



Ford Ice Center

Adult Hockey League Rulebook

Spring/Summer 2025 Edition

Article 1 – General Rules

1.1 Season Format:

- 1.1.1 **Spring/Summer season:** Each team is guaranteed 15 scheduled regular season games and 3 playoff/consolation games.
- 1.1.2 Playoffs will operate in a single-elimination, bracket-style tournament based on seeding from regular season standings in each division.
- 1.1.3 Each team is guaranteed 3 scheduled games during each playoff session in the Fall and Spring seasons, with games after elimination being deemed “consolation” games. Consolation games are league-sanctioned games, but allow players to use substitutes, which acts as an opportunity to evaluate new players for the following season.

1.2 Length of Games: Each game will consist of three, 12-minute stop-time periods. There will be a 3-minute warmup period prior to the start of each game. There will be a 1-minute intermission between each period.

1.3 Running Clock: A running clock will be utilized for the duration of the game in the event of a five (5) goal differential at any point in the 3rd period.

- 1.3.1 The stop-clock will be reinstituted when the goal differential is brought to within four (4) goals.

1.4 Equipment: Ford Ice Center and the Adult Hockey League operate under USA Hockey guidelines. All skaters must wear skates, shin guards, hockey pants, elbow pads, hockey gloves, and a hockey helmet. Skaters are strongly encouraged to wear shoulder pads and a full helmet cage but are not required.

- 1.4.1 Goalies are required to wear a full set of goaltending equipment. This includes, but is not limited to, skates, leg pads, chest protector, blocker, catching glove, and goaltending helmet.

- 1.4.2 All skaters and goalies must use a regulation hockey stick while playing.

1.5 Jerseys: All players must wear a jersey of matching color to their team members. A dark set and light set of jerseys is preferred for each team, but not required.

- 1.5.1 All jerseys must have at minimum, a number on the back. Numbers can be stitched, screen printed, or taped on to the back of the jersey. Each player must have a different jersey number from his/her teammates.

- 1.5.2 Any changes in jersey number, or substitute players wearing a jersey that is not theirs, must be reported to the scorekeeper prior to the start of the game.
 - 1.5.3 Any player who participates in a game and cannot be identified by jersey number will result in a team forfeit. This can be reviewed retroactively, and the box score changed after completion of the game.
 - 1.5.4 Ford Ice Center and the Adult League Staff reserve the right to refuse or change any team name and/or jersey design for any reason.
 - 1.5.5 No two players may wear the same number for the same team during the same game.
- 1.6 **Ringer Rule:** A player may only score a set maximum number of goals per game, based on their league level. Once a player reaches the goal limit, any additional goals will be disallowed, and play will resume with a faceoff at center ice. This rule applies to both full-time and substitute players.

Players who reach the goal limit may still participate in a shootout.

1.6.1 Goal Limits by League (Regular Season & Playoffs)

- **No Goal Limit**

- Antioch: Upper B

- **4-Goal Limit**

- Antioch: Lower B
- Bellevue: Lower B

- **3-Goal Limit**

- Antioch: Upper C, Lower C, Upper D, Lower D, Rookie, 40+
- Bellevue: Upper C, Lower C, Upper D, Lower D, Rookie, Womens
- Clarksville: C/B, D/Rookie

- 1.6.2 Players may only play down 1 division as a full-time skater or sub. If a player plays more than 1 division below their skill level, that game will be deemed a forfeit with a 0-5 outcome. Substitute skaters will have to be pre-approved by the adult league staff for all rookie games, regardless of the skater's skill level. Goalies are still able to sub 1 division below their skill level into rookie league games.

