



Atlanta Amateur Hockey League Rules and Bylaws

April 2026



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Revisions

Date	What Changed?	Section(s)
April 20, 2026	Updated the rules for helmet and facial protection.	General AAHL Rules > 1a-e
August 10, 2025	Updated the rule so that only the captain of the losing team can authorize the clock to run during the last 5 minutes of the third period.	Open League Rules > 2
April 25, 2025	Updated the faceoff rule about when a puck is shot into the zone during a delayed offsides call.	General AAHL Rules > 4c
	Updated the faceoff rule about stoppages caused by the attacking team.	General AAHL Rules > 4d
	Added a faceoff rule about icing errors made by officials.	General AAHL Rules > 4e
	Added a rule about issuing a penalty when a goalie shoots the puck out of play.	General AAHL Rules > 7
	<ul style="list-style-type: none"> • Added a new section. • Renamed the <i>Match Penalties and Suspensions</i> section to <i>Penalties and Suspensions</i>. 	Penalties and Suspensions > Excessive Penalties
	Added a new rule about using sub goalies for playoff games.	Substitute Players > Goalies > 6
	Added references to the Over 50 league.	Over 35/Over 50 League Rules A. Administrative Leadership > 1. Officers > b. Non-Voting C. League Composition > 1. Divisions D. League Players > 8. Age D. League Players > 10. Goaltender Absenteeism E. League Teams > 3. Intra-Level Trades (All Levels) E. League Teams > 4. Inter-Level Trades (All Levels) E. League Teams > 6. Team Jerseys E. League Teams > 7. Number of Teams



Date	What Changed?	Section(s)
		I. Penalties > 1. Definitions > a. Minor I. Penalties > 1. Definitions > b. Double Minor J. Penalty Guidelines > 1. League-Specific Penalties J. Penalty Guidelines > 1. League-Specific Penalties > m. Mandatory Ejections
October 10, 2024	Added a new section.	Zero-Tolerance Drugs & Alcohol Policy
	Updated the wording about closing the penalty box door.	General AAHL Rules > 3I
	Corrected double minor penalties to be run-time instead of stop-time.	Open League Rules > 5b
	Corrected overtime rules to be 3-on-3 instead of 4-on-4.	Elite Over 35 Division > 7
	Corrected the wording from "unpaid" games to "unplayed" games.	Penalties and Suspensions > Match Penalties
	Updated the wording about a player rejoining the league after receiving a lifetime suspension.	Penalties and Suspensions > Lifetime Suspensions
	Added a new section.	Penalties and Suspensions > Referee Review Process
	Reduced the goal-scoring limit from 3 to 1.	Beginner League Rules > 5
	Changed the role from Secretary to League Administrator.	A. Administrative Leadership > 3. Elections > d. Election Procedure
	Removed the <i>Publication</i> section.	A. Administrative Leadership > 14. Publication
	Increased the maximum initiation fee from \$25 to \$50.	B. League Dues > 2. First-Time Players
	Increased the fine from \$25 to \$50.	B. League Dues > 4. Bad Check or Invalid Credit Card
	Added wording about players who will turn 18 during the season.	B. League Dues > 5. Waiver, Release, and Indemnification



Date	What Changed?	Section(s)
	Added a new section.	D. League Players > 4. Player Rehab and Returning to Their Level
	Updated the draft policies for supplemental evaluations.	F. Player Draft > 2. Supplemental Evaluations
	Added League Coordinator as an approval option.	H. Playing Rules > Team Assignment
	Expanded the bylaw for an ejected player and consequences for not following protocol.	J. Penalty Guidelines > 1. League-Specific Penalties > a.2 Conduct of Players After Penalty Call
December 1, 2022	Corrected overtime rules regarding period duration and line changes.	Elite Over 35 Division > 7 Upper/Middle/Lower Over 35 Divisions > 7
	Removed the rule about subs being able to give a team only an equal or lesser number of skaters as the other team.	Substitute Players > Skaters
November 1, 2022	Combined AAHL rules and bylaws into a single document.	(All)
	Added a rule about forfeits.	General AAHL Rules > 10
	<ul style="list-style-type: none"> • Clarified the rule about eligibility for captains and board members. • Added the rule about having a maximum of three subs. 	Substitute Players > Skaters
	<ul style="list-style-type: none"> • Removed the rule about goalies being able to sub one level below their designated level without restrictions. • Removed the rule about eligibility for a higher-level goalie who has been used by multiple teams in a lower division. 	Substitute Players > Goalies
	Updated the bylaw to include all non-voting board members.	A. Administration Leadership > 1. Officers > b. Non-Voting
	Updated the bylaw about succession of the Past President.	A. Administrative Leadership > 3. Elections > e. Past President



Date	What Changed?	Section(s)
	Updated the bylaw about goalies and board members serving as team captains.	A. Administration Leadership > 11. Team Captains
	Updated the bylaw about <i>The Red Line</i> newsletter.	A. Administrative Leadership > 14. Publication
	Clarified the bylaws to account for players who skate out in one division and play goalie in another.	D. League Players > 6. Prohibition of Temporary Shifting Between Levels H. Playing Rules > 2. Team Assignment
	Added a section for supplemental evals, moved from the C. League Composition > 4. Waiting List section.	F. Player Draft > 2. Supplemental Evaluations
	Clarified the bylaw about selecting undrafted members.	F. Player Draft > 3. Division-Level Draft
	Added details regarding the President's selection of the Auditor.	G. Committees > 2. Auditor



Code of Conduct

AAHL Player's Code of Conduct

The Atlanta Amateur Hockey League (AAHL) is a non-checking adult hockey league whose mission is to promote a safe and positive playing environment for players of all skill levels in a recreationally competitive and organized environment. In following the league's Code of Conduct, players agree to comply with all [rules](#), [guidelines](#), and [bylaws](#); conduct themselves in a sportsmanlike manner; and respect all other participants, including opponents, referees, scorekeepers, spectators, and rink staff.

The AAHL's Code of Conduct embodies the following principles:

- 1 Safety – The safety of all participants is paramount.**
 - a. Dirty play will not be tolerated. Further, there will be serious consequences for any player who intimidates, endangers, or deliberately harms another player or participant through the use of force, reckless play, and/or violent behavior.
 - b. All league equipment rules must be followed on the ice and the bench.
- 2 Respect – Show good sportsmanship and treat everyone how you'd like to be treated.**
 - a. Play hard, but play fair. Support your teammates and respect your opponents by controlling your temper and keeping your emotions in check. Be humble in victory and gracious in defeat.
 - b. Show respect for the authority and decisions of the referees, remembering that there's always another perspective besides your own.
 - c. Unsportsmanlike conduct, including taunting, ridiculing, discriminatory remarks, verbal or nonverbal threats, harassment, obscene gestures, and profane language toward participants – especially referees – is never condoned and will be met with automatic ejections and potentially further punishment.

The ability to play in the AAHL is an opportunity, not a right. As a private organization, the AAHL Board reserves the right to issue disciplinary action to any player who does not uphold the Code of Conduct, including a temporary or life suspension from the league.



Zero-Tolerance Drugs & Alcohol Policy

Under no circumstances are alcohol and/or illegal drugs allowed to be brought into or consumed anywhere at or around any of the locations where AAHL games are played. Any player, team, or team spectator who is found to have brought or consumed alcohol and/or illegal drugs in or around any of the rink facilities is subject to an immediate suspension, along with an immediate suspension and fine to be assessed to the team captain. Furthermore, the player, team, or team spectator is also subject to arrest and prosecution at the facility's sole discretion.

At facilities that sell alcohol, players, teams, and team spectators are allowed to purchase and consume alcohol only in designated areas at those rinks. Players, teams, and team spectators are not allowed to leave those designated areas with alcohol in their possession.

This is a zero-tolerance policy.

Violations

Hearing by the Board

Violations of the policy will be enforced following an evidentiary hearing by the AAHL Board. Such a hearing will be initiated following the receipt of a complaint directed to the league President by the management of the rink where the AAHL has contracted for ice time.

Hearing Timing and Procedure

The complaint will be heard by the Board for alleged violations at its next scheduled meeting. Any individuals identified to the Board as having violated this policy will be entitled (but not required) to be heard at the next board meeting. The league President is empowered to set the time, place, quorum requirements, rules governing voting, and all other procedural rules which shall govern the conduct of the hearing.

Final Determination by the Board

Following a review of the facts presented, the Board will vote to assess such sanctions or take such actions as appropriate to the particular circumstances under consideration.



