



Rules and Regulations

Spring 2017

RULES AND REGULATIONS:

SIA leagues follow the rules of USA Hockey. Our insurance policy will be carried through USA Hockey and all players must be registered with USA Hockey. In addition, our players will adhere to the following additional rules and regulations. Sherwood Adult Hockey League strongly supports ZERO TOLERANCE in regards to our referees. They are a huge part of the success we have had in our Adult Hockey League, we thank them and you should too.

For a complete list of USA Hockey Rules:

http://assets.ngin.com/attachments/document/0042/4244/2013-17_USAH_Rulebook.pdf

SHERWOOD ADULT HOCKEY LEAGUE PHILOSOPHY:

To promote Adult Hockey for players of all skill levels and abilities in a competitive and organized environment; to foster friendship and physical fitness through hockey, and establish and maintain an enjoyable recreational ice hockey league.

RULES:

- All levels are NON-Check. Body Checking rules will be strictly enforced.
- Tag-up off sides for all levels - In the case of a delayed offside, the attacking team will have the opportunity to tag-up, allowing play to flow and keep the number of stoppages to a minimum.
- The Sherwood Adult Hockey League has adopted Blue Line Icing for all games.
- Games will consist of (3) 20 minute running periods.
- Stop Clock - If the game is within 2 goals in the last 2 minutes of the third period and OT.
- All Minor penalties will be 3 minutes, running time.
- A Double Minor will count as 2 penalties for 6 minutes.
- All Major Penalties will be 7:30min in length.
- All face-offs will only be conducted at any of the nine face-off dots.
- All face-offs (after a penalty has been issued and a team is shorthanded) will be conducted at the penalized team's defensive end zone.
- All Match penalties issued will be overseen by committee, assembled by the Oregon State Hockey Association (OSHA) where further suspensions and penalties may be delegated and will be upheld by Sherwood Ice Arena.
- In extreme circumstances, SIA management has the authority to make decisions if it's in the best interest of the league, sportsmanship, and safety.
- **No refunds will be granted for any games missed due to suspensions.**

SKILL LEVELS:

- There are 9 leagues of play in the Sherwood Adult Hockey League):
- Over 35: Open to all players over 35
- 4-ON-4: Open to all players over 18
- Gold: (Open Advanced ++)
- Silver AA: (Advanced +)
- Silver A: (Advanced)
- Silver BB: (Intermediate +)
- Silver B: (Intermediate)
- Silver C: (Beginner+)
- Bronze: (Beginner)

AGE REQUIREMENTS:

- Players must be 18 years old before the beginning of the season they are registering for. You may be asked to prove your age.

ROSTERS:

- Teams may have no more than 19 players on their roster (including goalies).
- A full roster per league rules consists of 14 skaters, 1 goalie, and 1 captain for 16 total players.
- Rosters must be handed in before deadline set forth by the hockey office.
- All players on the roster must be registered with USA Hockey.
- Only players on a team's roster are eligible to play for that team.
- Any un-rostered players skating for a team will result in that team forfeiting that game, and the team rep will be fined \$100.00. The ONLY exception to this rule is goaltenders. A team may use another team's goalie to fill in for their team if their goalie is unable to play. The substitute goalie must be on the approved goalie list (on Sportability & with scorekeeper).
- Any player wishing to join a team must do so prior to the last third of the season. The players must be pre-approved by the hockey department and register at least 24 hours prior to their first game.
- Players may be added or moved at any time during the season at the discretion of the Hockey Department.

GAMES:

- All games will have an hour and fifteen minutes in which to be played.
- There will be a 5 minute warm up followed by (3) 20 minute running time periods.
- There will be a 1-minute break in between periods.
- The last 2 minutes of the game will be stop time if the goal differential is 2 or less.
- One-1:00 min. time out will be allowed to each team at any time in the game including overtime play in playoffs.
- Due to the time constraint, it may happen that a close game will not stop in the last 2 minutes.
- Injury clock stoppage is at the discretion of the referees, and the game could be curfewed.
- If a team does not have a goalie, that team can play with 6 skaters.
- If there is no goalie on the ice for a team when the game is set to start, then that team must put a 6th skater on the ice. If there is no 6th skater available, then the game is forfeited. (4v4 league requires 5 skaters)
- Games resulting in a tie will be decided by a 3 man shoot out. If after the 3 man shoot out the game is still tied, there will be a sudden death shootout with no more than 2 additional players from each team. No player may shoot twice until the team has gone through the entire roster. Playoff games will go into 5 minute sudden death overtime; if the game is still tied it will go into a 3 man shoot out. If the game is still tied it will continue in a sudden death shootout until there is a winner.