- 1.7 **Drug & Alcohol Policy:** Beer may be purchased from the Ford Ice Center concession stand and restaurant, but no “outside” beer may be consumed while inside the rink. Recreational drugs and alcohol are always prohibited on the bench during games and in the locker rooms. Recreational drugs are always prohibited inside the Ford Ice Center building.
- 1.8 **Locker Room Policy:** It is strongly recommended that personal valuables are not left in the locker rooms. Ford Ice Center is not responsible for any lost or stolen items.
- 1.8.1 In consideration for all participants, female players are encouraged to utilize the women’s locker room.
- 1.9 **Schedule:** The full regular season game schedule will be published to DaySmart and GameSheet before the beginning of each season. The playoff schedule will be posted to DaySmart and GameSheet no later than six (6) days prior to the first playoff game of the respective division.
- 1.9.1 Ford Ice Center and the Adult Hockey Staff reserve the right to reschedule or cancel a game within 24 hours of the original start time for any reason. Changes will be communicated to all affected team captains with as much notice as possible.
- 1.10 **Fall and Spring Playoff Seedings:** The following formats will be used for playoff brackets. Playoff seedings will be determined by final regular season standings, using tiebreakers outlined in Rule 2.6 if necessary.
- 1.10.1 **4 Team Format:** In week 1, seeds 1 & 4 will play, and seeds 2 & 3 will play. The winning teams will advance to the championship and the losing teams will play in a 3rd place game the following week.
- 1.10.2 **6 Team Format:** In week 1, seeds 1 & 2 will play a friendly game. Seeds 3 – 6 will play in single elimination games, with the higher seeds playing the lower seeds. Seeding will be reset each round, with the highest remaining seed playing the lowest remaining seed and so on. Remaining consolation games will be randomly assigned by Adult League staff, with preference of matchups between teams that did not already face each other in playoffs.
- 1.10.3 **8 Team Format:** In week 1, the higher seeds will play the lower seeds in single-elimination games. Seeding will be reset each round, with the highest remaining seed playing the lowest remaining seed and so on. Remaining consolation games

will be randomly assigned by Adult League staff, with preference of matchups between teams that did not already face each other in playoffs.

- 1.11 **Game Outcomes:** All final scoresheets are final. Outcomes will not be changed unless the Adult Hockey Staff discovers a league rule violation.

Article 2 – Tiebreakers & Forfeit Policies

- 2.1 **Regular Season Overtime Rules:** Regular season games ending in a tie after three regulation periods will proceed to a conventional 3-man alternating shootout.
- 2.1.1 The winner will be the team with the highest goal count after three shooters.
- 2.1.2 If the game remains tied after three shooters in a shootout from each team, the shootout will continue to sudden death. No player can shoot twice until all players on the team have shot.
- 2.1.3 The Away team will shoot first, with teams alternating shots. No player may shoot twice.
- 2.1.4 Subs can NOT participate in the shootout.
- 2.2 **Playoff and Consolation Overtime Rules:** Playoff and consolation games ending in a tie after three regulation periods will proceed to a five-minute, stop-time, 3 v 3 sudden death overtime period. The first team to score a legal goal will be declared winner.
- 2.2.1 If the game remains tied after the overtime period, the game will proceed to a three-round shootout.
- 2.2.1.1 If the game remains tied after three shootout rounds, the game will proceed to a sudden-death shootout. The game cannot end until each team has taken the same number of shots. No player may shoot twice until every player who is eligible has shot. The away team shoots first.
- 2.3 **Championship Game Overtime Rules:** A championship game ending in a tie after three regulation periods will proceed to a five-minute, stop-time, 3 v 3 sudden death overtime period. The first team to score a legal goal will be declared winner.

2.3.1 If the championship game remains tied after the overtime period, the game will proceed to a three-round shootout.

2.3.1 If the game remains tied after three shootout rounds, the game will proceed to a sudden-death shootout. The game cannot end until each team has taken the same number of shots. No player may shoot twice until every player who is eligible has shot. The away team shoots first.

2.4 **Forfeiture Policy:** A forfeiture for a team will be assessed when said team does not have the minimum 5 skaters and 1 goalie to start a scheduled game. A forfeiture will also be assessed to a team when said team violates any other league rules in which the punishment for said violation is a forfeit. Any forfeit from a team will result in a 5-0 loss in the league standings. These rules apply to all regular seasons, playoff, and consolation games.