Rules

Rules of Play

The AAHL's rules of play are comprised of USA Hockey rules and specific AAHL and league rules.

USA Hockey Rules

Except where noted in this document, the AAHL follows [USA Hockey rules](#) for adult non-checking ice hockey as a baseline.

General AAHL Rules

The following rules are unique to the AAHL and vary from USA Hockey rules. Most of these general rules apply to all AAHL leagues except where noted.

1 Equipment and Safety:

- a. Helmets approved for ice hockey must be worn by all players at all times during a game, including on the ice, on the bench, and in the penalty box. Helmets must be worn as designed by the equipment manufacturer, with the chin strap and both cage straps securely fastened.
- b. Altered helmets (for example, with cut or modified components) are not permitted. Players using altered helmets must undo the alteration and restore the helmet's full original function before participating.
- c. All player helmets must have facial protection approved for ice hockey, with no gaps between the upper and lower portions of the full facial protection, including any combination of cage and shield. All pieces must fit securely together as a single, continuous unit with no visible separation.
- d. The AAHL requires players in all leagues to wear facial protection as follows:

League	Division	Facial Protection Requirement
Open	AAA	Visor/half shield; full cage or full shield/bubble recommended
	AA	Full cage or full shield/bubble
	A	Full cage or full shield/bubble
Over 35	Elite	Visor/half shield; full cage or full shield/bubble recommended
	Upper/Middle/Lower	Full cage or full shield/bubble
Rec		Full cage or full shield/bubble
Beginner		Full cage or full shield/bubble

You must follow the specific facial protection rule for the league or division you play in; that rule supersedes the rule for other leagues or divisions you play in.

- e. Anyone on the bench during a game must be eligible to play for that team and in full gear with approved helmet and facial protection. This is a liability issue.



- f. Because special rules apply to goalie helmets and masks, goalies should direct equipment inquiries to their league or division Vice President.

2 Checking – No body checking is allowed at any time during a game.

3 Penalties and Game Misconducts:

- a. Boarding, charging, high sticking, tripping, slashing, and hooking can be penalized as a minor, major, or major penalty plus game misconduct *only* if a non-high-sticking penalty results in injury.
- b. An accidental high stick to the face that draws blood can be penalized only as a 5-minute major and a 10-minute game misconduct.
- c. Roughing can be penalized only as a minor or double minor penalty.
- d. Head contact can be penalized as a minor, major, or major penalty plus game misconduct.
- e. Delayed penalties resulting in a goal must be reported by the referee and recorded on the scoresheet. Note that delayed penalties *do count* toward a player's penalty limit for the game.
- f. Players must be given a 2-minute minor for unsportsmanlike conduct before a 10-minute game misconduct that results in ejection can be given, whether before or at the time of the ejection. Any abuse to a referee after a game will result in an automatic game misconduct.
- g. Verbal abuse of officials or refusal to quickly leave the ice when directed to the penalty box usually results in a game misconduct penalty, followed by ejection for continued or aggravated misconduct. Players should be reminded that only designated team members (the captain or alternate captains) may discuss a call with the officials.
- h. No injury is necessary for any major penalty or game misconduct to be issued – just "reckless endangerment" as defined by USA Hockey. Taking reckless endangerment into account requires sound judgement by the referees.
- i. When a player takes a major penalty and a game misconduct and it is not a coincidental penalty, the penalized player is immediately ejected, and no other teammate needs to be put in the box to serve the major portion of the penalty. When the penalty expires, a teammate may come off the bench to help their team return to full strength.
- j. Note that penalties may be assessed against players for misconduct that occurs after the game, even after both teams have left the ice.
- k. For game misconducts, the scorekeeper must email scorekeeper@atlantahockey.org, administrator@atlantahockey.org, and treasurer@atlantahockey.org with the following details: game date, time, location, participating teams, the offending player's team, jersey number, name, infraction, and the names of the referees.
- l. A player leaving the penalty box upon the expiration of their penalty must ensure that the door is closed behind them – it is not the scorekeeper's responsibility. If the door does not close and the player engages in play, the player will be assessed a minor penalty for too many skaters.



4 Faceoffs:

- a. All faceoffs must take place on one of the nine dots around the rink.
- b. A referee must blow their whistle before every faceoff.
- c. If a player shoots the puck on net during a delayed offsidess call, play will continue without a whistle. If the puck enters the net, the goal will not be awarded. To determine the location of the subsequent faceoff, the referees will judge whether the puck was intentionally shot on goal or simply dumped in.
- d. If the attacking team causes a stoppage in play by shooting the puck out of bounds (including off the goalpost, glass, or boards), the faceoff will go to the neutral zone.
- e. If icing is erroneously called by the officials, the faceoff will go to center ice.
- f. When a team takes a penalty that causes them to be shorthanded, the faceoff will go to the far faceoff dot unless one of the following stoppages of play occurs:
 - *Offsides Stops the Play During a Delayed Penalty* – The faceoff moves to the neutral zone, just like regular offsides.
 - *Icing by the Non-Offending Team* – The faceoff moves to the neutral zone nearest to the non-offending team's defending side.
 - *High Sticking by the Non-Offending Team* – The faceoff moves to the neutral zone, just like icing.
 - *Team A Attacking Zone, Team A on the Power Play, Team A Takes a Penalty* – The faceoff moves to Team A's defending zone.
 - *Equal Minor Penalties at the Same Time to Both Teams* – The faceoff moves to the nearest neutral zone faceoff dot.
 - *Major vs. Minor Penalty* – The faceoff moves to the defending zone of the team that takes the major.

5 Goalie Crease Area – Each goalie crease is comprised of the blue-painted area in front of the net.

6 Goalie Protection Area – An area outlined by a figurative box that extends from the center of each near faceoff circle straight back to the end-boards and between the same faceoff circles. If the goalie is in the confines of this area, they cannot be interfered with and must be allowed to move freely.

7 Goalie Shooting the Puck Out of Play – Referees will make a judgment call to determine whether a delay-of-game penalty should be assessed when a goalie shoots the puck out of play.

8 Cameras – No cameras (e.g., GoPros) are allowed on the *inside* of the playable rink area at any time.

9 Unruly Fans – If a disruptive spectator refuses to leave, a referee will ask the captain of the team the fan is rooting for to ask them to leave. If unsuccessful, the ref will ask rink personnel to remove the person. If still unsuccessful, the scorekeeper will run the clock until they leave.

10 Points – The winning team will receive 2 points in the standings. The losing team will receive 0 points for a regulation loss and 1 point for an overtime or shootout loss.

11 Forfeits – If a team forfeits for any reason while a game is in progress, the score at the time of the forfeit will become the final game score.



Open League Rules

- 1 Warmup Period** – There will be a warmup period of no less than 5 minutes prior to the start of the game. The warmup period will begin no earlier than the game's posted start time.
- 2 Game Length** – Each game will be composed of three 25-minute periods of run-time, with 2 minutes between periods to change ends. The final 5 minutes of the third period will be stop-time unless the captain of the losing team authorizes the scorekeeper to run the clock, usually because of a large score differential. Once agreed upon, the decision to run the clock is final, and the scorekeeper or referee cannot revert to stop-time if the losing team gets close to tying the game.
- 3 Games Without a Scorekeeper** – If no scorekeeper is available *before* the start of the third period, an additional 2 minutes will be added to the run-time clock. The total running time for the third period will then be 27 minutes instead of 25 minutes. At no time will a player from the bench be permitted to run the clock during the last 5 minutes of game time. There will be no time added for an overtime period.
- 4 Timeouts** – Each team is allowed one 60-second timeout at any time during regulation, but cannot use the timeout in overtime.
- 5 Penalties:**
 - a. Minor penalties are 2 minutes and 30 seconds of run-time. If occurring within the last 5 minutes of the third period, minor penalties will be 2 minutes of stop-time, unless the captains have agreed to run the clock.
 - b. Double minor penalties are 5 minutes of run-time. If occurring within the last 5 minutes of the third period, double minors will be 4 minutes of stop-time, unless the captains have agreed to run the clock.
 - c. Major penalties are 5 minutes of run-time. If occurring within the last 5 minutes of the third period, majors will be 5 minutes of stop-time – regardless of how much time remains on the clock.
 - d. All penalty times will begin at the next drop of the puck.
- 6 Ejections** – 4 minor penalties or at least 10 minutes in penalties (e.g., one 10-minute misconduct) for a player will result in their automatic ejection for the remainder of the game with no additional game suspension. After the player's third penalty, the scorekeeper should notify the referee of the potential ejection if the player is assessed a fourth penalty.
- 7 Overtime** – Regular season and playoff games tied at the end of regulation will be followed by one 5-minute run-time 3-on-3 sudden-death period. If one team has a 2-man advantage at the end of regulation, the teams will start the overtime period at 5-on-3 and will resume 4-on-3 at the first stoppage after the first penalty has expired. At 3-on-3, penalties in overtime will be treated as add-player until a maximum of 5 skaters is reached (e.g., 3-on-3 → 4-on-3 → 5-on-3), then penalties become subtract-player (e.g., 5-on-2 → 5-on-1 → 5-on-0). Any minor penalties called during the overtime period will be 2 minutes and 30 seconds in duration.



