a six month period will result in a one year ban.
- Going to the ice **intentionally** to block a shot or make a play on an opposing player that results in an opposing player going to the ice as well will result in a tripping call regardless of contact with the puck first. **(Goalies are exempt from this rule)**
- Players in the penalty box at the end of a game that is tied are ineligible to participate in the shootout.
- Lower C, Upper C and B League - slap shots must stay below the crossbar. Slap shots above the crossbar will be whistled dead and brought outside the zone for faceoff.