

## Recreational League Rules

### League Objective

To provide a co-ed league designed just for newer skaters and those looking to get back into the game. Consider this league as organized pick-up games. While this is the next step up from our Adult Skills & Scrimmage Program, this is NOT a win at all costs competitive league. If you are looking for playoffs, championship games or trophies, this is not the league for you.

### League Rules

- Referees and Scorekeepers fees are included in league cost.
- League includes 10 games played on Friday, Saturday, or occasional Sunday nights at Holiday Twin Rinks & Leisure Rinks.
- Schedule, standings and player stats will be updated on our website.
- All skaters must have AAU insurance.
- Three periods of 19 minutes running time will be played. Clock will stop for the last 5 minutes of the third period if the game is within 4 goals.
- A 3-man shootout will take place if the game is tied after regulation. HOME TEAM gets to pick to shoot first or second. If the game is still tied, the shootout will continue 1 and 1 until a winner is determined. All shooters can only shoot ONCE
- Penalty times are as follows: 3 minutes minor, 12 minute misconduct. Once stop time begins during the last 5 minutes of the third period then the minor penalty goes to 2 min stopped time. Major penalty or fighting results in immediate ejection from game and from the league with loss of fees paid.  
No exceptions! League may also suspend players on a case-by-case basis. Excessive penalties may result in suspension.
- No timeouts allowed.
- If the puck hits the 'out of play' net it will still be a live puck and playable. Since we play running clock this will help keep the game moving.
- 3-point games. Meaning, 3 points for a win in regulation. 2 points for a win in OT/SO. 1 point for a loss in OT/SO. 0 points for a loss in regulation.
- Tag up off-sides, icing and penalties will adhere to USA Hockey Adult League Rules.
- Teams will change "on the fly". Horn will not blow to change lines. Captains are responsible to make sure all skaters get an equal chance to participate.
- Teams will consist of no more than 15 skaters and 1 goalie. Teams will be formed by the League Committee with the intent of keeping competition as equal as possible. Player requests are limited to 1 per player. Some requests may not be granted depending on team strength. Teams that enter the league are subject to evaluations and possible moves to keep competition as even as possible.
- The League reserves the right to make a trade anytime.
- Limited body contact may happen during play. Outright body checking will be penalized.
- No refunds will be offered.
- The league will assign a team captain who will help to ensure that the objectives of the league are being followed.
- Players from outside the league are not eligible to participate.
- If a team has less than 10 skaters, they can pull a player from another team to sub for that night. Note that subs are limited to 2 games PER TEAM besides their own.
- The League Commissioner has the sole authority to resolve all league disputes and to interpret all league rules. The commissioner's interpretation of these rules is to be deemed final, regardless of written rules when it is deemed any rule may be unfairly applied.