DUES:

- All dues and insurance must be paid and current in order for a player to participate.
- Any player with outstanding league balances or fines will not be allowed to take the ice.
- The per-game prorated fee is \$30 for all remaining games in the season from the game you start.

EQUIPMENT:

- All players are required to wear full equipment. Including a HECC approved helmet.
- Helmets must be worn at all times from the time a player steps on the ice to the time they step off the ice, including during the handshake line.

- ALL SKATERS IN THE BRONZE LEAGUE MUST WEAR FULL FACE PROTECTION.
- Sherwood Adult Hockey League strongly suggests that all players wear full-face protection.

UNIFORMS:

- All team members must have matching team jerseys and all jerseys must have a number.
- No two players can have the same numbered jerseys.
- Goalies must wear a team jersey, or a jersey of matching color.
- Teams cannot change jersey colors without prior approval from the league.
- A new player entering the league will have 2 games to acquire a team jersey with a number. By the 3rd game if a player does not have their team jersey they will be issued a fine of \$10.00. (If a player can show proof of purchase of a jersey and it has failed to arrive in time for their game a fine will not be assessed)
- Please check the hockey office to make sure that another team has not already selected your team jersey color.
- Northwest Skate Authority can help you with team jerseys. (503) 925-8097

DISCIPLINE:

- Sherwood Adult Hockey League strongly supports ZERO TOLERANCE in regards to our referees. They are a huge part of the success we have had in our Adult Hockey League, we thank them and you should too.
- Any penalties warranting a suspension will require the referee's involved to write an account of the incident. Any players involved or witnessing the actions that led to the penalty are allowed to record what they witnessed in writing via email to the Hockey Director. The Hockey Director will then make a decision regarding the disciplinary action to be taken and the ruling will be final.
- Sherwood Ice Arena reserves the right to institute supplementary discipline in any way that it sees fit. There will be a ZERO TOLERANCE policy for any behavior which is detrimental to any other players, fans or officials (on ice or off). This is an adult league and adult behavior is expected. Safety is always our first concern.
- SIA management reserves the right to suspend or remove players or teams that are not displaying the appropriate behavior and/or sportsmanship that reflects the image of the leagues.
- No player should be entering an opponent's team locker room unless you're invited or welcomed in and especially after any misconduct or being kicked out of a game. Never go into another team's locker room in this type of situation or face severe disciplinary action.
- **No refunds will be granted for any games missed due to suspension.**

GRIEVANCES:

- Any grievances should be brought to the attention of your team rep. If they are unable to help you themselves, the problem should be brought to the attention of the Hockey Director in writing.

SKILL LEVEL:

- Our goal is to provide teams for players of all skill levels. Players should play at the level that is challenging them but not beyond their abilities.
- Players or Teams that clearly do not belong at the level they are playing will be moved to the appropriate level at any time at the discretion of the league.
- Any concerns about players in a division should be brought to the attention of the Hockey Director through your team rep.

FIGHTING:

- Fighting will not be tolerated in any and all leagues
- All Fighting penalties will be 7:30min Majors + Game Misconduct
 - First fight will carry a minimum suspension of the game you are in plus the next game, along with a \$25.00 fine.
 - Second fight will result in a minimum (3) game suspension, along with a \$50.00 fine.
 - Any further fighting will result in expulsion from the current league and subject to review by the Hockey Director to be allowed to continue playing at SIA.

MISCONDUCTS/SUSPENSIONS:

- Any player receiving 5 penalties in 1 game will be automatically suspended for the remainder of that game. - Exception to the rule is any player who receives their second misconduct penalty during the same game shall be assessed a game misconduct penalty in lieu of the second misconduct penalty and be suspended from their next game plus fined \$25.
- Any suspensions carry over to the next USA Hockey sanctioned game or season the suspended player participates in. – This means if you play at both WSC and SIA and you get a game suspension, you must miss the next game, no matter what rink it's at you are scheduled for.
- All Game Misconducts resulting in suspensions will be (1) game unless notified otherwise. All Game Misconduct penalties requiring suspension will be reviewed on a case by case basis by the SIA Hockey Director who will determine if additional game suspensions are necessary. Exception to the rule is for any Match penalties issued; these will be overseen by committee, assembled by the Oregon State Hockey Association (OSHA) where further suspensions and penalties may be delegated and will be upheld by Sherwood Ice Arena.
- Any Abuse of on or off ice Officials misconducts will be result in a minimum of (1) game suspension.
- All 10 minute misconduct penalties that involved the big four: Checking from behind, Charging, Boarding, and Head Contact will automatically come with a minimum of (1) game suspension from the rink.
- **Captains:** All Fines and Suspensions are double the normal amount for captains. In addition, any 10 minute misconduct will result in an automatic (1) game suspension. This is because we hold captains to a higher standard and they should be the embodiment of what we want players to behave like in regards to sportsmanship on and off the ice.
- All suspensions will be tracked under USA Hockey Rule 411 and may result in additional suspensions as laid out on the USA Hockey website:
<http://www.usahockeyrulebook.com/page/show/1084489-rule-411-progressive-suspensions>
- SIA management reserves the right to suspend or remove players or teams that are not displaying the appropriate behavior and/or sportsmanship that reflects the image of the leagues.
- **No refunds will be granted for any games missed due to suspension.**

