

## Seven Bridges Adult League Rules

All USA Hockey rules will be enforced.

All players are required to show a form of identification (driver's license, state ID, or student ID) to the person at the front desk when signing in. You must sign in with your correct jersey number. You cannot sign in by yourself. Any player that arrives late must sign in with the scorekeeper by providing a form of identification (driver's license, state ID, or student ID). The league must be able to properly track goals, assists, games played (for playoff eligibility) and penalties.

No former/current AAA player, former/current college player, former/current junior player, or former/current profession player will be allowed to play in the C3 league. No exceptions. The C3 division is not designed for these types of players. Any attempt to roster these types of players will not be allowed. Any attempt to falsify registration or to sign in using another name will result in a 3 game suspension to the captain of that team and forfeit of that game.

If it is determined that an illegal player is playing (can't provide proof of identification), the game will be forfeited by the offending team, and the captain will be assessed a 3 game suspension.

Rosters will have a maximum of 20 players. No exceptions. All rosters will be frozen by the 3<sup>rd</sup> game and no additions will be allowed. No exceptions.

Goalies cannot be rostered on multiple teams within the same league.

All rostered players must play in 6 regular season games in order to be eligible for playoff games.

Teams must have 5 players and a goalie to start the game. The game clock starts after the warm up (that team can take their 1:00 minute time out). Teams will NOT be allowed to continue to warm up during this time. After 5:00 minutes of running clock, the game will forfeited. If that team is ready to play before the clock reaches the 10:00 minute mark, the clock will stop, the offending team will be assessed a delay of game penalty, and now the game can be started.

All scheduled games are to be played on the assigned dates. No changes to the schedule will be allowed.

Forfeited games will not be rescheduled.

All scheduled games will be played unless the rink suffers a mechanical breakdown or closes due to extreme weather conditions. If either of these occur, the league will make their best efforts to contact the team captains and officials.

Teams with past due league balances will be suspended from league play and forfeit any games scheduled during the payment default period. Team suspensions due to payment default shall be issued at the sole discretion of the League Director.

**Game format: (3) 15 minute stop time periods. Running clock in the 3rd period if the goal differential is 5 or more. Stop time will resume once the goal differential is reduced to 3 goals. If both teams agree, running clock can be granted at any time before the 3rd period if the goal differential is 5 or more. Each team has (1) 1:00 minute time out that can be used in regulation or overtime.**

**Blue line icing.**

**Overtime format: 3 on 3 for 5 minutes (stop time).**

**Shootout format: Home team decides which team shoots first. 3 man shootout and then single shooter until winner is determined. Any player that is serving a penalty (minor, major, or a misconduct) is NOT eligible to participate in the shootout. No player may shoot again until all players on his team have shot once.**

**Any player that is assessed 3 penalties in one game will receive a game ejection, but will be eligible to play the next game.**

**Any player that is assessed a major and a game misconduct for fighting will receive a 3 game suspension.**

**Any player that is assessed a match penalty will receive a minimum 30 day suspension.**

**Repeat offenders of game misconducts, major, and match penalties may be removed from the league. Subject to review by the Referee in Chief.**

**Clock will remain running during a fight until the officials decide to stop it.**

**Any player that is assessed 5 penalties in one game will receive a game misconduct penalty in addition to any other suspension that he may be assessed.**

**Once 15 penalties have been assessed during a game, the clock will go to running time for the remainder of that game. No exceptions.**

**No "official's misconduct penalties" (GFOs) will be assessed. No exceptions. USA Hockey progression for unsportsmanlike conduct will be followed. Unsportsmanlike conduct (2:00 minutes), misconduct penalty (10:00 minutes), game misconduct, then match penalty.**

**Abuse of officials will not be tolerated.**

**The Referee in Chief's and the League Director's suspension decisions are final. If a suspended player plays while suspended, that team will forfeit their game and the team's captain will be suspended for 1 game.**

**All teams must have matching jerseys with numbers by the 3rd game of the season. Any team or player that does not comply with this will not be allowed to play. The league must be able to properly track goals, assists, and penalties.**

Referee in Chief may update rules throughout the season and will notify the teams accordingly.

Revised 3/4/2019