

Steamboat Springs Adult Hockey Rules

2023 Summer Season

State, local, and rink guidelines are subject to change. ANY staff, chaperone/parents, spectators, or participants not observing state, local, or rink guidelines, will be required to leave the facility upon request.

Please read through carefully.

Many league rules have been modified or changed for the upcoming season.

1) COVID-19 RULES & REGULATIONS

- a) Players must agree to stay home if they believe that they may be symptomatic or may have come into contact with someone who may have COVID 19.
- b) No spitting on the ice or benches.
- c) **A player who has come in-contact with an individual who has tested positive for COVID-19 *must*:**
 1. Notify your captain and league administrator immediately.
 2. Stay at home.
- d) **A player who has tested positive for COVID-19 *must*:**
 1. Notify your captain and league administrator immediately.
 2. Stay at home.

Close contact with a person infected with COVID-19 includes:

Was within 6 feet of someone who has COVID-19 (even if they did not have symptoms) for at least 15 minutes total without a mask covering your face.

2) GAME FORMAT

- a) Three 20-minute run time periods – A, B, & C leagues
- b) The last 3 minutes of the third period will be ***stop time*** if the game is within 3 goals.

3) ROSTER REQUIREMENTS & SUBSTITUTIONS

- a) Players are limited to participation in one league only. Exceptions include goalies and other unique scenarios approved by league coordinators.
- b) Team rosters are subject to the addition of free agent players.
- c) **Rostered players must be registered with USA Hockey for the 2022/2023 season.**
- d) Player substitutions must be communicated with the opposing team prior to the start of the game. Substitute players ***must*** be registered for the current adult hockey season. Substitute players may fill in for the league they are currently registered for or any league higher. Players may not substitute for teams that are in a lower league than the league the player is registered for. *This includes goalies.*
- e) In the event the captains of the respective teams mutually agree and approve a substitution of a player who does not reside on their regular roster but is rostered on a participating league team, they may play and have

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the game count towards the standings. In the event the captains do not mutually agree, the game can still be played with the substitute, however the team receiving the substitution will forfeit the game.

4) OVERTIME/GAME POINTS

- a) 5 minute sudden-death 3 on 3 (A & B Leagues) 4 on 4 (C Leagues) – *Run Time*
- b) If no winner, then shootout (Best out of 3, then single thereafter)
- c) 2 points for regulation win
- d) 2 points for overtime win
- e) 1 point for overtime loss

5) PLAYOFFS

- a) Every team makes the playoffs
- b) First round is single elimination
- c) Final series will be best-of-three
- d) Playoff overtime will consist of 3 on 3 hockey until one team scores



11) GAME SUSPENSIONS – HIA LEAGUE RULES – ALL LEAGUES

- a) Players who commit four penalties in the same game will be ejected from that game. The player will be eligible for the next game under the review of officials and coordinators.
- b) Any player who is ejected from two games in the same season will receive an additional one game minimum suspension.
- c) Three or more suspensions in one season will lead to a multiple game suspension and a hearing with the league coordinators and officiating crew.

RULE 411 – PROGRESSIVE SUSPENSIONS

- a) Any player who receives their third major penalty during the same season for any combination of aggressive infractions listed below shall receive an additional three-game suspension. For any player who receives their fourth major penalty in this category, the player shall receive an additional five-game suspension. Any player who receives their fifth major penalty in this category during the same season shall be suspended until a hearing is conducted by the proper authorities (USA Hockey Affiliate). These designated game suspensions shall be in addition to any other suspensions imposed through the official playing rules. *At and above this schedule, the league commissioner may call a hearing of the league captains at its sole discretion at any point during the season if a player exhibits continued abuse, safety risk and/or infractions for other players, officials, scorekeepers or rink attendants. The league commissioner and captains may suspend the identified player indefinitely by majority vote.* The aggressive infractions that fit into this category are:

