

Article I. ICH Adult League Playing Rules

Section 1.01 USA hockey rules will apply unless mentioned.

Section 1.02 Game Play

- (a) 3 periods
 - (i) Twenty minutes of running time.
 - (ii) Clock stops when the ref approaches the scorers table for penalties.
 - (iii) During last two minutes of 3rd period if the score differential is two or less.
- (b) Period Breaks
 - (i) 2 minutes
 - (ii) 1 minute if behind schedule
- (c) Warm-ups
 - (i) Teams provide own warm-up pucks
 - (ii) 5 minute warm-up begins at scheduled game time.
 - (iii) If behind schedule, warm-ups will be abbreviated to 3 minutes.
- (d) Tie games
 - (i) No overtime for regular season games.
 - (ii) Play-off games
 - 1) 5 minute sudden death overtime
 - 2) If still tied, a 5 man shootout.
 - 3) If still tied, a sudden death shootout.
 - 4) All players on bench must shoot once before a player can shoot twice.

Section 1.03 Equipment

- (a) Helmets required.
 - (i) Full/half masks recommended.
 - (ii) Full mask required if under 18 years of age.
- (b) Full gear recommended

Section 1.04 No body checking.

Section 1.05 No tolerance policy on fighting and intent to injure penalties.

- (a) Automatic ejection from game
 - (i) First offense in two years: 1 game suspension
 - (ii) Second offense in two years: 3 game suspension
 - (iii) Third offense in two years: Two year league ban.
- (b) Referees submit game incident reports to Adult League Director
- (c) Adult League Director informs Adult League Committee of suspensions.
- (d) Players may appeal suspension to Adult League Committee.

Section 1.06 Rosters

- (a) Season Roster
 - (i) No upper limit on roster size. 10 player + 1 goalie minimum.

- (ii) Rosters due with 1 week prior to season start.
- (iii) Additions may be added anytime during regular season
- (iv) No additions during playoffs.
- (b) **Game Roster**
 - (i) Captains are responsible to correct rosters prior to the start of game.
 - (ii) Only players playing in game should be listed.
 - (iii) Correct, unique jersey numbers
 - (iv) Incorrectly filling out roster on score sheet could result in forfeit of game.
- (c) **Forfeits**
 - (i) 5 skaters on their league roster present at start of game.
 - (ii) \$50 fine for any forfeit. Must be paid before start of next game.
- (d) **Substitute players**
 - (i) Any goalie that is USA Hockey registered may play in any game.
 - (ii) Any player on official Free Agent list may substitute for any game.
 - (iii) Subs may be added up until game roster is at 9 skaters excluding goalie.

Section 1.07 Standings

- (a) Points: 2 for Win, 1 for Tie, 0 for Loss
- (b) Forfeits are considered 10-0 losses.
- (c) **Tie breakers**
 - (i) Fewest Goals Allowed
 - (ii) Fewest Game Misconducts
 - (iii) Most goals scored
 - (iv) Coin flip