

Greensboro Adult Hockey League

Rules of Play

Updated 08-06-07 CB/MM

1. Games will consist of three (3) 20 minute (run time) periods. Games are allotted 75 minutes. This time begins once the zamboni doors close. If players delay the start of the game, the time will be taken off of the first period's length. There will be **5 minutes allotted for warm ups** and 1 minute during intermissions. The game clock will no longer stop for penalties. If a game is within 2 goals, the final 2 minutes will be stop time. In the event of a tie (regular season and playoffs) there will be a 5 minute (3 run time – last 2 stop time) sudden-death overtime, if the game remains tied there will be a shoot out until a decision is met, starting with five shooters from each team, visitors shoot first. If tied at the end of this, shooters will alternate until the game is decided. Each and every player must shoot once before anyone can shoot for a second time (the same order must be maintained). Any player in the penalty box at the end of the overtime period is ineligible for the shootout.
2. Automatic icing is in effect.
3. At the B and C league level, a player may score a maximum of **3 goals per game**. Any goal scored after 3 will be automatically disallowed. The ensuing face off will be at the closest blue line spot.
4. At the C league level, once a player reaches **15 goals in a season**, he is allowed only 1 goal per game including regular season and playoff games and also including overtime. Individuals are allowed to participate in shootouts. Example: a player reaches 15 goals during a game – he is not allowed any more goals in that game and is allowed a maximum of 1 goal per game for the remainder of the season (this includes playoffs).
5. Slap shots are allowed in all Divisions.
6. This is a non-check league and body checking will not be tolerated. Deliberate body checking may warrant a 5 minute major penalty per USA Hockey rules and regulations.
7. **FIGHTING WILL NOT BE TOLERATED...** The following rules will be enforced in the event of a fight.
1st offense: Game misconduct, 1 game suspension (USA Hockey), 1 game suspension (GAHL) for a total of 2 games.
2nd offense: Game misconduct, 1 game suspension (USA Hockey), 2 game suspensions (GAHL) for a total of 3 games.
3rd offense: Game misconduct, forfeiture of season without refund.
These are the minimums and can be reviewed with additional suspensions being added.
8. Zero tolerance is in effect toward officials. Abuse of officials, physical or verbal will not be tolerated and will result in further disciplinary action.
9. Five penalty rule: Any player receiving five penalties in a game will be ejected from that game and serve a one game suspension.
10. No smoking or the consumption of alcohol or drugs will be tolerated at this Facility and will be handled under the limits of North Carolina law. Anyone playing while under the influence of alcohol or drugs and it can be determined by the officials, scorekeepers, or administrators, the individual will be ejected from the game.
11. Players (excluding goalies) must play for their rostered team only. In the event of a team being short (less than 5 skaters), a player must receive permission from the opposing captain in order to play for the team who is short. If a team picks up any players, it will result in an automatic forfeit, even with permission from the other Captain. In this situation, game officials will stay and players may split up and play a scrimmage. An official must witness any dialogue between captains to ensure validity. Failure to follow this process will result in automatic forfeiture of the game by the short handed team.
11 A. The League Director **MUST** approve any roster addition/change made during the season. Illegal players will result in automatic forfeiture of game and possible suspension of the Captain.
11 B. Rosters will consist of a minimum of 13 players and a goalie. The team captain must approve the addition of players above 15 to a roster. The league reserves the right to fill rosters up to 15 players. Rosters may be a maximum of 18 players and 2 goalies. Any player must be signed to a Roster at least 8 games before the end of the season to be eligible for playoff/ Championship Games. Every effort must be made by all players to play in a minimum of 5 games before the playoffs begin. Exceptions will be considered on a case by case basis.
12. Each team must be represented by a team Captain. The duties of the captain are to report to Captain's meetings held by league officials, participate in creating a roster at the beginning of each season, ensure a goalie will be available each game, contact team with information regarding first game, playoff schedule, and any changes in schedule, rules, roster additions, roster deletions, etc.

Playoff tie breakers. Unless otherwise stated before the start of a playoff series, the following will be used in breaking a tie.

Head to Head is first tie breaker.

Goals **against** comparing only the teams involved in the tie.

Goals **for** comparing the teams involved.

Penalty minutes comparing the teams involved.

These rules are subject to change before the beginning of the season. Changes may take place during the season if the need arises.

The rules outlined above are in place to ensure the enjoyment of the game for Ice House patrons. The GAHL is established in order to see that patrons are provided a safe and entertaining environment and that each patron has an enjoyable experience. The Ice House thanks you for your continued support.

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Greensboro Adult Hockey League Responsibilities of the Team Captain

1. The role of team captain is voluntary. Team captains are expected to carry out several responsibilities and are a valuable asset to the successful administration of the Greensboro Adult Hockey League. For their commitment, the Ice House will deduct 30% from the registration cost of the team captain.
2. Captains are expected to turn in a roster at the beginning of each season. This roster reserves the spot of each of these players through the end of the first game. This roster must contain each player's name and number. These rosters are not final, in that the League Director reserves the right to make changes for the purpose of league parity. These rosters represent a commitment from each of the players on the roster to play the duration of the season. Any players who have not paid by the first game risk losing their reserved spot on the roster.
3. Captains are responsible for notifying their team of the first game of each season. Season schedules will be made available at each team's first game.
4. In the event of game cancellations, captains will be responsible for notifying their team.
5. The Ice House will hold captain's meetings periodically throughout the year. These meetings give captains the opportunity to discuss any issues pertaining to the Greensboro Adult Hockey League.

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