Note that line changes can be made *on the fly only* and are not permitted during a stoppage in play.

- a.** Regular season games that remain tied after the 5-minute overtime period will be end as a tie, and both teams will receive 1 point in the standings.
- b.** Playoff games that remain tied after the 5-minute overtime period will continue with a 5-player shootout, with the lower-seeded team shooting first. At *no* time can a skater serving their own penalty at the end of regulation be permitted to participate in the shootout. However, a player serving a penalty for a goalie or teammate in overtime *is* eligible to participate in the shootout.

If the shootout score remains tied after five rounds, there will be a sudden-death shootout by single round, again with the lower-seeded team shooting first. Note that each skater for a team must shoot before a team can repeat a shooter.



Over 35/Over 50 League Rules

Elite Over 35 Division

- 1 Warmup Period** – There will be a warmup period of no less than 3 minutes prior to the start of the game. The warmup period will begin no earlier than the game's posted start time.
- 2 Game Length** – Each game will be composed of three 20-minute periods of run-time, with one minute between periods to change ends. The final 2 minutes of the third period will be stop-time.
- 3 Games Without a Scorekeeper** – If no scorekeeper is available *before* the start of the third period, an additional 2 minutes will be added to the run-time clock. The total running time for the third period will then be 22 minutes instead of 20 minutes. At no time will a player from the bench be permitted to run the clock during the last 2 minutes of game time. There will be no time added for the overtime period.
- 4 Timeouts** – No timeouts are allowed.
- 5 Penalties** – Minor penalties are 2 minutes of run-time, double minors are 4 minutes of run-time, and major penalties are 5 minutes of run-time – regardless of how much time remains on the clock. All penalty times will begin at the next drop of the puck.
- 6 Ejections** – 4 minor penalties or at least 10 minutes in penalties (e.g., one 10-minute misconduct) for a player will result in their automatic ejection for the remainder of the game with no additional game suspension. After the player's third penalty, the scorekeeper should notify the referee of the potential ejection if the player is assessed a fourth penalty.
- 7 Overtime** – Regular season and playoff games tied at the end of regulation will be followed by one 5-minute run-time 3-on-3 sudden-death period. If one team has a 2-man advantage at the end of regulation, the teams will start the overtime period at 5-on-3 and will resume 4-on-3 at the first stoppage after the first penalty has expired. At 3-on-3, penalties in overtime will be treated as add-player until a maximum of 5 skaters is reached (e.g., 3-on-3 → 4-on-3 → 5-on-3), then penalties become subtract-player (e.g., 5-on-2 → 5-on-1 → 5-on-0). Any minor penalties called during the overtime period will be 2 minutes and 30 seconds in duration.

Note that line changes can be made *on the fly only* and are not permitted during a stoppage in play.

- a.** Regular season games that remain tied after the 5-minute overtime period will be end as a tie, and both teams will receive 1 point in the standings.
- b.** Playoff games that remain tied after the 5-minute overtime period will continue with a 5-player shootout, with the guest/away team shooting first. At *no* time can a skater serving their own penalty at the end of regulation be permitted to participate in the shootout. However, a player serving a penalty for a goalie or teammate in overtime *is* eligible to participate in the shootout.

If the shootout score remains tied after five rounds, there will be a sudden-death shootout by single round, again with the guest team shooting first. Note that each skater for a team must shoot before a team can repeat a shooter.



Over 50 League and Upper/Middle/Lower Over 35 Divisions

- 1 Warmup Period** – There will be a warmup period of no less than 3 minutes prior to the start of the game. The warmup period will begin no earlier than the game’s posted start time.
- 2 Game Length** – Each game will be composed of three 15-minute periods of run-time, with one minute between periods to change ends. The final 2 minutes of the third period will be stop-time.
- 3 Games Without a Scorekeeper** – If no scorekeeper is available *before* the start of the third period, an additional 2 minutes will be added to the run-time clock. The total running time for the third period will then be 17 minutes instead of 15 minutes. At no time will a player from the bench be permitted to run the clock during the last 2 minutes of game time. There will be no time added for the overtime period.
- 4 Timeouts** – No timeouts are allowed.
- 5 Penalties** – Minor penalties are 1 minute and 30 seconds of run-time, double minors are 3 minutes of run-time, and major penalties are 5 minutes of run-time – regardless of how much time remains on the clock. All penalty times will begin at the next drop of the puck.
- 6 Ejections** – 3 minor penalties or at least 10 minutes in penalties (e.g., one 10-minute misconduct) for a player will result in their automatic ejection for the remainder of the game with no additional game suspension. After the player’s second penalty, the scorekeeper should notify the referee of the potential ejection if the player is assessed a third penalty.
- 7 Overtime** – Regular season and playoff games tied at the end of regulation will be followed by one 5-minute run-time 3-on-3 sudden-death period. If one team has a 2-man advantage at the end of regulation, the teams will start the overtime period at 5-on-3 and will resume 4-on-3 at the first stoppage after the first penalty has expired. At 3-on-3, penalties in overtime will be treated as add-player until a maximum of 5 skaters is reached (e.g., 3-on-3 → 4-on-3 → 5-on-3), then penalties become subtract-player (e.g., 5-on-2 → 5-on-1 → 5-on-0). Any minor penalties called during the overtime period will be 2 minutes and 30 seconds in duration.

Note that line changes can be made *on the fly only* and are not permitted during a stoppage in play.

- a. Regular season games that remain tied after the 5-minute overtime period will be end as a tie, and both teams will receive 1 point in the standings.
- b. Playoff games that remain tied after the 5-minute overtime period will continue with a 5-player shootout, with the guest/away team shooting first. At *no* time can a skater serving their own penalty at the end of regulation be permitted to participate in the shootout. However, a player serving a penalty for a goalie or teammate in overtime *is* eligible to participate in the shootout.

If the shootout score remains tied after five rounds, there will be a sudden-death shootout by single round, again with the guest team shooting first. Note that each skater for a team must shoot before a team can repeat a shooter.



Beginner League Rules

- 1 Warmup Period** – There will be a warmup period of no less than 3 minutes prior to the start of the game. The warmup will begin no earlier than the game's posted start time.
- 2 Game Length** – Each game will be composed of three 15-minute periods of run-time, with 1 minute between periods to change ends. The final 2 minutes of the third period will be stop-time.
- 3 Games Without a Scorekeeper** – If no scorekeeper is available *before* the start of the third period, an additional 1 minute will be added to the run-time clock. The total running time for the third period will then be 16 minutes instead of 15 minutes. At no time will a player from the bench be permitted to run the clock during the last 2 minutes of game time. There will be no time added for the overtime period.
- 4 Timeouts** – No timeouts are allowed.
- 5 Scoring** – No player may score more than 1 goal in a game. After the goal, the scorekeeper must inform the referees and the captains about the player's reached limit. Any subsequent goal scored by that player for the remainder of the game will be disallowed, and the faceoff will go to the offending team's defensive zone (just like icing). If the game is tied at the end of regulation, players who have scored goals cannot participate in overtime or a shootout.
- 6 Penalties** – Minor penalties are 1 minute and 30 seconds, double minors are 3 minutes, and major penalties are 5 minutes – regardless of how much time remains on the clock. All penalty times will begin at the next drop of the puck.
- 7 Ejections** – 3 minor penalties or at least 10 minutes in penalties (e.g., one 10-minute misconduct) for a player will result in their automatic ejection for the remainder of the game with no additional game suspension. After the player's second penalty, the scorekeeper should notify the referee of the potential ejection if the player is assessed a third penalty.
- 8 Overtime** – Regular season and playoff games tied at the end of regulation will be followed by one 3-minute run-time 5-on-5 sudden-death period. If one team has a 2-man advantage at the end of regulation, the teams will start the overtime period at 5-on-3 and will resume 4-on-3 at the first stoppage after the first penalty has expired. At 3-on-3, penalties in overtime will be treated as add-player until a maximum of 5 skaters is reached (e.g., 3-on-3 → 4-on-3 → 5-on-3), then penalties become subtract-player (e.g., 5-on-2 → 5-on-1 → 5-on-0). Any minor penalties called during the overtime period will be 2 minutes and 30 seconds in duration.