2.4.1 There will be a 3-strike policy for any games that are forfeited.

2.4.1.1 The 1st forfeit by a team will result in a written warning by Adult League Staff to the captain of said team. If the forfeiture is within 24 hours of the scheduled game time, Rule 2.5 will override Rule 2.4.1.1.

2.4.1.2 The 2nd forfeit by a team will result in a \$125 “forfeit fee” being placed on the captain’s DaySmart account of said team. This fee must be paid off in full before the next scheduled game for the team in violation. If the fee is not paid in full by the start of the next game, the violating team will incur an additional forfeit.

2.4.1.3 The 3rd forfeit by a team will result in immediate expulsion from the Adult League. The captain of the violating team will also be ineligible to captain a new Adult League team in future seasons.

2.4.2 All forfeited games are ineligible for a rescheduled make-up game at a later date in the season. Only games which are postponed or cancelled due to Ford Ice Center and/or Adult League Staff decisions will be eligible for a reschedule at a later date.

2.4.2.1 The team who was forfeited on will still be allowed to use the ice for the one-hour time frame they were originally scheduled for.

2.4.2.2 All players on both teams will not receive any form of refund or account credit due to a forfeited game.

2.5 **Forfeiture Fee:** Any team that forfeits a regular season, playoff, or consolation game less than 24 hours before their scheduled game time will be required to pay the “forfeit fee,” regardless of the amount of forfeits the team has incurred. A fee of \$125 will be placed on the captain’s DaySmart account and must be paid in full before the team’s next game. Failure to pay the fee in full before the next scheduled game will result in an additional forfeit for the violating team.

2.6 **Playoff Seeding Tiebreakers:** Playoff seedings will be determined by regular season standings at the end of each regular season. Any necessary adjustments will be made by Adult League Staff, with communication to teams.

2.6.1 Regular Season Point System: A regulation win is 2 points in the standings. A win in a shootout is 2 points. A loss in a shootout is 1 point. A regulation loss is 0 points.

2.6.2 Playoff Tiebreakers:

The first tiebreaker for season standings is team points.

The second tiebreaker is the total team wins.

The third tiebreaker is the greatest surplus in goal differential.

The fourth tiebreaker is the least penalties in minutes.

The fifth tiebreaker is the most overtime/shootout wins.

The sixth tiebreaker will be determined by a coin flip by Adult League Staff, witnessed by captains of affected teams. The sixth tiebreaker will be the final tiebreaker.

Article 3 – Registration, Payment, Roster Structure, League Placement

- 3.1 **Registration Policy:** All full-time players are required to register for their team on DaySmart 1 week prior to the first regular season game of each season. Every full-time player must be paid in full or on the pre-approved payment schedule by the first regular season game of each season.
- 3.1.1 Any full-time player who is not paid in full or caught up on a payment schedule will be deemed ineligible to play until proper payment is collected.
 - 3.1.2 Every full-time player must also be listed on his/her team's GameSheet roster. The captain of the team is responsible for submitting all full-time players to the Adult League Staff prior to the first regular season game of each season.
 - 3.1.3 All players, full-time and substitute, must have an active DaySmart account with Ford Ice Center. All players, full-time and substitute, must also maintain an active on-ice waiver through their DaySmart account. All players must have a valid waiver to be on the ice at all times.
 - 3.1.4 Any registration requests after the registration window has closed will result in a 15% late fee added to their registration.
 - 3.1.5 Discounts will not be honored if requested after the registration window has closed. All discounts must be applied by reaching out to the appropriate coordinator during the registration window.
 - 3.1.6 Individuals may be allowed to join a team following the deadline if given permission by the adult league staff under special circumstances.
- 3.2 **USA Hockey Number:** All full-time and substitute players are required to have a current and valid USA Hockey number to participate in all Adult League games. Any player who does not have a valid USA Hockey number and participates in a league-sanctioned game will result in a forfeit for his/her team.
- 3.3 **Roster Size:** Each team may have a maximum of 30 players on the team's GameSheets roster for the season. "Players" are defined as a combination of full-time skaters, full-time goalies, substitute skaters, and substitute goalies.