- Rule 603 Boarding
- Rule 604 Body Checking (Body Contact categories)
- Rule 606 Butt-Ending
- Rule 607 Charging
- Rule 608 Checking from Behind
- Rule 609 Cross-Checking
- Rule 611 Elbowing
- Rule 619 Head-Butting
- Rule 620 Head Contact
- Rule 621 High Stick

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- Rule 627 Kicking
 - Rule 628 Kneeing
 - Rule 634 Slashing
 - Rule 635 Spearing
 - Rule 639 Tripping/Clipping/Leg Checking
 - Rule 640 Unnecessary Roughness (Roughing)
 - (Note) A separate progressive suspension rule for Fighting is covered under Rule 615(f) Fighting.
- b) (Note) The role of the Official is to enforce all playing rules at all times and they are expected to strictly enforce playing rules that fall under the aggressive infraction category. Players and team captains must be held accountable for dangerous actions and the onus is on them to teach and play the game within the rules. Officials are required to submit a game report immediately following the game for any major penalty falling in the aggressive infraction category, game misconduct or match penalty that is assessed.

RULE 601 | ABUSE OF OFFICIALS AND OTHER MISCONDUCTS

- a) A minor penalty for unsportsmanlike conduct shall be assessed to any player who commits the following actions:
- (a) Excessively disputes the rulings of any official.
 - (b) Snowing a goalie upon a covering of the puck.
 - (c) Use of obscene, profane or abusive language to any person anywhere in the rink before, during or after the game.
 - (d) Shoots the puck after the whistle, if in the opinion of the Official such shot was avoidable.
 - (e) Throwing any object onto the playing area during the progress of the game or during a stoppage of play.
 - (f) Interfering in any non-physical manner with any game official, including off-ice officials, in the performance of their duties.
 - (g) Intentionally knocking or shooting the puck out of the reach of an official who is retrieving it during a stoppage of play.
 - (h) Not proceeding directly and immediately to the penalty bench or to the dressing room, after being penalized and ordered to do so by the officials (equipment shall be delivered to him by a teammate, if necessary).
 - (i) Touches or holds any official with his hand or stick.
 - (j) Attempts to continue an altercation after been ordered to stop or resists the linesman in stopping the altercation.
 - (k) Intentionally bangs the boards or protective glass or goal frame with his stick or any other object at any time. If done in protest of an officials' decision, an additional minor penalty for unsportsmanlike conduct shall also be assessed.

Team Captain's Responsibilities

1. Your primary responsibility is to *educate your players*...communicate ALL pertinent information to each and every player during pre-season, prior to the start of each game, and throughout the season. This includes communicating the updated COVID-19 Policy's & Procedures put in place by our state and county.
2. *Know the Rules*...you need to be familiar with the rules so that you can teach your players what they need to know to play the game and have fun! You will receive a complete updated rules document as a part of the schedule, and it will be your responsibility to share this with your players and keep a copy with you at all games. Rules will be available online at www.steamboatsprings.net/adulthockey.
3. *Know the Schedule*...schedules will be posted on our website at www.steamboatsprings.net/adulthockey. It is your responsibility to communicate this information to the rest of your team as you are the only player who will receive notification. You need to make sure that you your players on any changes that may occur throughout the season.
4. *Work with the League Coordinator*...as Team Captain it will be your responsibility to work with the League Coordinator to ensure **your team's scores online after each week are accurate**. It will be your responsibility to represent your team if you have any conflicts.
5. *Encourage safety*...You should be your team's advocate for safe and fair play on and off the ice. Promote safe playing to prevent unnecessary injuries. While league play does have qualified officials at each game, you are expected to keep an eye on and warn your players who are prone to excessive or intentional misconduct.
6. *Give us feedback*...throughout the season it will be your responsibility to let us know how things are going. You may schedule a meeting with the League Coordinator or Ice Rink staff to discuss issues or concerns at any time.