Note that line changes are allowed at any time during the overtime period.

- a.** Regular season games that remain tied after the 3-minute overtime period will be end as a tie, and both teams will receive 1 point in the standings.
- b.** Playoff games that remain tied after 3-minute overtime period will continue with a 5-player shootout, with the guest/away team shooting first. At *no* time can a skater serving their own penalty at the end of regulation be permitted to participate in the shootout. However, a player serving a penalty for a goalie or teammate in overtime *is* eligible to participate in the shootout.

If the shootout score remains tied after five rounds, there will be a sudden-death shootout by single round, again with the guest team shooting first. Note that each skater for a team must shoot before a team can repeat a shooter.



Recreational League Rules

- 1 Warmup Period** – There will be a warmup period of no less than 5 minutes prior to the start of the game. The warmup will begin no earlier than the game's posted start time.
- 2 Game Length** – Each game will be composed of three 20-minute periods of stop-time, with 2 minutes between periods to change ends. If there is no scorekeeper, each regulation period will be 25 minutes of run-time.
- 3 Timeouts** – Each team is allowed one 60-second timeout at any time, including overtime.
- 4 Penalties** – Minor penalties are 2 minutes of stop-time, double minors are 4 minutes of stop-time, and major penalties are 5 minutes of stop-time – regardless of how much time remains on the clock. All penalty times will begin at the next drop of the puck.
- 5 Ejections** – 3 minor penalties, any major penalty, or at least 6 minutes in penalties (e.g., one 10-minute misconduct) for a player will result in their automatic ejection for the remainder of the game with no additional game suspension. After the player's second penalty, the scorekeeper should notify the referee of the potential ejection if the player is assessed a third penalty.

Note: Any threat or taunt will result in an *automatic game misconduct*. There will be no warning or major penalty that precedes this ruling – straight to a game misconduct and ejection.

- 6 Scoring** – No player may score more than 3 goals in a game. After the third goal, the scorekeeper must inform the referees and the captains about this reached limit. Any goal scored by that player for the remainder of the game will be disallowed, and the faceoff will go to the offending team's defensive zone (just like icing). If the game is tied at the end of regulation, a player with 3 goals may not participate in any overtime period.
- 7 Goalies:**
 - a. Goalies are encouraged to switch sides halfway through the second period.
 - b. If only one goalie shows for the game, the goalie can be shared between the two teams, with one team playing with either 6 players or the Shooter Tutor. In this situation, the goalie will play for one team for the first period, then the other team for the second period. The third period will then begin with the teams playing in the same attack direction as in the second period (e.g., attacking the goal closest to their respective benches). Then halfway through the third period, the teams will switch directions and play as they normally would in a third period.
 - c. If a team without a goalie opts to play with 6 players, for safety and sportsmanship purposes, slapshots cannot be taken on the team whose sixth player is defending the goal in normal player pads. A slapshot taken in such a manner should be treated in the same manner as a puck played with a high stick, resulting in a stoppage and a faceoff at the opposite end of the ice.
- 8 Overtime** – Games tied at the end of regulation will be followed by a 5-skater shootout, with the guest/away team shooting first. Any regular member of the team not serving a penalty at the end of regulation is eligible to participate. If the shootout score remains tied after five rounds, the game will end as a tie, and both teams will receive 1 point in the standings.



Penalties and Suspensions

Excessive Penalties

Each Vice President will monitor their division's stats for an excessive number of penalties (PEN) and penalty minutes (PIM) after games 5, 10, and 15 as follows:

- After 5 games, "excessive" is defined as either an average of 1 penalty per game (5 PEN) or 13 PIM. If there appears to be a pattern in the player's penalty history, the VP will issue a warning to the team captain and the offending player.
- After 10 games, "excessive" is defined as any additional major-or-higher penalties since the first warning and/or an average of 1 penalty per game (10 PEN) or 26 PIM. If a player has received a warning after the 5-game review and is still in excess, they may receive a minimum 1-game suspension.
- After 15 games, "excessive" is defined as any additional major-or-higher penalties since the second warning and/or an average of 1 penalty per game (15 PEN) or 39 PIM. If a player has received a warning after the 10-game review and is still in excess, they may receive a minimum 3-game suspension.

In addition, if any team commits 8 or more penalties in a single game or has 3 or more players with a major penalty or higher, the captain may be suspended for 1 or more games and/or fined at the discretion of the Board. The VP and Board reserve the right to request and require the captain and the offending players to attend a board meeting and/or issue additional remediations as warranted.

Match Penalties

The safety of players and officials is paramount. The physical space immediately surrounding referees and scorekeepers is sacrosanct. Invasion of this protected area that results in any contact – however slight – is never excusable. Players should expect that the AAHL will act aggressively to protect officials from any intentional or reckless physical contact by any player by removing violators from the league.

After a review by the full AAHL Board, a match penalty (automatic ejection and possible suspension) is assessed for the following types of misconduct:

- Intent to injure, as evidenced by a clear intention and voluntary action
- Intimidation that threatens the immediate use of physical contact
- Physical abuse of an official during a game (from the end of ice resurfacing before warmups to the beginning of ice resurfacing after the postgame handshake). This includes *any* voluntary physical contact by a player with an official, whether with a stick, a finger to the chest, or even a tap on the shoulder. Note that this does not include accidental contact, such as being pushed into the official, or incidental contact in the course of play.



Touching a referee however slightly – even by a finger to the chest – will result in a match penalty and expulsion from the league, generally for a minimum of 1 year. The player will forfeit all dues paid to that date, will be prohibited from finishing the season in all divisions in which they play, and will not receive a refund for unplayed games. The player can reapply for permission to rejoin the league after the expulsion period has passed. Re-admission will be considered by the AAHL Board, but is not guaranteed.

- Anyone who makes a targeted derogatory remark with the intent to intimidate anyone else. This does not include shouting to let off steam. It does include any specific verbal threat with a reference to life, sex, religion, or ethnicity. Examples: "You are a cu**," "Fagg**," and "I want to kill everyone here." Automatic match penalty, no questions asked.

For match penalties, both referees, both captains, and the scorekeeper must fill out the AAHL Match Penalties Report in the scoresheet book at each rink at the completion of that game. The scorekeeper must then email scorekeeper@atlantahockey.org, administrator@atlantahockey.org, and treasurer@atlantahockey.org so that the league is aware of the match penalty.

Automatic Suspensions

Captains are required to know all league rules and penalties and are responsible for informing suspended players of the length of their suspensions. Automatic suspensions are given for:

- Players receiving at least 10 minutes in penalties during a game: Automatic ejection, but no further suspension
- First game misconduct penalty: 1-game suspension
- Second game misconduct in the same game or season: Minimum 3-game suspension
- Third game misconduct in the same game or season: Minimum automatic suspension for the remainder of the season and no refund
- The presence of an ineligible player on the ice before, during, or after the game: 1-game suspension for the ineligible player and a five-game suspension for the captain.

Lifetime Suspensions

The rule prohibiting physical contact by any player with any official is not new, and has existed substantially without change since the inception of the league. Review of its application is useful both in cautioning new league members and in reminding league veterans of the consequences of violating this prohibition.

In one season, a referee was punched by a player following a penalty call. The player was suspended until the next board meeting about 10 days later, at which time the Board decided to issue a lifetime suspension. While this is an extreme action, every so often a player is subjected to such a penalty by the Board.

A player given a lifetime suspension is unlikely to be allowed to rejoin the AAHL. To date, no player with a lifetime suspension has been permitted to return. See [Section I, Article 2, Part a](#) for more information.



Referee Review Process

The referee-in-chief reviews all game misconducts and match penalties before they are submitted to the Board. When a player receives a game misconduct or match penalty, an on-ice referee submits a report to the referee-in-chief, who then reviews the penalty for rule accuracy. If the on-ice referee cannot cite a rule to support their assessment of the penalty, the referee-in-chief will recommend to the Board that the penalty be dismissed. On the other hand, if the on-ice referee assesses a game misconduct, the referee-in-chief can recommend that it be upgraded to a match penalty.



Substitute Players

The rules about substitute players apply only to the Open and Over 35 leagues.