- 3.4 **Full-Time Players:** All teams must have at least 10 full-time skaters and 1 full-time goalie registered in DaySmart prior to the first game of the season. All teams may register a maximum of 15 skaters and 1 goalie to their roster as full-time players. All players must be 18+ years old. **MAXIMUM OF 15 SKATERS ON THE BENCH**
- 3.4.1 If a team does not meet the roster requirements prior to the start of the season, the Adult League Staff has the right to add full-time players from the free agent list to the team until the minimum roster requirement is met.
- 3.4.2 If a team still does not meet the roster requirements after Adult League Staff adds full-time players from the free agent list, the team will be dropped from the league effective immediately. Affected players will be able to join another team in the same division or will receive a refund.
- 3.5 **Substitute Players:** A substitute player is a player who is not registered on a team's roster in DaySmart but has been designated as a substitute player on the team's GameSheet roster. All substitute players must have a DaySmart account with Ford Ice Center. All players must be 18+ years old.
- 3.5.1 All substitute players must be listed on the team's GameSheet roster prior to the start of any scheduled game. Any requests to add or delete a substitute player from a team must be communicated by the captain and approved by the Adult League staff prior to the team's scheduled game.
- 3.5.2 **All substitute players must be submitted with a valid USA Hockey Number to the Adult League Coordinator at the corresponding rink by 5pm the day of games to be eligible to participate. Special exceptions when Adult Coordinator is on site.**
- 3.5.3 A player who is full-time on a different team may only be rostered as a substitute player on another team in an equivalent or higher division.
- 3.4.2.1 Players coming from a higher division must be pre-approved by Adult League Staff. Players can only play a maximum of one division lower than their full-time division.

3.5.4 A substitute player who is not full-time on any other Ford Ice Center Adult League teams will be required to pay a \$30 “sub fee” at the front desk prior to playing in the game they are substituting in. A substitute player who is registered as full-time on another Adult League team will be required to pay a \$5 “sub fee” at the front desk prior to playing in the game they are substituting in. Sub fees can be added to an individual’s DaySmart account by the Adult Hockey Staff if discovered that a player played without paying.

3.5.4.1 Failure to pay the “sub fee” will result in a forfeit for the team the violating substitute player is on. This can be reviewed retroactively by the Adult League Staff and the box score changed.

3.5.5 For games with a scheduled start time of 10:30 p.m. or later, teams may use any rostered substitute player without having to pay the “sub fee.” The substitute player must still be rostered and check in before the game.

3.5.6 A goaltender may only sub for a team in the division they are registered full-time in, or any higher division. Substitute goaltenders will not be required to pay the “sub fee” at any time.

3.5.7 Substitute skaters are not allowed to play in any playoff games. A team may use a substitute goalie for a playoff game with prior approval from Adult League Staff at least 24 hours before scheduled game time. Substitute players may play in consolation games but must abide by all substitute player rules outlined in this rulebook.

3.5.8 Substitute players may only be used if a team has less than 10 full time registered skaters for a game.

3.5.9 Substitute players can only be used to get a roster to 10 skaters (example: only 7 registered players can attend, a team can use maximum 3 substitute players for that game)

3.5.10 If a team has a suspended player that player will count towards the 10-player minimum. A sub cannot be used to accommodate a suspension. (Example: 1 player suspended, and 7 full time players attend the game, the team can utilize maximum 2 subs)

3.5.11 A player who has a past due balance at any of the Ford Ice Centers is not eligible to sub. If a player with a past due balance with Ford Ice plays as a sub, the team he played for will receive a forfeit. No exceptions will be made to this rule.

3.6 **Illegal Players:** A player who is deemed ineligible will cause his/her team to forfeit the game in which he/she played in. This can be reviewed retroactively by the Adult League Staff and the box score changed. A substitute player will be deemed ineligible if he/she meets any of the following criteria:

3.6.1 The player is not a registered substitute on the roster of the team he/she is subbing for.

3.6.2 The player does not have a current and valid USA Hockey number.

3.6.3 The player does not have a current DaySmart account with Ford Ice Center.

3.6.4 The substitute player did not pay the required “sub fee,” if applicable, prior to the start of the game.

3.6.5 The substitute player participates in a playoff game.

3.6.6 The substitute player was used in a game that had 10 or more skaters.

3.6.7 The player has a past due league balance.

3.6.8 The player does not have an active waiver on file.

3.6.9 The player is playing more than 1 division below their skill level.

3.6.9.1 For special circumstances, players may be granted permission to play down more than 1 division upon an approval from the Adult League Staff. A list of these approved players will be kept.

