



Adult Ice Hockey League Rules (Updated September 2025)

The University of Denver's Adult Ice Hockey League, the [DUAHL](#), is committed to giving its players the best experience they can have through their use of Joy Burns Arena and Magness Arena. The following rules are written to make sure that everyone has an enjoyable, fair, and respectful experience.

A. GENERAL

1. There will be A, B, High-C, Low-C, D and E (Beginner's League) Divisions of play, with A Division being the highest skill and pace and E Division being the lowest.
 - a. A Division is the most competitive level that the DU Adult Hockey League has to offer with the highest skill and pace. The division consists of players that have formerly played and may currently play in highly competitive leagues, such as Pro, Minor-Pro, NCAA, ACHA and Junior hockey. Players in this division will be vetted to keep pace/skill high.
 - b. B Division is an advanced level. The division is fast-paced and consists of players that have formerly played and may currently play in highly competitive leagues such as NCAA, ACHA and Junior hockey. Players in this division will be vetted to keep pace/skill high.
 - c. High-C Division is an upper intermediate level. The division is still fast paced and consists of a mix of players who have played competitively, such as some ACHA experience, played through high school and/or competitive travel youth hockey.
 - d. Low-C Division is a lower intermediate level and the middle of the skill/pace continuum of the DUAHL Divisions. Players may have had some competitive youth hockey experience or began playing as adults, or players whose current pace/skill matches that of the division. e.g. a player's pace has slowed due to age.
 - e. D Division is an advanced beginner level. The league consists of players who have experience at the recreational level but have not formally played in a competitive league as a youth or adult, or players whose current pace/skill matches that of the division, e.g. a player's pace has slowed due to age.
 - f. E Division (Beginner's League) is meant for players with lowest skill and pace. Players must still be able to skate safely, stickhandle, pass and shoot. The division is not composed of 100% beginners but is meant to be approachable for them. This division will be monitored to ensure this, and players deemed too skilled will be asked to move up a division or be removed from the division. If a player is not able to skate, stickhandle, pass and shoot effectively enough to begin playing in the DUAHL, we recommend our Adult Learn to Skate and Learn Play Hockey 101 & 201 programs.
2. Individual players/teams will be evaluated on their level of skill by the Adult Hockey Coordinator. Teams/players found not fit for the current division of play are subject to be transferred at any point to an appropriate division. The most important factor is that players match the skill and pace of the division they play in. As a general rule of thumb, players in a division should be able to play in either a division one higher or one lower without being out of place. **E.g. a High-C player could potentially play in a B Division game being on the lower end of that skill/pace or play in a Low-C game and be on the higher end. This same**

player should not play in D Division.

3. Schedule, scores, stats, and general information will be posted on the [DUAHL website](#).
4. Approved equipment according to USA hockey guidelines is required for each game for each player, including the goalie.
5. All players must check in with the Joy Burns Arena Front Desk prior to their game.
6. Locker rooms will be assigned to each team for each game by the Joy Burns Arena Front Desk.
7. Questions or concerns pertaining to the league, the rink, or the teams may be sent to the Adult Hockey Coordinator at sam.markwood@du.edu or recreation@du.edu
8. ***DUAHL and the University of Denver has a zero-tolerance policy for negative or abusive behavior or language directed towards officials, scorekeepers, other players or any member(s), employee(s) or guest(s) associated with the Joy Burns Arena or the greater Ritchie Center.***