Skaters

When a team is short players, the team captain may solicit substitute skaters who are active captains and/or board members in accordance with the rules below. Note that captains who use illegal substitute skaters are subject to suspension, fines, and game forfeitures as assessed by the division Vice President.

- 1** Current captains can sub in the same division level or above.
- 2** Current board members can sub in any league or division.
- 3** A maximum of 3 subs are allowed per team to make for a maximum of 10 total skaters. If the team with subs has additional rostered skaters show up late to total more than 10 skaters, the sub(s) must stop playing and leave the ice.
- 4** Captains and board members are not allowed to participate in overtime periods and shootouts in any league.
- 5** Captains are not allowed to sub in playoff games in any league.
- 6** A board member can sub in a playoff game if the team would otherwise have to forfeit (under 5 skaters). But if that team has a player arrive late to make for a total of 5 skaters, the board member must stop playing and leave the ice.
- 7** Captains must notify the scorekeeper of subs so that they can enter notes in case of penalties assessed to those subs.



Goalies

When a team's regular goalie cannot make a game, a substitute goalie from the official sub goalie list can be used in accordance with the rules below. The sub goalie list is updated on the AAHL website at the beginning of each season to include all rostered goalies and unrostered (sub-only) goalies. This list, which may be updated with new sub goalies throughout the season, is accessible only to captains, goalies, and board members when logged in.

Note that the use of an illegal sub goalie may result in a game forfeit, suspensions, and/or fines for the captain as assessed by the division Vice President.

- 1** Captains can choose from substitute goalies listed only on the current season's sub goalie list.
- 2** The captain or sub goalie must check in with the scorekeeper (or referee if no scorekeeper is available) prior to the start of the game and provide the sub goalie's name so that it can be noted on the scoresheet. A sub goalie not noted prior to the start of a game could be considered an illegal player.
- 3** Rostered and unrostered goalies can sub only at their designated division level or above without restrictions.
- 4** Captains cannot use a sub goalie from one level above without preapproval from the division VP.
- 5** Captains cannot use a sub goalie from more than one level above without preapproval from the division VP and opposing team's captain. Prior to the start of the game, the name of the sub goalie must be written on the scoresheet and signed off on by both captains.
- 6** For playoff games, captains must attempt to use a rostered sub goalie only from their level or below. If none are available, captains must then use an unrostered sub goalie only from their level or below to avoid a forfeit.
- 7** Any questions or disagreements about the legality of a sub goalie will be determined by the division VP and/or the Executive Board.

Tiebreaker Rules

The AAHL uses the following system to determine final standings:

- 1** Points
- 2** Intra-Division Wins
- 3** Total Wins
- 4** Head-to-Head Record
- 5** Plus-Minus in Head-to-Head Games
- 6** Overall Plus-Minus
- 7** Coin Toss



Bylaws

A. Administrative Leadership

1. Officers

a. Voting

The Atlanta Amateur Adult Hockey League (AAHL) will have the following voting officers: President, Secretary, Treasurer, Past President, and Vice Presidents from each Open league division.

- 1 No individual shall be permitted to hold more than one voting office at a time.
- 2 If at any time the President is prevented by absence, unavailability, or other inability to take any action called for or duty to be fulfilled by the President pursuant to these bylaws, upon the President's request, the Past President, Secretary, or Treasurer may act in their place and stead. All such actions taken or decisions made by the Past President, Secretary, and/or Treasurer will be deemed taken or made as if such actions were taken or made by the President, and with full force and effect.

b. Non-Voting

The AAHL has the following non-voting officers: Beginner League Coordinator, Rec League Coordinator, Lower Over 35 Coordinator, Middle Over 35 Coordinator, Elite Over 35 Coordinator, Over 50 Coordinator, Scorekeeper Coordinator, Public Relations Coordinator, and New Player Coordinator. The President may also appoint a league attorney or other officer to serve at the President's discretion. No individual shall be permitted to hold more than one office at a time.

c. Vice Presidents

A Vice President must be a player rostered on one of the teams in the same Open league division that they represent.

2. Board of Directors and Executive Board

a. Board of Directors – Composition

The Board of Directors (Board) shall be comprised of the voting officers listed in [Section A, Article 1, Part a](#). Unless specifically indicated to the contrary herein, a "meeting" or "board meeting" shall mean a meeting of both voting and non-voting officers as set forth in [Section A, Article 1](#), parts [a](#) and [b](#).

b. Executive Board – Composition

The Executive Board of Directors (Executive Board) shall be comprised of the President, Secretary, Treasurer, and Past President.



c. Executive Board – Eligibility for Executive Office

The Executive Board of Directors, which includes the President, Secretary, Treasurer, and Past President, shall be limited to active players in the Open league divisions of the AAHL, being the A, AA, or AAA divisions and their respective levels.

- 1 In addition to any other eligibility requirements specified in these bylaws, a player must be rostered on an Open league team to be eligible to run for any executive office, and must remain an active player for the duration of their term.
- 2 If a player is not active exclusively due to injury or illness, that player may complete the remainder of their tenure in office, and may run for re-election to the same office in the next succeeding election.
- 3 If for any reason the executive officer ceases to be eligible during their tenure, that officer shall cease to hold office on the first day of the next month after losing eligibility, and the rules of succession shall apply.

d. Succession of Office

- 1 **President** – If for any reason the President shall cease to serve or become ineligible to continue to serve in office, the Past President shall assume the duties of President until the next scheduled Executive Board meeting. The Executive Board shall, by a majority vote, select an otherwise-eligible person to serve out the former President's remaining term.
- 2 **Other Executive Officer** – If for any reason any executive officer other than the President shall become ineligible to continue to serve in office, the President shall appoint an otherwise-eligible person to fill that office temporarily until the next scheduled Executive Board meeting. The Executive Board shall approve or disapprove the President's selection by a majority vote. After approval of the President's selection, such person shall serve out the former executive officer's remaining term.

3. Elections

a. Nominations of Officers

Nominations of officers will be held during the month of January each year, beginning January 2nd and continuing until January 31st. In order to be nominated, an AAHL league member must first be eligible to run for office ([Section A, Article 5](#)). There will be no elections for uncontested positions; candidates who run unopposed will automatically be considered the winner of the election.

b. Ballots

Voting will utilize an online election website to ensure election integrity. Unique individual ballots will be distributed via email to registered members. All ballot emails must be distributed by the end of the third week of February. Voting submissions will be accepted 2 weeks after distribution, until midnight Eastern Time.



c. Voter Eligibility

Elections for Vice Presidents are limited to members of the Open league division they wish to represent. Elections for the President, Secretary, and Treasurer will be by the AAHL membership at large. Before becoming eligible to run for office, a contender for President must have served on the Executive Board for at least 1 year (the previous election to the date of the new election is sufficient) or as a Vice President for 5 years. Executive Board contenders must have served on the Board for at least 2 years (one full term) before becoming eligible to run for office.

d. Election Procedure

The Board will collect and count the ballots. The League Administrator will attend and record the minutes of the meeting and the results of the election. Non-voting officers ([Section A, Article 1, Part b](#)) shall be appointed or removed by the President, with the approval of the Executive Board.

e. Past President

Upon leaving office, each President shall remain on the Board as Past President until they are succeeded by a new Past President. Unless they are unable to fulfill that position, another former past President shall be appointed as per [Section A, Article 1, Part d](#).

4. Terms of Office

Executive officers shall be considered installed following the Winter Open league season and will serve for 2 years. Elections for Treasurer and Vice Presidents in the A and AAA Open divisions will occur in even-numbered years. Elections for President, Secretary, and the AA Open division Vice President will occur in odd-numbered years. If for any reason a vacancy arises during the term of office, the remaining board members shall have the authority to name a replacement to complete the term.

5. Eligibility to Run for Office

Any member in good standing ([Section A, Article 7](#)) may have their name placed on the ballot by notifying the Board of their intentions, successfully completing an interview with the then-current AAHL Board, and being approved for nomination by a majority vote of the then-current Board before the nomination deadline ([Section A, Article 3](#)).

Each nominee must be nominated in writing by at least 10 members of the league. Additionally, candidates running for the position of President, Treasurer, or Secretary must have prior AAHL Board experience as set forth in [Section A, Article 3, Part c](#). No executive officer may take office until the then-currently effective confidentiality agreement has been signed and returned to the President. Upon revision or modification of the confidentiality agreement, no officer may continue in office upon refusal to sign such amended agreement and may summarily be suspended from such duties and privileges of their office by the President until the agreement is signed.

6. Eligibility to Vote

Any member in good standing is eligible to vote.