3.6.10 The player checks in under someone else’s name.

3.6.11 The player was unable to or unwilling to show proof of identification at Check in.

3.7 **Player Check In:** Prior to each regular season, playoff, and consolation game, all players are required to check in with Adult League Staff, Ford Ice Center staff, or the

scorekeeper of the game. Players must indicate any changes in jersey number status to the scorekeeper prior to the start of the game. Any team who uses an ineligible player in the game will result in a forfeit for the offending team. The Adult League Staff has the right to retroactively review the game and change the box score.

3.7.1 ID Requirement: All players will be required to show their ID to the front desk to check in for playoff games. Players may also be randomly asked during regular season games to show their ID. Failure to show a valid form identification will result in that player being ineligible to play in that week's games.

3.8 Roster Deadline: Team rosters will be locked in DaySmart 1 week before the 1st day the league is set to start. Team rosters will also be locked in GameSheet the day before the first regular season game. Team captains will not have access to manipulate their rosters in DaySmart or GameSheet after the first regular season game. All roster change requests must go through the Adult League Staff after the first regular season game.

3.9 Player/Team Placement: The Adult League staff reserves the right to place individual players and full teams in an appropriate skill division for competitive balance.

3.9.1 Adult League Staff will make recommendations to players and team captains regarding movement amongst divisions. Adult League Staff also reserves the right to move individual players or full teams to the correct skill level to maintain competitive balance across all divisions. Any movement across the divisions will be communicated with appropriate players and captains before a new season begins.

3.9.2 Adult League Staff also reserves the right to not alter pre-existing divisions if believed that the team or player in question is within reasonable means of participating in that division.

3.10 Division Skill Expectation: Below are the skill level expectations for players and teams in each division and will be used as a guideline when placing teams and players in appropriate divisions.

- 3.10.1 Upper B Division: Players with many years of hockey experience. Solid, confident skaters who can maintain a higher level of competitive play. Former high school, college, college club, semi-pro, pro, and AA-AAA juniors players fit best in this division.
- 3.10.2 Lower B Division: Players with years of hockey experience. Confident skaters who can maintain a high level of competitive play. Former high school, college club, and A-AA junior players fit best in this division.
- 3.10.3 Upper C Division: Players with years of playing experience who are strong skaters and continue to show improvement. Former high school/Travel Hockey players who took multiple years off between high school and adult league also fit well in this division. Games remain competitive while also being recreationally fun and an avenue for players and team improvement.
- 3.10.4 Lower C Division: Players with 5+ years of playing experience who are good skaters with areas for improvement. This division is the best fit for players who picked up the sport as an adult but have progressed beyond Rookie and D divisions as a result of improvement. This level is also recommended for those who played single A hockey.
- 3.10.5 Upper D Division: Players with multiple years of playing experience who are decent skaters with room for improvement. This level is for players who may have picked up the sport in their adult years but have improved their game beyond the Lower D and Rookie levels. Traits within this level include consistent skating, ability to stick handle efficiently, and effective passing.
- 3.10.6 Lower D Division: Players who have excelled beyond the level of played within the rookie division. Improved skating efficiency and balance, along with better shooting and stick handling ability.
- 3.10.7 Rookie Division: This division is best suited for true beginners to the sport and those who have 1-2 years of experience but are not at a “D” skill level yet. Players who have little skating, puck skills and hockey knowledge but are looking to learn in a structured environment work best at this level. Players who played organized hockey growing up should not be playing in this division.

