



Greensboro Adult Hockey League Rules and Waiver

1. Games will consist of three (3) 20 minute (run time) periods. Games are allotted 75 minutes. This time begins once the Zamboni doors close. If players delay the start of the game, the time will be taken off of the first period's length. There will be 5 minutes allotted for warm ups and 1 minute during intermissions. The game clock will no longer stop for penalties. If a game is within 2 goals, the final 2 minutes will be stop time. In the event of a tie (regular season and playoffs) there will be a 5 minute (3 run time – last 2 stop time) sudden-death overtime, if the game remains tied there will be a shootout until a decision is met, starting with five shooters from each team, visitors shoot first. If tied at the end of this, shooters will alternate until the game is decided. Each and every player must shoot once before anyone can shoot for a second time (the same order must be maintained). Any player in the penalty box at the end of the overtime period is ineligible for the shootout.
2. At all league levels a player may score a maximum of 3 goals per game. Any goal scored after 3 will be automatically disallowed. The ensuing faceoff will be at the closest neutral zone spot. Even with 3 goals, a player is eligible for shootouts.
3. Automatic icing is in effect.
4. This is a non-check league and body checking will not be tolerated. Deliberate body checking may warrant a 5 minute major penalty per USA Hockey rules and regulations.
5. **FIGHTING WILL NOT BE TOLERATED**... The following rules will be enforced:
 - o First offense: Game misconduct, 1 game suspension (USA Hockey), 4 game suspension (GAHL) for a total of **5 games**.
 - o Second offense within **1 year after the initial fighting penalty** will result in suspension of remainder of the current season without refund. If 5 or less games remaining in the season then player will not be allowed to return the following season to ANY league. If player plays in multiple leagues then they will be denied playing in any league for that upcoming season as well.
6. Repeated offenses to the rules provided by USA Hockey will not be tolerated. Any player who obtains over 25 penalty minutes in one season is required to attend a meeting with the league director before participating in another game. At this meeting it will be determined by the league director if any further disciplinary action will be taken.
7. A zero-tolerance policy is in effect towards officials. Abuse of (on or off ice) officials including scorekeepers, physical or verbal will not be tolerated and will result in further disciplinary action as seen fit by League Director and Rink Management.
8. **Four penalty rule**: Any player receiving four penalties in a game will be ejected from that game.
9. No smoking will be tolerated at this facility and will be handled under the limits of North Carolina law. Anyone playing while under the influence of alcohol or drugs and it can be determined by the officials, scorekeepers, or administrators, the individual will be ejected from the game.
10. No alcohol allowed on the player bench at any time. Warning may be given by officials, scorekeeper or rink management. Failure to remove or repeat offenders will lead to a bench minor and/or further disciplinary action
11. Only players in full uniform allowed on team bench during the game. No coaches, parents or IR players allowed to be on the bench during the game. Warning may be given by officials,

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scorekeeper or rink management. Failure to remove or repeat offenders will lead to a bench minor and/or further disciplinary action.

12. All players that register utilizing the Payment Plan program are responsible for following its rules. Failure to do so and make final payments will lead to suspension.
13. Players (excluding goalies) must play for their rostered team only.
14. The League Director MUST approve any roster addition/change made during the season. Rosters will consist of a minimum of 13 players and a goalie. The team captain must approve the addition of players above 13 to a roster. The league reserves the right to fill rosters up to 13 players post registration deadline.
15. Playoff seeding will be based on Point Streak and how the teams are ranked in Point Streak.
16. All major/minor penalties are subject to Director review to determine if the action taken on the ice was deemed unacceptable for the GAHL. Actions deemed unsafe or unacceptable for the league will result in a suspension as deemed fit for that action. Subsequent-suspensions applied by the Hockey Director cannot exceed 4 additional games in excess of any USA Hockey suspensions per their guidelines. Any subsequent suspension that may exceed four games, Excluding Fighting as outlined above in the standard GAHL Policies, will be presented to a committee to determine the appropriate suspension. The committee will include the director of the league plus two others.
 - o All suspensions can be appealed to Carolina Amateur Hockey Association (CAHA)
17. Greensboro Ice House reserves the right to refuse any player deemed unsafe and unwilling to accept our code of conduct from playing in the Greensboro Adult Hockey Leagues.

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

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

ALL PLAYERS MUST SIGN AND RETURN THIS FORM PRIOR TO START OF THE SEASON

Waiver: I, the undersigned agree to play according to the rules set forth by both the Greensboro Ice House Adult Hockey League and USA Hockey. The Ice House reserves the right to refuse any player the right to play for infraction of league rules and/or those of USA Hockey. I hereby waive all claims against the Ice House, its agents, or employees for any accidents, injuries, or mishaps however so occasioned.

PRINT NAME _____

SIGNATURE _____

LEAGUE SEASON _____ **DATE** _____