7. Member in Good Standing

A member in good standing is a member who is assigned to one of the league teams (not on a waiting list), whose dues are current, and who is not on suspension or probation or awaiting a hearing by the Board.

8. Board Meetings – Procedure/Quorum

a. Number and Notice of Board Meetings

The President shall call board meetings as and where they deem necessary. There shall be a minimum of four board meetings per season. All board members must be notified of each board meeting at least 1 week prior to the scheduled meeting. Board meetings shall be open only to board members and guests approved by the Board. League members who wish to attend board meetings must obtain permission to attend board meetings as a guest through written request ([Section A, Article 13](#)).

b. Quorum

A quorum is necessary to hold any board meeting. A quorum shall consist of a majority of the Board of Directors, and must include at least two members of the Executive Board.

c. Ratification of Board Actions

Any approval required by these bylaws shall be deemed authorized by a favorable majority vote of the voting officers present at any scheduled meeting.

d. Ratification of Board Actions Between Meetings

If needed between scheduled board meetings, any approval required by these bylaws shall be deemed authorized by the President's receipt of verbal approval from a majority of voting officers.

9. Board Decisions

Board decisions shall be decided by a majority vote of voting board members present at any meeting. At the President's discretion, any or all board members not physically present at a meeting may be permitted to attend any such meeting virtually by phone or computer, with the same force and effect as if physically present at the meeting place.

10. General Meeting

The AAHL shall have at least one general meeting prior to the start of each season. This meeting shall be called by the President and will be attended by the Board, team captains, and team representatives. Other league members who wish to attend must obtain permission to attend ([Section A, Article 13](#)). All board members, captains, and team representatives must be notified of each meeting at least 1 week prior to the scheduled meeting time.



11. Team Captains

A player wishing to serve as team captain must indicate their wish to the Board prior to the draft. The player must be a rostered member of the team that they wish to captain. The Board reserves the right to deny requests to serve as team captain. A goalie may serve as team captain, but one of their alternate captains must serve as an on-ice captain to discuss matters with officials during games. Each captain must wear a "C" on their team jersey(s) as a designation of their position. No board member may serve as an on-ice captain, nor may they wear the "C" or "A" on their jersey. Team captains are responsible for knowing all rules applicable to them and their team, whether contained in these bylaws or in the captain's packet distributed before each season.

12. Team Representatives

A player wishing to serve as a team representative must indicate their wish to the Board prior to the draft. The player must be a rostered member of the team that they wish to represent. The Board reserves the right to deny requests to serve as a team representative. A team representative may represent their team in the absence of the captain or with the captain. No board member may serve as a team representative or assist with their own team in the draft.

13. Board Meeting Guest

Any person wishing to address the Board shall petition the league President in writing at least 24 hours in advance of the board meeting, stating the reason for their request. The Board may grant or deny such a request by a majority vote, the outcome of which will be recorded in the meeting minutes.

14. Committees

The Board shall have the power to create committees to help perform the necessary functions of the league. The members and Chairman of each committee will be appointed by the Board except where noted in [Section G](#). Committees may be temporary (to perform a single one-time function) or permanent (to perform ongoing league functions). Permanent committees must be approved as a rule change under [Section A, Article 15](#). If approved, the new committee is amended in Section G.

Committees shall be responsible to report to the Board. The Board may request a committee report at any scheduled board meeting, with a least 1-week notice to the committee Chairman.

15. Rules of the League

From time to time, the Board may make changes in rules affecting gameplay for the betterment of the AAHL. Such changes may be in accordance with updates to USA Hockey or NHL rules, or as deemed necessary to increase competition or improve gameplay. New rules must be approved by a two-thirds majority vote of board members present at any general board meeting or Executive Board meeting. If rule changes do not have the desired effect upon implementation, those changes may be reverted or modified at any time by the same two-thirds majority vote of board members present.

16. Board Member Compensation

For each year of service, board members receive credit for 1 year of free dues.



17. Confidentiality of Board Discussions

Decisions of the Board are to be publicized to the membership at large in the manner determined by the Executive Board. This may be by mail, email, newsletter, via Vice Presidents, captains, or by publication in board meeting minutes and/or bylaws.

Discussions at board meetings when meeting in an executive session are confidential. To promote frank and open discussion amongst board members without fear of undue pressure from non-board members, upon the suggestion of the President, no disclosure of such discussions occurring in an executive session are to be published outside of the Board, absent a majority vote of the Board to override the President's suggestion. The President will make such a suggestion following the close of discussion as to any topic the President wishes to remain confidential to the Board. This suggestion will not prevent a board member from reporting that they took or advocated a certain position at a board meeting, but generally that, after discussion, the position was either accepted or not accepted by a majority of the board members.

Violation of this rule will be recorded confidentially by the Secretary upon complaint of the President, and a cautionary reminder will be issued to the offending board member. Upon a subsequent violation of this directive, the Board will meet to decide, by a majority vote, upon an appropriate sanction for this conduct. This can range from a warning to a suspension of up to 30 days from voting participation at board meetings. Upon a third violation of this directive, the Board can, by a majority vote, impose sanctions again, or upon a two-thirds vote, suspend the offending officer, and call for new elections within 45 days of such Board decision. All officers must sign a confidentiality agreement that includes, but is not limited to, non-disclosure of SportsEngine passwords, databases, and the executive discussions as set forth in these paragraphs.



B. League Dues

1. Assessment

Player dues shall be assessed against all members of the league as determined by the Board.

2. First-Time Players

A first-time player or new league member (see [Section D, Article 1](#)) is required to pay an initiation fee not to exceed \$50. The exact amount of the fee will be determined by the Board prior to registration.

3. Dues Status

No player is eligible to play in any game or participate in any league event unless their dues are current. There will be *no exceptions*.

4. Bad Check or Invalid Credit Card

A player who pays with a bad check or invalid credit card shall be assessed a \$50 fine and/or a 1-game suspension at the discretion of the Board. A bad check or invalid credit card not resolved within one banking day after notification will be treated as a nonpayment of dues, and that player will be removed from the team roster.

5. Waiver, Release, and Indemnification

No player may participate in any AAHL activity until the AAHL receives a signed waiver/release on the form provided by the AAHL with the application form. Players under the age of 18 at the time of registration – but who will turn 18 during the season – must have a specific AAHL-provided waiver signed by their parent or guardian.



C. League Composition

1. Divisions

The league shall be composed of separate divisions as defined by the Board (currently three Open, four Over 35, one Over 50, one Recreational, one Beginner, and one Adjunct (Lady Thrashers)). If there are not enough players registered to form any given division, the Board will decide the league composition. Depending on registration and available resources, the Board may amend – by addition, deletion, or modification – the composition of any division.

2. Playing Season

Prior to the beginning of the regular season, the Board shall decide the length and scope of the regular season competition. Prior to the end of the regular season, the Board will post the postseason playoff schedules. Some leagues or divisions may not have postseason playoff games.

Games in the Adjunct division will be scheduled between the designated representatives of the AAHL and the Lady Thrashers organization. Other rules, regulations, limitations, and responsibilities applicable to the Adjunct division are set forth in detail in a separate letter of agreement between the AAHL and the Lady Thrashers, and the substance of said agreement and all changes thereto are deemed incorporated into these bylaws by reference.

3. Registration

All individuals desiring to play in the AAHL will be required to register and pay dues before the deadline established by the Board. This is an invitational league, and the Board reserves the right to decline the application of any registrant for any reason. Without the necessity of a previously imposed conduct sanction, upon a two-thirds vote by the Board, any player may be expelled from the league, but shall be entitled to a prorated refund of dues prepaid for unplayed games. In no event will there be a refund of initiation or insurance fees.

4. Waiting List

After the draft has been completed to comply with the minimum/maximum number of players ([Section F, Article 3](#)), any remaining players who were not drafted will be placed on a waiting list. Players may be required to pay a \$25 fee to remain on the waiting list. This fee will be applied toward dues when they are selected for a team. If a player is not selected, the full \$25 fee will be refunded.

See [Section F, Article 2](#) for information on supplemental drafts.



D. League Players

1. New Players

A new player is one who has never played in the AAHL Open League or one who last played in an AAHL game more than 36 months prior to the date when registration opens for the season for which the current application is being made.

2. Evaluation of New Players

All new players are required to be evaluated. Evaluations will take place after registration and prior to the draft.

