

# ***Dakota Community Centre's Adult Recreational Hockey League Rules & Regulations***

## **All Team Managers and Players**

This information sheet is provided to ensure that all players are fully aware of the league rules under which this league will be governed.

1. **Hockey Canada** rules will apply with the following changes:
2. **Timing of Games** - all games are 3 - 12 minute stop time periods, provided both teams are ready at the scheduled time. Games must start on time - teams must have 5 skaters and a designated goaltender to start the game. Timekeeper sets game time on clock and starts the clock on time. If a team is not ready, the clock continues to run and offending team is assessed a minor penalty for delay of game. A second delay of game penalty shall be assessed for each additional 5 minutes that pass without the team being ready to start the game. After 12 minutes have passed on the game clock, the game is recorded as a default on the game sheet and the Referees leave the ice.
3. **Each team must supply the timekeeper with 3 pucks prior to the game.**
4. **Signing In** - All players must sign the game sheet provided by the timekeeper. The game sheet must be signed legibly. The timekeeper will obtain the game sheet from the Referee's room located under the score clock before game time, and take it into both dressing rooms to ensure every player participating has signed the game sheet. The timekeeper will then take the game sheet to the timekeeper's box prior to the start of the game to ensure every player on the ice has signed the gamesheet. The timekeeper will return the gamesheet to the Referee's Room at the end of game.
5. **Helmets and Proper Equipment** - must be worn by all players. Failure to wear a helmet will result in a minor penalty and the offending player given a game misconduct. Officials will use their judgement to ensure every player is not at risk of injury by using insufficient equipment.

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** - Any attacking player shall not be permitted to position themselves within the goal crease. A referee may, at his discretion, stop play for violation of the crease by an attacking player and the ensuing face-off shall be outside the defending teams blue line. If a goal is scored with an attacking player positioned in the goal crease, interfering with the goaltender, the goal shall be disallowed and the ensuing face-off shall be outside the defending team's blue line. The player will also receive a minor penalty for Goaltender Interference.
9. **Center Red Line Rule** - the center red line will be eliminated in regard to the two line pass. The red line will still be used for icing calls. Delayed offsides will be enforced as per the N.H.L. Rule (i.e. clearing the zone)
10. **Penalties** - all minor penalties will be 2 minutes. Coincidental minors - teams will play at full strength.
11. **Conduct** - unruly conduct in the arena or within the confines of the Dakota Community Center's parking lots cannot and will not be tolerated. Individuals exhibiting such behaviour will be subject to eviction from the league without refund. **Dressing room must be emptied 45 minutes after the game. No alcohol is allowed inside the Dakota C.C. Disregard of this policy may result in expulsion from the league.**
12. **Fighting or Match Penalties (butt-ending, spearing, spitting)**  
These types of penalties will not be tolerated, and any individual guilty of this conduct will be suspended from the league for 5 games/1st offence (Summer & Spring Only – twice a week games), 2nd offence/balance of the season. Winter League players receive 3 games/1<sup>st</sup> offence (once a week games), 2nd offence/balance of season.
13. **Suspended Players** - Any team guilty of allowing a suspended player to participate in further competition will be expelled from the league without

refund. **Suspensions include future Dakota Recreational Hockey League play.**

14. **Playoffs** - In order to be eligible for playoffs, players must have competed in a minimum of 3 regular season games.
- 14a. **Tie Breakers** - In order to determine playoff positioning the following process will determine which team finishes ahead of the other:
  - 1) Head to Head record
  - 2) Most Wins
  - 3) Goals for/Against
  - 4) Coin Toss
15. **Game Misconducts - Rule change:** - Any player who has accumulated 2 game misconduct penalties will receive an additional automatic 1 game suspension, 3rd game misconduct will receive in 2 games, 4th game misconduct will result in an indefinite suspension. Referees will submit written reports to the League Convenor which will be recorded for future reference.
16. **Uniforms - All players from the same team are required to wear the same color uniforms with numbers on the back.** If both teams have the same color sweaters, the first team listed on the schedule must wear different coloured jerseys which will be available from the Zamboni Room. The timekeeper will obtain the jerseys from the Zamboni Room and distribute them to the designated team and collect them from the players at the completion of the game. All players must wear a sweater with a number on the back which corresponds to the number on the game sheet.
17. **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. Team rosters will be made available to the referees.
- 17a. No players are allowed to play for more than 1 team in the same division. Disregard for this policy will result in an automatic forfeit of the game. Goaltenders are the only exception to this rule - maximum 2 games.

18. **Rink Etiquette** - At the conclusion of each game, players must clear the ice as quickly as possible. At no time should players stay on the ice to skate or shoot pucks while the ice-makers are re-surfacing. If this rule is not strictly adhered to, then the teams involved run the risk of not having fresh ice the next time they play.
19. **Complaints** - Any problems should be directed to the League office. No one except the referees are allowed in the officials room. Disregard of this policy will result in an automatic 3 game suspension - **No exceptions!**
20. **No Goalie/Shooter Tutor Rule** – If a goalie does not arrive for game time, using a “Shooter Tutor” is an option to complete the game.

The team with the full roster will have 2 options:

- 1) They will be asked if they want to complete the game as scheduled, but with the opposition using a “Shooter Tutor” instead of a real goalie. The game will then be completed as a regulation game with the outcome recorded on the Dakota Adult League gamesheet.
- 2) The team with a full roster also has the option to take the default and receive 2 points for the win if they choose not to compete against the “Shooter Tutor”

The “Shooter Tutor” is available from the Rink Attendant. A deposit of your car keys will be required.

21. **Defaults & Schedule Changes** - Teams are expected to play every game they are scheduled to play. Teams requesting specific days of play, or not to play, are expected to do so prior to the schedule being released. Deadlines for release of each schedule are made available for all teams to view. “Special Requests” are to be submitted on the League registration form. “Special Requests” and be made by telephone or e-mail. Teams unable to field a team after accessing all their spares are expected to give the League 7 days notice to allow the League to fill the spot on the schedule, or give the opposing team advance notice. Teams violating this rule may be deducted 1 game for every “No-Show” they are responsible for, as deemed by the League Convenor. This deduction would occur in the next segment of the schedule, or the following season.

**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.**

**Manager of Programming: Tel: 254-1010**