

Mountain Recreation Adult Hockey Rules

All rules follow USA Hockey Adult No-Check rules unless otherwise specified

Game Format:

- Game play is 6v6. Teams must have at least 4 players to start and finish the game.
- Game will be 3 periods: 1st & 2nd periods = 20 minute run-clock; 3rd period 15 minute stop-clock.
- If a team is ahead by 3 or more goals at any time during the 3rd period, the clock *will not* stop.
- Games will start no later than 5 minutes after they are scheduled.
- If a team does not have enough players to start within 5 minutes of the start time, they will start down a goal. The game will be a forfeit 10 minutes after the listed start time.
- Forfeit games will be a score of 5-0.
- Overtime for playoff games with advancement (not 3rd place games, etc.) will be a shootout (3) and then sudden death shootouts. Regular season games will end in a tie.
- All players should be aware of the Mountain Recreation Sportsmanship Policy. This includes, but is not limited to, a one-game suspension and \$50 reinstatement fee for any ejection.

Co-Rec Format:

- There is a maximum of 4 men on the ice at one time. Team can play with 4 men skaters if they are unable to put a female on the ice, but teams must be able to consistently put females on the ice throughout the season.
- No slap shots (wind up must be below the knee). Offence will be treated as a high stick and face off will take place in offending team's defensive zone.

Team Format:

- Players must be at least 18 years old.
- Teams will fill out a roster of eligible players. Rosters will be locked after the third season game. It is the team captain's responsibility to make sure that all teammates have signed the roster by the deadline date.
- Players must play in 3 league games to be eligible for playoffs.
- If a team has any player playing who is not on the team roster and is not given the OK to play by the opposing team captain, the result will be a forfeit.
- It is the captain's responsibility to report any suspected ineligible player *before the start of the game*. If the player being reported starts playing after the start of the game, the opposing team has 10 minutes to contest it.

Game Play:

- Uniforms are not supplied and must be provided by the teams (except women's hockey will be provided uniforms).
- All players are encouraged to *wear full protective equipment*.
- **Approved hockey helmets with chin strap are mandatory and must be worn at all times while on the ice.** Facemask and mouthpiece are not required, but are recommended.

- A player cannot score more than 3 goals during a game. If a player has already scored the game max, and scores again at any time throughout the game, those goals will not be allowed and face off will go to the neutral zone.
- Each team is permitted one 30 second time-out per game. Unused time-outs may not be carried over into the overtime period.
- Standing tie-breakers: Head-to-Head play (record, then goal differential), then goal differential in league play (maximum 5 goals/game), then most goals scored in league play, then a coin toss

Penalties:

- Any player who accumulates (3) penalties will be removed from their current game. Any ejected player will be suspended one game and have a \$50 reinstatement fee.
- Any game that has over 10 penalties (any penalty, whether major or minor) in a game combined will automatically go to a running clock for the rest of the game. If game is determined to be a safety issue due to the amount of penalties, rink manager and officials can forfeit the game for both teams.
- Any player receiving 10 penalties (majors and misconducts count as 2 penalties) in a season will no longer be allowed to play the remainder of the season.
- Slashing Goalies – If a goalie has the puck covered, the play is dead, even if the officials have not blown their whistles yet. A player, who in the officials' opinion, is digging for a puck that is covered by a goalie (before or after the play is whistled) will be assessed a 2-minute slashing penalty.
- If a team only has 4 players (no subs) and receives a time penalty, the opposing team will receive a goal en lieu of the player serving the penalty.