

Greensboro Adult Hockey League

Rules of Play

Updated 10-7-2016

1. Games will consist of three (3) 20 minute (run time) periods. Games are allotted 75 minutes. This time begins once the Zamboni doors close. If players delay the start of the game, the time will be taken off of the first period's length. There will be **5 minutes allotted for warm ups** and 1 minute during intermissions. The game clock will no longer stop for penalties. If a game is within 2 goals, the final 2 minutes will be stop time. In the event of a tie (regular season and playoffs) there will be a 5 minute (3 run time – last 2 stop time) sudden-death overtime, if the game remains tied there will be a shoot out until a decision is met, starting with five shooters from each team, visitors shoot first. If tied at the end of this, shooters will alternate until the game is decided. Each and every player must shoot once before anyone can shoot for a second time (the same order must be maintained). Any player in the penalty box at the end of the overtime period is ineligible for the shootout.
2. At **all league levels except for A/B**, a player may score a maximum of **3 goals per game**. Any goal scored after 3 will be automatically disallowed. The ensuing face off will be at the closest blue line spot. Even with 3 goals, a player is eligible for shootouts.
3. Automatic icing is in effect.
4. Slap shots are not allowed in the D division anywhere on the ice except during warm ups. Play will be stopped and a faceoff will occur.
5. This is a non-check league and body checking will not be tolerated. Deliberate body checking may warrant a 5 minute major penalty per USA Hockey rules and regulations.
6. **FIGHTING WILL NOT BE TOLERATED...** The following rules will be enforced in the event of a fight.
1st offense: Game misconduct, 1 game suspension (USA Hockey), 1 game suspension (GAHL) for a total of 2 games.
2nd offense within 1 year after the initial fighting penalty: Game misconduct, 1 game suspension (USA Hockey), 4 game suspensions (GAHL) for a total of 5 games.
3rd offense within 1 year after the initial fighting penalty: Game misconduct, forfeiture of season without refund.
These are the minimums and can be reviewed with additional suspensions being added.
7. Repeated offenses to the guidelines provided by USA Hockey will not be tolerated. Any player who obtains over 25 penalty minutes in one season is required to attend a meeting with the league director before participating in another game. At this meeting it will be determined by the league director if any further disciplinary action will be taken.
8. A zero tolerance policy is in effect toward officials. Abuse of (on or off ice) officials, physical or verbal will not be tolerated and will result in further disciplinary action.
9. Four penalty rule: Any player receiving four penalties in a game will be ejected from that game.
10. No smoking will be tolerated at this facility and will be handled under the limits of North Carolina law. Anyone playing while under the influence of alcohol or drugs and it can be determined by the officials, scorekeepers, or administrators, the individual will be ejected from the game.
11. Players (excluding goalies) must play for their rostered team only. In the event of a team being short (less than 6 skaters), a player must receive permission from the hockey director or the opposing captain in order to play for the team who is short. Any approval from the hockey director or opposing captain will validate the roster resulting in a sanctioned game. Any refusal will result in an invalid roster and therefore a non sanctioned game and a forfeit. At this time, players may have the ice, but game officials will have the option of leaving. An official or score keeper must witness any dialogue between captains to ensure validity. Failure to follow this process will result in automatic forfeiture of the game by the short handed team.
 - 11 A. The League Director MUST approve any roster addition/change made during the season. Illegal players will result in automatic forfeiture of game and possible suspension of the Captain.
 - 11 B. Rosters will consist of a minimum of 13 players and a goalie. The team captain must approve the addition of players above 13 to a roster. The league reserves the right to fill rosters up to 13 players. Rosters may be a maximum of 18 players and 2 goalies. It is preferred that a player be signed to a roster at least 3 games before the playoffs start to be eligible for playoff/ Championship Games. However, exceptions will be considered on a case by case basis and will be decided by the director.
12. Each team must be represented by a team captain. The duties of the captain are to report to captain's meetings held by league officials, participate in creating a roster at the beginning of each season, ensure a goalie will be available each game, contact team with information regarding first game, playoff schedule, and any changes in schedule, rules, roster additions, roster deletions, etc. Captains may be asked for their input regarding league decisions such as roster adds/subtractions etc. however the league director has the final say in any and all matters relating to GAHL matters.

Playoff tie breakers. Unless otherwise stated before the start of a playoff series, the following will be used in breaking a tie.

- 1- Head to Head is first tie breaker, based on most previous series. IE: regular season that just concluded or Pool play that is in progress.
- 2- Goals **against** comparing only the teams involved in the tie.
- 3- Goals **for** comparing the teams involved.
- 4- Penalty minutes comparing the teams involved.

These rules are subject to change. The league director has the right to make rulings and/or judgments based on situations not mentioned in this document as well as having the final say in interpreting a rule definition. Please contact the league director with any questions you may have.

The rules outlined above are in place to ensure the enjoyment of the game for Ice House patrons. The GAHL is established in order to see that patrons are provided a safe and entertaining environment and that each patron has an enjoyable experience. The Ice House thanks you for your continued support.

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