B. PLAYER ELIGIBILITY

1. Players on each team must be at least eighteen (18) years of age.
2. Players must complete the DUAHL Rostering Form prior to playing.
3. A player can sign up for **ONE (1)** team *per division*.
 - a. i.e, a player can play on a B Division team and a High C Division team, but they cannot play on two B Division teams.
4. Players must submit payment to their team captain or directly to the Adult Hockey Coordinator to be eligible.
 - a. Players/teams who have outstanding dues within **two (2)** weeks of play-offs will NOT be eligible for playoffs.
5. Each player must have **their own number** on their jersey that coordinates with the number recorded on the roster.
 - a. Failure to comply results in ineligibility for that player.
6. **Substitute players are allowed** to ensure that teams in need are able to compete without forfeiting games. All subs need to complete the DUAHL Rostering Form and frequent ones are encouraged to be added officially to a team's rostered players. If not, they must 1) complete a paper Assumption of Risk (AOR) form and 2) provide ID and correct jersey number upon checking in at the Joy Burns Arena Front Desk before the start of their game. Any player who has not completed these tasks will be asked to leave the game and will not be eligible to play until they have.

C. ROSTERS

1. There will be a maximum of **twenty (20)** players for each team.
2. Teams are eligible to add players until the **fifth (5)** week of play, after which their rosters will be finalized.
 - a. Any player who wishes to play in the season going forward must have their captain send a written request to the Adult Hockey Coordinator for approval. Requests by captains must be sent **five (5)** days before the next game for approval.
3. Rosters must have the **first name, last name, jersey number, email address and phone number** of each player.
 - a. Any player who fails to comply is not allowed to play until the information is

submitted.

4. Players must play at least **25%** of the regular season games to be eligible for playoffs, e.g. **five (5)** games over a **20-game** winter season. Captains may write a formal letter of support for any player not meeting the **25%** game rule. The letter must be received at least two (2) weeks before playoffs. The letter will be reviewed by the Adult Hockey Coordinator and approval will be given on a case-by-case basis.
5. During check-in, players must have a photo ID on them that matches their name on the roster. Failure to produce the ID will result in a dismissal from the rink until an ID is produced for that player.
6. ***Any team caught with a/multiple player(s) who is/are not listed on the roster will immediately forfeit the game, resulting in a loss and a forfeit fee that must be paid before the team is eligible to play again.***

Roster Checks

Roster checks may be requested by the opposing team AT MOST 5 minutes before the start of warm-ups. The team that will be checked MUST produce the photo ID that matches the name on the roster. Captains have the option to keep a folder of photo-copied IDs on file. Failure to pass a roster check will result in an immediate dismissal of the player from the game, and a possible game suspension if the player is a full member of the team.

D. UNIFORMS

1. All teams must provide their own uniforms for each game.
2. Teams are encouraged to have two (2) sets of jerseys: one for home games, and one for away games.
3. **Each player must have the same jersey number on the back of his/her jersey that is listed on the roster.**
 - a. If a team has home/away jerseys, the numbers on each jersey must match.
 - b. Taped-on numbers are NOT allowed.
 - c. Absolutely **NO** duplicate numbers
 - d. If a player is caught without a correct jersey number, they will be asked to leave the ice and will not be eligible to play until they have their own jersey with their own corresponding number.
4. If a substitute player has entered the game and has not been given a team jersey that matches the rest of the team's, the player must wear a jersey with a standard color that matches the rest of the team.
 - a. This player's stats will not be recorded on the DUAHL Website unless the sub has been officially added as a rostered player (*see ELIGIBILITY*)

E. GAME SET-UP

1. Teams will receive a 5-minute warm-up period beginning at the registered start time of their game. Teams may receive more time if they wish to begin warm-ups as soon as the Zamboni doors close.
 - a. Scorekeepers are responsible to record the amount of time for warm-ups.
 - b. Teams will receive a minimum of 5 minutes of warm-ups.
 - c. Players are not allowed on the ice prior to the Zamboni doors closing.
2. Game clock will be set and run as follows:
 - a. 1st & 2nd Periods: 20-minute run-clock