- 3.10.8 Over 40 Division: Male players over the age of 40 can participate in this division. Female players do not have to be over the age of 40 to participate. Goalies are also not required to be 40+.
- 3.10.9 Women's Division: The women's division is an open skill level division for all women to participate in. The skill level normally ranges from C-Rookie level. Teams in this division are built through registering as a skater and then being placed on a team by the FIC Adult Staff to ensure teams have an equal distribution of skill level.
- 3.11 **Refund Policy:** A player who suffers a season-ending injury within the first Ten (10) games of the season will receive account credit for the number of future games the player will be forced to miss. If an injury occurs after the corresponding number of games, no credit will be issued. All requests will be handled on a case-by-case basis by the Adult League Staff. If a refund is requested and approved, it will be for no more than what was paid for the remaining games of that season.

Article 4 – Penalties & Discipline

- 4.1 **Penalties:** Ford Ice Center and the Adult Hockey League are sanctioned under USA Hockey. The USA Hockey rulebook will be used by all officials during on-ice play.
- 4.2 **Excessive Penalties Per Game:** Any player committing three (3) penalties in one (1) game will receive a game misconduct and be ejected for the remainder of the game. The offending player will remain eligible to play in the following games.
- 4.3 **Fighting:** There is a zero-tolerance rule for fighting. Any player who engages in a fight (punch/punches thrown with gloves on or off) will be suspended for the remainder of the season and will not receive any refund or account credit. Additional punishment may be applied pending the official's game report and review from the Adult League Disciplinary Committee.
- 4.3.1 Dropping the gloves in any form, regardless if any punches are thrown will be deemed as intent to fight, and will result in an automatic season suspension from FIC Adult Leagues.

- 4.4 **Hateful/Discriminatory Language:** Directly aligning with USA Hockey rule 601 e3:
(Any player that) uses language that is hateful or discriminatory in nature anywhere in the rink before, during or after the game. Violation of this rule will lead to an automatic 1-year suspension from all FIC Adult Hockey.
- 4.5 **Game Misconducts:** Any player receiving a game misconduct will be ejected from the current game and will be assessed an additional 1 game suspension. The infraction will be reviewed by the disciplinary board, to determine if further suspension is required. The suspension will count towards rule 4.8. Pending review, the offending player may face additional discipline depending on the severity of the incident as determined by the Adult League Disciplinary Committee. Players will not receive a refund or account credit for games missed due to disciplinary matters.
- 4.6 **Match Penalties:** Any player receiving a match penalty will receive an indefinite suspension pending a mandatory hearing by the Adult League Disciplinary Committee.
- 4.7 **Official/Scorekeeper/Staff Abuse:** Ford Ice Center and the Adult League enforce a zero-tolerance policy for abuse of officials, scorekeepers, and all Ford Ice Center staff. Abuse includes verbal, physical, or other forms of abuse. A violation of this policy will result in an immediate and indefinite suspension, pending a review by the Adult League Disciplinary Committee and carry a minimum 3 game suspension.
- 4.8 **Team Consequences of Suspensions:** Teams are expected to hold their players accountable for their actions and prevent players from entering situations where disciplinary action will be necessary. All teams will operate on a two-strike system regarding discipline.
- 4.8.1 The 1st incident of a player receiving a suspension will result in a written warning to the player's team from the Adult League Staff.
- 4.8.2 The 2nd incident of a player receiving a suspension will result in the player's team being disqualified from the playoffs for the current season.
- 4.9 **Player Suspensions:** Any player receiving a suspension from the Adult League Disciplinary Committee will be ineligible to play at either Ford Ice Facility until the suspension is completed with the team in which the penalty was committed. Ford Ice Center reserves the right to suspend any Adult League play at its discretion.

- 4.10 **Body Checking:** Body checking is not allowed. If an official deems body checking to be intentional, the player will be automatically ejected, and game misconduct will be assessed. Additional suspension time may be applied pending the official game report and review from the Adult League Disciplinary Committee.
- 4.11 **Removal of Championship Trophy from facility:** Any team that takes the Keg (Antioch) or Guitar (Bellevue) out of the facility will have the captains DaySmart account charged \$500 and be automatically removed from the FIC Adult League indefinitely.