FINES:

- All fines must be paid in full before the fined player(s) gets on the ice for their next game they are eligible to play in. Scorekeepers will inform the player if not showing paid yet to leave the ice and pay. Captains are ultimately responsible to make sure the player pays their fine otherwise if they play and don't pay then the game is subject to a forfeit.
- 3 Misconduct penalties in a season carry a minimum (1) game suspension and a \$25.00 fine
- Misconduct = minimum of \$15 fine

- Game Misconduct = Minimum of (1) game suspension & \$25 fine
- Any fine or suspension assessed to a team rep playing a game will be doubled.
- All fines if necessary carry over to the next season that the fined player participates in.
- Any player who knowingly plays in a game that he/she has been suspended from is subject to further disciplinary action as well as increased fines.
- All suspensions and fines issued to SIA employees and/or officials will be doubled.
- Banging the glass is prohibited. A misconduct penalty can be issued. If a player or coach breaks the glass by hitting it with their stick or by other means a \$500 fine will be issued.

TIME/SCORE CLOCK PROCEDURE:

- Mandatory stop clock for all games within two goals in the last two minutes of regulation and overtime play.
- Injury timeouts are allowed at the referee's discretion only.
- Any/all other timeouts must be approved by the on-ice official, scorekeepers will not stop the clock unless directed by the referee.
- Each team is allowed 1 time-out per game of 1 minute in duration. The clock will be used for purpose of a 1 minute time out.
- It is important to remember that the one thing that can be fixed or adjusted during the games is the clock. Officials have been instructed to have zero tolerance with regards to abuse from players concerning the time. Penalties may be incurred by players abusing officials and scorekeepers because they did not hear you say "time out" or a player is yelling at the scorekeeper who does not stop the clock until the on-ice official says to do so.

GOALIES:

- All new goalies must be evaluated to play in their proper level(s) before they are allowed to play.
- If a goalie has been evaluated and shown proof of their USAH insurance they will be added to the goalie list and may be then used at the discretion of a team within their approved level(s).
- Substitute Goalies not on a current team must have paid their USA Hockey registration before taking the ice. Substitute goalies may be asked to provide proof of USA Hockey registration any time before, during or after a game.
- Using a non-registered USA Hockey goalie for a team will result in that team forfeiting the game, and the team rep will be fined \$100.00.
- Communication is the key with regards to finding a goalie or getting a new goalie on the game and/or list. This will be a factor with regards to fines.

INJURIES:

- All injuries during an SIA adult league game must be reported at the time of the incident by filling out an injury report at the rink.

NEW PLAYERS:

- All new players entering the adult league program at any division need to be evaluated before they will be allowed to play.

EVALUATIONS:

- Players will be evaluated for the league in our Adult Skills Program which happens every Thursday night at 6:25pm unless otherwise noted on the Sherwoodicearena.com site. If you are a player who would like to join the league you must attend an Adult Skills for an evaluation. All evaluations must be scheduled in advance with the Hockey Director - Sean@sherwoodicearena.com

Other:

- Warning – Premises protected by 24 hour audio and video surveillance. By playing at Sherwood Ice Arena, you agree to be audio and video recorded.
- No cameras allowed on person or inside playing surface area during hockey games.
- No drones of any kind are permitted in or around Sherwood Ice Arena.

**NO ALCOHOLIC BEVERAGES ARE ALLOWED ON THE PREMISES.
ANY PLAYER VISIBLY INTOXICATED WILL BE ASKED TO LEAVE THE ICE
AND BE SUBJECT TO FURTHER DISCIPLINARY ACTION.**

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