- b. 3rd Period: 15-minute stop-clock
 - i. A difference greater than or equal to 5 goals in the 3rd period will result in a run-clock as long as that difference is maintained.
 - c. Overtime – Regular Season: 5-minute run-clock, 3v3 play. 3 player SO if necessary
 - d. Overtime – Playoffs: 5-minute stop-clock, 5v5 play. 5 player SO if necessary
3. Each team has one 60 second time-out that can be used at any point during the game.
 4. Current USA-Hockey rules apply except for/in addition to the following:
 - a. Icing: All Divisions will feature Blueline Icing, except A & B Division (Redline Icing)
 - b. **RINGER RULE** – to help conserve sportsmanship and curb players choosing to play in divisions significantly lower than their own skill, a ringer rule will be in place for all but the A, B & High-C divisions of play.
 - i. A limit to the number of goals one player can score in a single game will be set.
 - ii. Additional goals scored by the player will be disallowed and the player will be assessed a two-minute Unsportsmanlike Conduct penalty.
 - iii. Low C, D and E (Beginner’s League) Divisions: 3 goals in one game
 - iv. This rule applies to a shootout, therefore a player with 3 goals in regulation time is ineligible to participate in the shootout.
 - c. Absolutely **NO** body checking is allowed during any part of the game.
 - d. Players who receive three (3) penalties in a game will receive a warning from the official and/or the scorekeeper that they have reached their third penalty. Upon receiving a 4th penalty, the player will be ejected from the game, and the team captain will serve the remaining time.
 - e. Forfeits will be recorded as a 5-0 loss. Teams that forfeit are subject to a fine. *See Forfeit Fine*
 - f. Fighting is prohibited. **See FIGHTING**

F. PLAYOFFS

1. Following the regular season a single-elimination playoffs will take place for B-E division. A division will play a double-elimination playoff.
 - a. Consolation games might be provided if ice times are available.
2. No substitute players can be added to a roster at any time during playoffs. **Goalies excepted.**
 - a. Subs, who have been used during regular season and have played the minimum of 25% regular season games will be considered full-time players and are playoff eligible. They must be requested to be added at least **two (2)** days before the game.
3. Players will be checked for IDs for the remainder of the season.
4. Game set-up will remain the same.
5. USA hockey rules will continue to be enforced.

G. OFFICIALS

1. 1-2 CIHRA Referees will be provided for each game. They and their judgment must be respected at all times. Only the captain may discuss a matter pertaining to the interpretation of the rules. **Judgment calls may not be questioned.** Team captains may bring any issue or problem to the Adult Hockey coordinator or to the Joy Burns Arena director at most two (2) days after the game.
2. DUAHL Scorekeepers are considered off-ice officials for all games. They and their judgment must be respected at all times. DUAHL Scorekeepers have the responsibility and authority to

call, enforce and report any misconduct incidents. DUAHL Scorekeeper's objective accounts of incidents can and will be used in incident investigations.

H. PENALTIES

1. Penalties called by the officials during the game are recorded by the scorekeeper.
2. All penalties will be stop-clock.
3. Game misconduct, fighting, or abuse of the officials can result in an ejection from the game, fines and/or a suspension from the league. Fines will be enforced, *see* **LEAGUE FINES**.
4. Players may not have more than **four (4)** penalties acquired during one game.
 - a. The player will be notified by the scorekeeper/official when they have reached their third (3rd) penalty. If a player reaches a fourth (4th) penalty, they will be asked to leave the ice for the remainder of the game.
5. If a player acquires more than (Winter – 50, Summer – 30) penalty minutes during the season, the player will be removed from the league with no refund.
6. Players are responsible for ensuring door to penalty box is closed during and after their penalty. Failure to do so will result in an additional two-minute minor delay of game minor penalty.
7. Players found to be repeat offenders of misconduct, body checking or dangerous actions, e.g. stick use with intent to injure are subject to fine and/or removal from league with no refund.

I. FIGHTING

1. **FIGHTING WILL NOT BE TOLERATED IN ANY WAY, SHAPE, OR FORM**
2. If a player is penalized for fighting, they will be immediately ejected from the game.
3. The player will then be immediately suspended from all upcoming games indefinitely.
4. A fighting fine will be enforced that must be paid before the player is eligible to play again.
5. Players with multiple fighting ejections will be removed permanently from the league.