3. Player-Level Designation

The Board will assign each player to a level within a division based on a new-player evaluation or their knowledge of a player from past seasons, and if appropriate, by date of birth. The Board will use this assignment to determine the number of teams for each level and for team captains as a guide in drafting their teams. Players misrepresenting their age to play in a division not open to them will be suspended for the balance of division play for that season and will forfeit any dues paid for such illegal registration. Captains of such illegal players will be suspended for 5 games (see [Section D, Article 7](#)).

In any event at any time, the Board reserves the right to reassign a player to a different level, if in the sole judgment of the Board, the player has been incorrectly assigned after draft, evaluation, or otherwise.

4. Player Rehab and Returning to Their Level

If a player moves to a lower level or division to “rehab” while recovering from an injury, they must return to their previous level as soon as possible after making a full recovery. If at that point they feel they cannot play at their previous level, they must contact their league Vice President to see if an exception can be made. The AAHL recommends “rehabbing” in the Rec league.

5. Temporary Players

No temporary players shall be permitted to fill in for an injured or absent player. If a player is injured, they may forfeit their roster spot on the team for the remainder of the season, at which point a replacement player can be selected from the waiting list.

6. Prohibition of Temporary Shifting Between Levels

Without Board approval, a player can play only for the team that they were assigned to or drafted by, and may not play for two teams in the same league. The only exception is for players who skate out for one team and play goalie for another team in a different division or level. For goaltenders, this is covered under [Section H, Article 2](#).

7. Use of an Ineligible Player

The only players authorized to play in a game are those listed on the league’s official roster. If an ineligible player is found to be playing in the league, the team captain shall be suspended for at least 5 games.



8. Age

To be eligible to play in the AAHL, all players must be 18 years of age or older as of the date of the draft. Note that players under the age of 18 may be allowed to play if skating with a parent or guardian, who is required to sign the appropriate waiver prior to the beginning of the season.

For eligibility in the Over 35 league, players must be 35 years of age or older by the end of the playing season. For eligibility in the Over 50 league, players must be 50 years of age or older by the end of the playing season.

9. Notice by Email

All AAHL members consent to receive email notices about or of interest to the AAHL, from the AAHL, SportsEngine, and the Atlanta Amateur Hockey League Foundation, Inc., via the email address they provide to the league at the time of registration or thereafter.

10. Goaltender Absenteeism

Each team in a league is required to roster a permanent goalie. Exceptions may be made for specific leagues as determined by the Board. If a goaltender cannot play in an upcoming game, they must notify their captain as soon as possible. The captain may use a substitute goaltender as per the [substitute goalie rules](#). Use of unapproved goaltenders may cause game forfeiture and result in a suspension as decided by the appropriate Open league Vice President, Over 35 Coordinator, Over 50 Coordinator, and/or the Executive Board.



E. League Teams

1. Established Teams (All Leagues)

An established team is one that participated in the league in the previous season. Such a team must be drafted and captained by a player who was rostered on that team in the previous season. Should a reduction in the number of teams be necessary for any unforeseen reason, the Board will decide changes in the league structure. If, in extraordinary circumstances, a player has missed an evaluation, the Board must assign at least three board members to evaluate and, subject to [Section D, Article 3](#), place the said player on a team.

2. New Teams

A new team is one that has not participated in the league in the previous season. Entry into the league requires approval of the Board.

3. Intra-Level Trades (All Levels)

Any trades between two teams in the same Open or Over 35/Over 50 level must be completed 6 weeks prior to the end of the season. All trades must be for an equal number of players. The division Vice President, Over 35 Coordinator, Over 50 Coordinator, or league President must be notified and approve the trade before players can change teams.

4. Inter-Level Trades (All Levels)

Any trades between two teams in different Open or Over 35/Over 50 levels require the approval of the appropriate Open league Vice Presidents, Over 35 Coordinators, or Over 50 Coordinator. No player may be involved in more than one inter-level trade in the same season.

5. Roster Changes of a Vice President-Level Team

Any roster changes regarding the Open league team that a division Vice President plays on requires Board approval.

6. Team Jerseys

In the Beginner and Recreational leagues, each team must use the primary jersey color that is assigned to them. In the Open and Over 35/Over 50 leagues, each team is allowed to use the primary jersey color of its choice as long as it does not conflict with another team in the same level. Primary jersey colors that have been in use by established teams cannot be used by other teams. Every player must have the same color jersey or that player will not be allowed to play until a matching jersey is found. Referees officiating a game have the final word as to uniform compliance at that game.

Each player must have a number on their jersey, and only one player on each team may use a given number. Captains and alternate captains should wear a letter "C" and "A" on their jerseys, respectively.

7. Number of Teams

The league will try to maintain at least the same number of teams in each Open or Over 35/Over 50 level as played in the previous season. Each level will consist of six teams if there are enough players. If there are not enough players, the Board will decide the number of teams.



8. Team Rosters

Prior to the first game of the season, the team captain is required to provide jersey numbers of players listed on the roster. Before each game, the league Administrator will supply the scorekeeper with the team roster.

F. Player Draft

1. Evaluation of Players

Before each Open league season, board members and captains or team representatives must attend a preseason evaluation to rate each new player and help determine the level that they should play in based on apparent skill. The Board tabulates all player ratings, assigns players a specific division, and places them on the appropriate-level list of eligible players for the upcoming draft.

2. Supplemental Evaluations

For each Open league season, an evaluation near the halfway point of the regular season may be scheduled to evaluate new players wishing to join the league. Teams in need of players shall communicate their needs to their division Vice President prior to any scheduled evaluation. Players who are earmarked for teams will be assigned to those teams after the evaluation, as long as those players evaluate at the same level or below. Unassigned players will be made available to draft in accordance with the guidelines laid out by the Board prior to the draft.

Any team's roster that does not have the minimum number of players as set by the Board must participate in a supplemental draft; otherwise, players will automatically be assigned to that team. After the completion of the supplemental draft, no new players will be added to any rosters for the remainder of the season.

3. Division-Level Draft

Prior to the draft for the Open league, the division Vice President, team captains, and team representatives will decide how the draft will be conducted. The Board will set the minimum and maximum number of players per team. Players must be selected from the appropriate-level list of eligible players. If this list is exhausted, a team may select any undrafted member as determined to be skill-level appropriate by the Board.

4. Protected Players

Prior to an evaluation, a team captain may turn in a list of protected or earmarked players. A player must be a member in good standing to be eligible to become a protected player.



G. Committees

1. Active Committees

There are currently no permanent committees.

2. Auditor

Once every 3 years, the President may appoint a third party that has no members within the organization to audit the AAHL's books. The appointed Auditor shall not have check-writing authority for the league accounts being audited. The Treasurer is not eligible to serve as Auditor.

H. Playing Rules

1. Game Rules

As a guideline, AAHL games will be played using the current rules as set forth by USA Hockey for adult non-checking ice hockey. Exceptions and highlights are listed in this section and the [Rules of Play](#) section. The bylaws and league-specific AAHL rules may be amended from time to time to change the rules of play or rules governing the conduct of the players and officers of the AAHL. Such changes shall be made by a majority vote of the Board, and may be made effective immediately upon said change whether or not such rule changes are printed herein. The secretary shall keep minutes of all such rule changes, and the minutes shall be considered the official record of any such changes.

2. Team Assignment

Once a player has been drafted or assigned to a team, they will remain with that team for the entire season unless (1) they volunteer to drop out of the league, (2) they are traded to another team (with approval from the Executive Board, division Vice President, or League Coordinator), or (3) are reassigned or suspended by the Board.

A player may play for only one team in their league or division. The only exception is for players who skate out for one team and play goalie for another team in a different division or level.



I. Penalties

1. Definitions

a. Minor

A minor penalty is 2 minutes in duration during stop-time, 2 minutes and 30 seconds during run-time, and 1 minute and 30 seconds of run-time in the Over 50 league and Upper/Middle/Lower Over 35 divisions.

b. Double Minor

A double minor is equal to two minor penalties in duration (4 minutes of stop-time, 5 minutes of run-time, and 3 minutes of run-time in the Over 50 league and Upper/Middle/Lower Over 35 divisions). However, if an opponent scores a goal before the expiration of the first penalty, the first penalty immediately ends, but the player must fully serve the second penalty unless there is a subsequent goal by the opposing team.

c. Major

A major penalty is 5 minutes in duration with no expiration before the game ends, no matter how many goals are scored by the opposing team.

d. Misconduct

A misconduct is 10 minutes for the player. There is no early termination in the event of an opposing team's goal, but the penalized team does not skate shorthanded.

e. Game Misconduct

When a game misconduct penalty is issued, the player is ejected and may not play the remainder of the game, plus the next game. The team is not penalized unless a referee assesses accompanying minor penalties.

f. Match

A match penalty is the most severe sanction, assessed for the most serious offenses, and is reviewed by the Board at its next meeting. The suspension can range from temporary to lifetime from the league.



