

**Dakota Community Centre
Adult Recreational Hockey League
Rules and Regulations**

This information sheet is provided to ensure that all players are fully aware of the league rules.

1. **Hockey Canada** rules will apply with the following changes:
2. **Timing of Games** – All games are 3 – 12 minute stop time periods. To be eligible to play each team must have 5 skaters and a goalie. A team that enters the ice 5 minutes late will be assessed a minor penalty. Another minor penalty will be assessed if the team is 10 minutes late. If a team is 12 minutes late the game is recorded as a default and the referee will leave the ice.
3. **Each team must supply the timekeeper with 3 pucks prior to the game.**
4. **Signing in** – All players must legibly sign the gamesheet prior to each game and return it to the game officials.
5. **Helmets and Proper Equipment** – Must be worn at all times during participation in the Dakota Adult Leagues. Failure to wear appropriate equipment will result in a minor penalty against the offending team, and a possible game ejection.
6. **Slapshots** – All Divisions will have Slap-Shots
7. **Body Checking** - Distinct attempt to play the body will result in either a 2 minute, 5 minute, or game misconduct penalty. This call will be made at the discretion of the referees.
8. **Goal Crease Rule** – An opposing player entering the goal crease will result in a whistle, and face-off outside the blue line. Any contact with the goalie will result in a minor penalty.
9. **Centre Red Line Rule** – Is used for icing only, 2 line passes are permitted.

10. **Penalties** – All minor penalties will be 2 minutes with the following exceptions; high sticking and slashing infractions result in automatic 4 minute penalty. Any one player who receives 3 stick infractions in the same game will be ejected and face possible suspension from the program manager. Stick infractions will not be tolerated.

11. **Conduct** – Leave the ice directly after each game to ensure the ice maker has sufficient time to clean the ice. Dressing rooms must be emptied 45 minutes after games. No alcohol is allowed inside the Dakota Community Centre.

12. **Fighting or Match Penalties (butt-ending, spearing, spitting)**
These penalties will result in potential suspension and/or expulsion from the league. Players that are suspended 2 times in the same season will be terminated for the remainder of the schedule.

13. **Suspended Players** - Any team guilty of allowing a suspended player to play will have their game defaulted and face possible termination from the league without refund.

14. **Playoffs** - In order to be eligible for playoffs, players must have competed in a minimum of 3 regular season games. **All players must bring ID to playoff games, as officials will randomly be checking. Players unable to show proper ID will NOT be allowed to play under any circumstances. Teams in violation of this rule will have their game forfeited.**

14a. **Tie Breakers** - In order to determine playoff positioning the following process will determine which team finishes ahead of the other:

- 1) Most wins
- 2) Record vs. each other
- 3) Coin toss

15. **Team Rosters** - Teams may register 25 players (including goalies). Players can be added at any time throughout the season, provided the 25 man limit is not exceeded. Players whose names do not appear on the team roster will not be allowed to play.

16. Complaints - Any problems should be directed to the program manager. No one except the referees are allowed in the officials room.

17. Defaults & No Shows - Teams are expected to play every scheduled game. Teams that cannot make a scheduled game must notify the program manager 48 hours prior to their game. Failure to do so will result in the following fines:

1st Default Game - \$75.00 team fine

2nd Default Game - \$100.00 team fine

3rd Default Game –Results in team suspension for remainder of season.

No refund

The Dakota Adult Recreational Hockey League welcomes feedback from our teams in order to provide a more positive recreational experience for all of the participants.

Contact Anthony Knapp, Program Manager at 254-1010 or email at dakotaccpm@shaw.ca