J. PLAYER SUSPENSION

1. When an individual player earns a suspension and subsequent fine, the player and the team's captain will be notified via email.
 - a. Details will include the player's name, date of infraction, list of previous infractions (if necessary), player punishment, the fine, and deadline to pay fine.
2. Major Infractions accrue season to season and do not expire.
3. Taking a season off does not reset a player's number of offenses.
4. Players may not return to play until suspension is served in full and their fine is paid in full.
5. ***All fines must be paid before the suspended player's suspension is completed. Fines will be collected directly by the Adult Hockey Coordinator. A player cannot play in games until game suspension is served and fines are paid in full. Fines will carry into a new season if required.***

K. LEAGUE FEES and FINES

League Fees aka Team Dues are set and collected by the Adult Hockey Coordinator per season of play based on the length of season and are subject to change from season to season.

Fines can be accumulated during the course of the season as a result of infractions. It is up to the player/team who/that has accumulated the fine to pay it before the start of their next game. Failure to pay the fines acquired will result in a minimum one (1) game suspension.

Forfeit Fine

Teams who forfeit **forty-eight (48) hours or less** before the game's start time will result in a **two hundred dollar (\$200) fine** that must be paid by the *captain* of that team. The team is suspended from gameplay with no refund until the team has paid said fine. If a team has acquired more than three (3) forfeits over the course of a season, they will be removed from the league with no refund.

Fighting Fine

If a player has been ejected for fighting, they will be subjected to a fine based on the following. Fighting infractions carry over from season to season.

- If it is the player's first fighting offense, they will be required to pay a **one hundred dollar (\$100) fine**.
- If it is the player's second fighting offense, they will be required to pay a **two hundred dollar (\$200) fine**.
- If the player has accumulated **three (3)** fighting penalties during course of their tenure in the DUAHL, the player will be removed from the league with no refund.

Reckless Behavior

To ensure the safety of all participants and the integrity of our facilities, reckless behavior will not be tolerated. Any actions that result in damage to property or pose a safety risk may lead to disciplinary action and a team fine to cover the cost of repairs. Examples of reckless behavior include, but are not limited to:

- **Shooting pucks at side boards with excessive force**, resulting in broken glass or other damage.
- **Causing damage to locker rooms**, including vandalism, misuse of equipment, or failure to follow posted guidelines.
- **Entering the ice surface before the Zamboni doors are fully closed**, which may result in damage to the Zamboni or other equipment.
- **Shooting pucks while the player entrance near the Joy Burns Arena locker rooms is open**, creating a safety hazard for players and staff

All players are expected to respect the facility, staff, and fellow participants. Repeated or severe violations may result in suspension or removal from the league.

L. ALCOHOL AND DRUGS

Any team found having alcohol, drugs, or marijuana/tobacco in the Ritchie Center (including the locker room or in water bottles) will forfeit their game. If staff finds empty alcoholic bottles or cans in the locker room during games or evening walkthroughs, the team breaking the policy will be held accountable. **Teams found to have alcohol in the facilities will lose their game via forfeit and are subject to the forfeit fine.**

M. FACILITY DAMAGE

Any damage to our facilities arising from the negligence or recklessness of players will be charged to the team. This can include broken glass or rink boards, scoreboards, benches, drywall from puck impacts through open doors, etc. Please refrain from causing damage to our facilities!

Sam Markwood

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All players are reminded that they are participating in a recreational league. The goal of the University of Denver is to ensure that all patrons have an enjoyable experience while participating in the Adult Ice Hockey League. It becomes the responsibility of the University of Denver and its staff to ensure a safe and fun environment. It is the right of the University of Denver and its employees to discontinue any program or behavior contrary to our goals.

We hope you enjoy your season and wish your team the best of luck!