2. Suspensions and Probation

a. Lifetime Suspension

A lifetime suspension can be given only with unanimous consent of the Board. If such is assessed at any board meeting where board members are not present, the presiding member of the Executive Board may assess a temporary suspension to run through the next meeting attended by the full Board. The President, at their discretion, may contact the absent board members by email or phone to review the minutes of the suspension hearing and solicit a vote on the action taken in said board member's absence. If all absent board members consent, the temporary suspension shall immediately be converted to a lifetime suspension, and the offending player shall be notified of the ruling.

A lifetime suspension becomes effective immediately upon conclusion of the Board vote. The now-former player shall be notified that they are no longer a member of the league, not eligible for any appeal or hearing before the Board, and are not eligible to register for any current or future leagues or seasons. Additionally, the former player is to have no communication with board members for a period of 5 years from the date when the lifetime ban was issued.

After 5 years, the former player may formally request a meeting before the Board to discuss their reinstatement. The Board may, at its discretion, place the item on the agenda for the next meeting. The former player will be notified of the Board's decision to add or not add the item to the agenda. If the Board decides to not add the item, the former player must wait 6 months before submitting another request.

b. Match Penalty

A match penalty call requires referees to fill out the Match Penalty Report immediately after the game in which the match penalty was called. If a team captain or team representative does not fill out the form prior to its submission to the league, they are deemed to agree with the official's recitation of facts contained therein.

A referee must give the report to the scorekeeper immediately after the game. If there is no scorekeeper, the Match Penalty Report must be sent to the division Vice President or Executive Board within 24 hours of the game. Any match penalty call that is not made in compliance with this requirement will automatically be considered by the league as having been a game misconduct penalty.

c. Temporary Suspension

A temporary suspension may be given by the President, any division Vice President, or the Board. Such a suspension will be reviewed at the next scheduled board meeting, or at the conclusion of such board meeting, said suspension will expire. The Board may, but is not required to, review the temporary suspension by phone, mail, or email, and vote as if the Board had met in a regular session.

d. Probation

A probation is considered the same as a temporary suspension.

e. Expressed Duration

The duration of a temporary suspension or probation shall be for a given number of games or seasons, as opposed to any other criteria.



3. Observation of the Rules and Regulations of the League

Subject to confirmation as set forth in [Section I, Article 2, Parts a–d](#), any player who does not observe any rule or regulation of the league may be immediately and temporarily suspended by any member of the Board, as affirmed by a confirming vote of the Board. Immediate temporary suspensions may be assessed by any executive officer, pending review at the next board meeting.

4. Hearing Before the Board

Any player may request a hearing regarding any suspension that exceeds 3 games in length. If no board meeting can be scheduled before the passage of 3 games, the suspension shall be abated until such time, as the Board may schedule a hearing for the affected player to appear and challenge the ruling of the Board.



J. Penalty Guidelines

1. League-Specific Penalties

Penalties shall be in conformity with the guidelines applicable to USA Hockey as modified by the AAHL. Unless otherwise indicated, the duration for a minor penalty shall be 2 minutes and 30 seconds during run-time or 2 minutes during stop-time. Minor penalties in the Recreational league and Elite Over 35 division are 2 minutes. Minor penalties in the Over 50 league and Upper/Middle/Lower Over 35 divisions are 1 minute and 30 seconds of run-time, or 1 minute of stop-time.

a. Conduct of Players After Penalty Call

- 1 Discussion of any call with the officials may be made only by the team captain or alternate captain wearing a "C" or an "A" on their jersey, respectively. If neither are in attendance at a game, the team must designate a player representative to the officials prior to the start of the game. Violation of this rule by attempting to argue a call by other than the designated representative may result in an unsportsmanlike conduct penalty.
- 2 Following a call that results in a major penalty, a player may not return to the bench or other areas of the ice for equipment, but must skate directly to a door to exit the rink. A referee or a teammate will retrieve equipment from the ice or the bench and transport it to the player at the door.
- 3 A match penalty call requires the Match Penalty Report to be completed immediately after the game. If a team captain or team representative does not fill out the form prior to its submission to the league, they are deemed to agree with the official's recitation of facts contained therein. See [Section I, Article 2, Part b](#) for more requirements regarding match penalties.

b. General Conduct of Players

Not all conduct that is unacceptable can be specified in writing in advance, nor controlled by the officials. Conduct related to the game that is unacceptable to the league, even if occurring prior to or following the game itself, and whether on or off the ice, may generate an AAHL-instituted sanction. This will generally be a suspension or expulsion. This conduct would include, for example, such things as damaging rink property, fighting off the ice, or spitting at players in the locker room or in or around the rink.

Officiating referees also have discretion to bar a player from a game if, in their opinion, the player might constitute a danger to themselves or others (e.g., under the influence of drugs or alcohol). A player's conduct from the time of entering the ice rink parking lot, during the game, in the locker room or the rink, whether before, during, or after the game, and until said player leaves the parking lot, is a reflection of the AAHL and subjects the league to obligations pursuant to its agreements with the ice rinks with which it contracts.

Therefore, any conduct of league members which would be subject to discipline during a game will likewise be subject to discipline if occurring while on rink property or adjacent parking lots. The league cannot control the conduct of guests of players who watch the teams play, but obvious misconduct by supporters of a playing team will be held against the team itself, either through a personal penalty, team penalty, or in extreme cases, forfeiture and/or termination of the game. This may be enforced by the officials refereeing the game, or by any AAHL executive officer present at the rink.



i. Damage to Property

If there is any damage to any league or rink property by members of a team whose identity cannot be ascertained, the entire team will be responsible for payment of such damages. The entire team, at the discretion of the President, may be suspended from further play until such damages have been paid, upon such timetable as set forth by the President.

j. Determination of Discipline to Be Assessed

Disciplinary sanctions may be summarily assessed pursuant to [Section I, Article 2, Part b](#) of these bylaws. All other disciplinary sanctions, except sanctions pursuant to [Section I, Article 2, Part a](#), shall be by a majority vote of the Board, upon such rules as set forth by the President from time to time. Individual votes of board members shall not be required to be made public.

k. Coincidental Minor Penalties

When coincidental minor penalties of equal time are called, there shall be immediate substitutions for the penalized players. The penalized players must stay in the penalty box until the first stoppage of play following the expiration of their penalties.

l. Power Play Goals

When a power play goal is scored, the penalized player must immediately leave the box. The remainder of penalty time is then cleared.

m. Mandatory Ejections

In the Open league and Elite Over 35 division, a mandatory ejection occurs when a player accumulates 4 penalties or at least 10 penalty minutes (e.g., one 10-minute misconduct), with no additional game suspension.

In the Beginner league, Over 50 league, and Upper/Middle/Lower Over 35 divisions, a mandatory ejection occurs when a player accumulates 3 minor penalties, any major penalty, or at least 10 penalty minutes, with no additional game suspension.

In the Recreational league, a mandatory ejection occurs when a player accumulates 3 minor penalties, any major penalty, or at least 6 minutes in penalty minutes, with no additional game suspension.

n. Mandatory Suspensions

All game misconducts result in an additional 1-game suspension. A second game misconduct in the same season will result in a minimum 3-game suspension. A third game misconduct in the same season will terminate a player's season without refund. Gross misconduct will be called as a match penalty, with the penalty subject to Board review.



K. Other Matters

1. Tournaments

From time to time, the AAHL may sanction tournaments at the discretion of the Board.

2. Fundraising Activities

All fundraising activities by any team or league member are prohibited unless prior approval by the Board has been granted. Fundraising for the benefit of and with the approval of the Board of the Atlanta Amateur Hockey League Foundation, Inc. is excepted from this prohibition. Obtaining sponsorship of an individual or organization to defray the cost of a team's equipment shall also be exempt, subject to regulation by the Board.

L. Interpretation of Bylaws

1. Conflicts in Rules

If there is any conflict between provisions of these bylaws as amended and/or any other published league rules, the Board shall determine the priority or interpretation that is to be followed.

2. Other Rules, Regulations, and Procedures

Other rules, regulations, and procedures are enacted by the Board on an ongoing basis. Not all such changes are incorporated into these bylaws. All such changes are recorded in board meeting minutes as they occur, which shall take precedence over these bylaws.