

LEAGUE RULES AND POLICIES

Our league will NOT tolerate undisciplined play and this office will be swift with handing out the appropriate punishment to both players and/or teams that do not comply with our standards of safe play. Our league will continue to strive for a safe environment for all our players, and it is the responsibility of the players and team captains to follow our stance as a recreational activity. WARNING: repeat offenders will receive harsher penalties for their actions.

- All players must register with USA Hockey and show proof of registration to the Hockey Office.
- All players on a given roster must be 18 years of age or older by the first game of the season.
- The league will follow USA Hockey's new standard of play and rules enforcement.
- All teams must have matching jerseys with a unique number. No longer will miss matched uniforms be permitted.
 - If both teams wear the same color the VISITING team will wear an alternate jersey.
- Rosters must be submitted using the online registration process prior to your first game including:
 - Number
 - Position
 - Email address
 - Cell phone number
 - Date of birth
 - Name
- A player may not be on two rosters in the same division
- Games will consist of 3 periods of 15 minutes stop time.
- Games will begin promptly with as few as 4 players per team on the ice for a given team. If the start of a game is delayed by a team running late, that team will be issued a delay of game penalty.
- Player game check-in procedure will occur before the start of the game. ALL PLAYERS must sit on the bench during check-in. Players skating around will receive a 10 minute misconduct. The official will go down the bench asking each player in attendance their LAST NAME / NUMBER. After the referee completes

the check-in, the team captain or alternate will review players not in attendance, and the referee will cross off their name from the printed roster.

- Late players must check-in with the score keeper BEFORE being permitted to play. If you show up after the conclusion of the second period, that player CANNOT participate in that game.
 - ONLY THE PLAYERS IN ATTENDANCE GET CREDIT FOR GAME PLAYED. ALL PLAYERS MUST PLAY IN HALF OF THE TEAM'S GAMES TO BE ELIGIBLE FOR THE PLAYOFFS.
 - Scorekeeper will then input the rosters into the system. Please check after the game on our website to verify that no errors were made. You must let Bart Crum know of any discrepancies within 48 hours at bartcrum.icehousenj@gamil.com
 - IF FOR ANY REASON THE OFFICIALS DO NOT USE THE PROPER PROCEDURE PLEASE INFORM BART ASAP.
- No player is allowed on the ice or in the player bench area until the Zamboni doors are closed. If you are on the ice with the Zamboni doors still opened, that team will receive an unsportsmanlike penalty.
- All players must wear a helmet anytime they are on the ice. Players who enter the rink without a helmet will receive a game ejection.
- Each team is allowed one 30 second time-out to be used either during the game or in overtime.
- Overtime is 3 vs 3 for 4 minutes running time. If a team has not yet used their timeout, they can use it during overtime only to stop the clock and reset for the faceoff. Not to have a team meeting.
- Mercy Rule: Goes into effect at the 12:00 minute mark of the third period. If one team has a 7 goal lead, game goes to running time. If the losing teams reduces goal differential to 3, game will switch back to stop time.

ROSTER RULES

- Only non-rostered goaltenders can play without a forfeit resulting, providing the hockey office was notified of the situation prior to the game.
- Changes to a team's roster may be made until the published date listed on the season's application. Usernames and Passwords will be issued each season once divisions are set so team captains may enter their roster. Login information is reset every season.
- Rosters are uploaded onto the computers the morning of the game so the roster needs to be accurate as of 24 hours prior to a team's game. Changes after 24 hours need to be approved by the league office.
- No player may be handwritten on your team's roster sheet without prior approval from the league office. Players handwritten in without league approval will result in the forfeiture of that game.
- Illegal player: Only players in good standing on the 20-man roster are eligible. If a team is caught using an illegal player, **TEAM FORFEITS THAT GAME AND TEAM'S CAPTAIN WILL BE SUSPENDED.**

LEAGUE RULES

- Tinted or mirrored visors have been outlawed for all games played at the Ice House.
- Players must wear the proper equipment:
 - Helmet – Hockey Gloves – Hockey Pants – Shin Guards (Sweatpants are NOW outlawed)
- DO NOT FIGHT. Fighting will not be tolerated and suspensions will be issued to anyone involved in a fight.
- A game ejection will be assessed to a player whose conduct is deemed detrimental to the safety of other players or a travesty of the game. A game ejection does not entail an additional game suspension. It is a method by which an individual can be removed from a game to defuse a potentially dangerous situation.
- If a player receives 4 penalties in a game that player is ejected from that game. Double minors and misconducts count towards the total. Delayed penalties resulting in a goal will still be recorded and count towards your total
- A major penalty (5 minutes on the clock) will be assessed for any DELIBERATE infraction that is determined by an official to be so violent that a minor is deemed insufficient.
- A game misconduct entails a suspension from Ice House league play in all divisions until the conclusion of the next game played in the division in which the suspension was issued. If a player plays in multiple divisions that player may miss multiple games. If you are suspended on Monday, you cannot play on Tuesday.
- All players receiving a game misconduct penalty will have a phone hearing from the Hockey Office to discuss the situation before being suspended allowing players to voice their view of the incident.
- Teams do not have to put anyone in the penalty box to serve a major penalty. The team will play with 4 skaters for the duration of the penalty. However, if the penalty expires and nobody is in the penalty box at the conclusion of that penalty, the shorthanded team will continue to play shorthanded until the next stoppage in play. You can NOT enter the ice from the player's bench. You can however change players in the penalty box at a stoppage of play to ease the pain of an innocent player having to sit for the full 5 minutes.

- If a goaltender receives a game misconduct the officials can decide if they are to be dismissed from the game. If the officials believe that the goaltender was not the INSTIGATOR and is of no further threat, they may remain in goal for the good of the game. 5 minutes will go on the clock and the goaltender might be suspended for the next game.
- If a player drops his/her gloves or removes his/her helmet in preparation for an altercation, that player will receive a game misconduct which will lead to a suspension.
- If a player is removed from a game that player is NOT permitted anywhere near the ice rink. The player must leave the building. Failure to comply can only result in further disciplinary action. A suspended player is not allowed on the bench for any reason.
- If a player leaves the bench to engage in an ongoing altercation, that player will receive a suspension.
- Any player who skates under the influence of drugs or alcohol will be ejected immediately and face supplementary discipline, which may include expulsion. For the sake of safety, players are urged to make officials aware of these situations.
- Alcoholic beverages on the bench will result in a forfeit
- Any penalty assessed during or after the post-game handshake will be a game misconduct.
- Players can be suspended even if they do NOT receive a penalty during a game. All games are being recorded via LiveBarn. (We do review games and incidents)

PLAYOFF RULES

Playoff Tiebreakers will be as follows:

Most Points

Head to Head Wins (If more than 2 teams are tied, Head to Head will not be used.)

Most Regulation Wins

Least Goals Against

Most Goals For

Each team will have ONE 30 second timeout for the overtime periods. There is no carryover if a team does not use their time out in regulation. Each team gets one timeout during for the overtime periods. To be clear the teams do NOT have two timeouts in the overtime periods.

1. Five minute stop time 5 on 5.
2. Four minute stop time 3 on 3.
3. Shootout with 3 shooters from each team.
4. Continue shootout until winner.

No player may shoot again until the entire team has shot. Procedure then starts again with the same sequence of shooters.

Scorekeepers: You must keep track of the shooters for each team, in order, by jotting the players number on a sheet of paper.