

Dover Arena Coed C Hockey League

Rules and Guidelines Revised Fall 2014

The following league shall abide by the following playing rules noted below.

The Dover Arena follows mostly USA Hockey guidelines for league games. Please read these rules carefully.

Coed C Information General Rules and Exceptions:

1. Everyone needs to be aware of the CO-ED League rules. Team captains will pass along league rules and be responsible for player to follow them. Also, the arena will hand out a brief outline of the CO-ED rules to each player.
2. Every current player needs to register by sign up dates first to ensure a spot. After sign up dates the league will open up to new players.
3. Registrations will close when the league is full.
4. Payment must be in full in order to register.
5. Six teams for this league.
6. Jamboree or playoff at the end of summer session
7. Teams will have no more than 13 players, 1 goalie. Total of 78 players 6 goalies
8. This is a recreation league, not the NHL; all players should work on skills and having fun. The league should not be about stats and who wins games. There will be standings posted for this league.
9. **No one is guaranteed to be placed on the team they requested or to be placed on the team they were with the previous season.**
10. If a team is up by six goals the score will not be put up on the scoreboard for any additional goals scored. This is to ensure teams do not run up the score. The clock will remain as stop time unless both team captains prefer running time.
11. **Teams are not allowed to have subs or alternates play for any reason. Should a team not have 6 skaters to play they will forfeit the game. This will be strictly enforced.** The game may continue with players that are in attendance, hopefully making two even teams. If a friend of a current player subs in a game, that current player will be removed from the league. Captains need to monitor this activity.
12. If this minimum is not met (due to a penalty during the course of the game) the offending team shall forfeit the game at that point. However, the game may continue by making the teams even with players that are there.
13. **Teams are not permitted on the ice until the Zamboni doors are closed.** Failure to comply may result in a delay in the start of the game which shall necessitate a shorter third period.
14. Teams are permitted a three minute warm-up period once the Zamboni doors are closed. Once the horn sounds, the three minute warm-up will start regardless of number of players on the ice.
15. Games will start at specified time on the schedule – **no early starts.**
16. The team representatives are responsible for compliance with roster regulations, player eligibility and disciplinary penalties assessed to a team member. Failure to comply will result in a forfeit of the game in which an investigation request was made.
17. The Arena shall not recognize protests in any manner other than formal written requests by the team representative. **The Arena shall have final say in any investigation.**
18. All players must wear consistent jersey colors. Jerseys are provided by the arena - ONLY.
19. All team payments must be up to date in order to participate in league games.
20. The Dover Arena will find an alternate goalie, according to ability and availability. Please let The Dover Ice Arena know A.S.A.P if a goalie cannot make it to the game – no outside subs are allowed.
21. Team representatives will be chosen by the Dover Ice Arena.
22. A “three penalty rule” shall be imposed on any player receiving three penalties in a single game. At the point of the third penalty, that player shall be assessed a game misconduct penalty and must leave the ice for the balance of that game and miss the next game. A substitute player must serve the third penalty assessed if it affects the on-ice strength of that team.
23. Penalty times are as follows:
Minor: 1:30 Major: 5:00 Misconduct: Ejection from current game and then next game
24. The officials have the authority to adjust the final period if undue delays are caused by the players. The Zamboni driver is ultimately responsible for ice sessions.

25. No player shall be permitted to play while intoxicated; and alcoholic beverages are prohibited at the Dover Arena. Players violating this rule are subject to a game misconduct penalty and/ or penalty per City Ordinance.
26. **Slap shots with a backswing blade above the knee** are not permitted in the coed C league. Play will be stopped and a face-off will occur closest to where the shot was taken outside the Blue line. Defensive Zone clearing with nobody around follows this same guideline – nothing above the knee- but is referee discretion.
27. Tie games; we will try to run a shootout for tie games. There will be a three person shootout (total three shots) for tie games. That's it, only 3 shots if still tied it is a tied game. Shooters will be predetermined prior to the shoot out so as not to waste time. In a second game shoot out new players will be chosen to do that shoot out so everyone has an opportunity. Winning team gets 2 points and looser gets 1 point there will only be one round.
28. **This league will follow USA Hockey rules. Penalty face-offs will be in accordance with USA Hockey rules.**
29. **This is a zero tolerance league. Arguing referee calls, loud abusive language, taunting, etc will all result in an ejection for the game and possibly a second game. Discussion on ref calls should be made between periods or after the game. Any problems with players and refs will result in the player receiving a game misconduct and possible expulsion from the league.**

Penalty Definitions:

We follow USA hockey rules which are not be the same as what you see in the NHL

1. Hooking: Any hooking motion that impedes or seeks to impede the progress of an opponent.
2. Holding: A minor penalty will be given to a player who holds an opponent with hands or stick or in any other way. A major penalty plus a game misconduct penalty shall be imposed on any player who grabs or holds the facemask of an opponent.
3. Interference: A minor penalty will be imposed on a player who interferes with or impedes the progress of an opponent who is not in possession of the puck, or who deliberately knocks a stick out of an opponent's hand or who prevents a player who has dropped his stick or any other equipment from regaining possession of it. If a player by means of his stick or body impedes the movement of the goalkeeper by actual physical contact.
4. Penalty Box Rules: No player may leave the penalty box for any reason during their penalty unless the penalty has expired or the period is over. Players must make contact with the ice when a penalty is over. You cannot climb over the boards and back into your bench.
5. Refusing to start play (beginning of period): If, when both teams are on the ice, one team for any reason refuses to play when ordered to do so by the Referee, he shall warn the team and allow them 15 seconds within which time to begin or resume play. If at the end of that time the team is still not ready to play the offending team will be given a bench minor penalty.
6. Slashing: A minor penalty shall be imposed on any player who slashes or **attempts** to slash an opponent with his stick.
7. Tripping: A minor or major penalty shall be imposed on any player who places his stick, foot, arm, hand or elbow, or extends the leg from the front of or from behind in such a manner that is shall cause his opponent to trip or fall.
8. Roughing: At the discretion of the Referee, a minor or double minor penalty may be imposed on any player deemed guilty of unnecessary roughness. A penalty will also be assessed for any avoidable body check to an opponent who does not have possession and control of the puck.

FINAL NOTES: This is a recreational hockey league. All players get the same amount of ice time in every game. The focus is on fun for as many players as possible. Rough play and "hot shot" type of activity is not tolerated. **Better players are required to pass and set up weaker players. If any player is deemed to be overly aggressive or taking charge of the activity by "whizzing through everyone", winning every faceoff and single handedly shooting on the net – he/she will be asked to leave the league. The arena has final say on this matter.**

Aggressive or dangerous play is not tolerated – players will receive one formal warning, on the next occurrence, they will be asked to leave this league.