

Lockport Adult League Rules

The League will operate under [USA Hockey rules](#), along with the following league guidelines.

**** Any team that fails to arrive for their scheduled game, or attempts to cancel with less than one week notice, will incur a \$200 forfeit fee, NO EXCEPTIONS! ****

1. The Commissioner reserves the right, at any time (even after the completion of a game), to forfeit the game of any team that is deemed non-compliant with these league rules, whether protested by the opposition or not..
2. **ALL game misconduct penalties will involve a player being removed for the balance of that game, as well as sitting out the next scheduled game.**
3. Alcoholic beverages are strictly prohibited from the bench/rink area! Any player caught drinking in the immediate vicinity of the rink or bench, before or during the game, will not be allowed to play. Furthermore, if a player who is caught playing while intoxicated by the officials, said player will be removed from the game, and be assessed a game misconduct penalty. Any team that continues to violate this rule will face expulsion.
4. ALL players participating in the Lockport Adult League must be at least 18 years of age for the 18+ division, and are required to obtain USA Hockey insurance. At least 35 years of age for the 35+ division. If a player skates with another team at a different facility, proof of USA Hockey insurance is mandatory. Each player must register on-line through the [USA Hockey website](#). Players not registered before their games, or not approved, will be ineligible for participation, and will be treated as an illegal player if they participate in any league game.
5. Pucks AND players are not allowed on the ice while it is being resurfaced! For insurance purposes, the zamboni drivers are instructed to leave the ice if players are not adhering to this simple rule. Any team who repeatedly refuses to follow this procedure will be subject to additional league discipline.
6. All games will begin on time, and any team that attempts to delay the start, will suffer a bench minor, or ultimately, a forfeit loss. Following the exit of the zamboni, the timekeeper will place 3 minutes on the score clock for warm-ups. If there are not a minimum of six players at the conclusion of this time, a bench minor will be assessed and if there still is not enough after 5 more minutes, the game will be declared a forfeit.
7. Official Roster Sheets must be submitted before the start of each session, along with the appropriate team deposit, or teams will not be considered for participation. Each roster is allowed a **maximum of 20 players (including goaltenders)**, and any changes need to be submitted to the commissioner (in a timely manner) before your next game. Furthermore, each team **cannot have ANY player listed on another roster.**
8. 18+ Division teams players must all be at least 18 years old.
35+ Division teams players must all be at least 35 years old.
9. Illegal players will not be tolerated! These will include;
 1. Any player under 18 or 35.
 2. Playing under someone else's jersey number.
 3. Anyone playing while suspended (Offending player will removed from the league for a period of not less than one calendar year). Violators of this rule will suffer a forfeit loss, and offending captain will be suspended. For the second violation, teams will face further discipline, including expulsion from the league
10. A team may use a goalie not listed on their roster, provided they have received permission **before** their game from the commissioner. Upon approval, said goalie will be added to the roster to avoid any protest for "illegal player".
11. ALL protests must be made during the course of the game, and be sure that the scorekeeper makes the notation on the scoresheet. Do not attempt to make a protest once the game is complete, or contacting the league the next day. If a protest is being made regarding an illegal player, if that participant is removed before the end of the game, *any goals will be deducted, and the game can continue.*

12. **FIGHTING WILL NOT BE TOLERATED!** Any player who is assessed a five minute major for fighting will automatically incur a FIVE game suspension. (this is not up for debate, so please do not call the rink in an attempt to reduce your suspension). For the second offense, that player will receive a TEN game suspension, with a third offense receiving one calendar year removal from the league. If a goaltender is assessed a fighting penalty during a game, play will continue with six skaters, and the opposing team not allowed slap shots.
 13. Likewise, game misconducts will also increase for repeat offenders! The first offense = 1 game, receiving another game misconduct (within a 12 month period beginning with the fall season) will result in sitting 2 games, and a third will then double to four games. Anything after this will result in a hearing, with possible expulsion from the league as a result.
 14. A player receiving any combination (minors, majors, misconducts) of 4 or more penalties in one game will be ejected from that game and serve a one game suspension.
 15. Suspensions will be served with the team that the player received it with, regardless of how many teams they play on at Cornerstone Ice Arena, and their return date that is listed on the suspension page is the first day they are eligible for play. Example: player A receives a game misconduct on Sept. 22 with Team # abc, and their next game is Oct 11, his return date will be Oct 12. If he participates on two other teams, and they have 4 games scheduled, he cannot play in those games. Suspensions will carry over to the next season if there aren't any games left in the current season.
 16. Any player who physically abuses an official in any way faces permanent expulsion from the league! Verbal abuse of a referee, or scorekeeper, will result in game misconducts being assessed. Any match penalties will require a hearing, within 30 days, before reinstatement. Any player caught playing while under suspension will automatically be removed for one calendar year!
 17. A game will consist of 3 – 14 minute, stop time periods. **No timeouts can be called during the regular season. 1 - 30 second timeout is allowed during the playoffs.**
 18. When a team forfeits a game, as a result of a protest of any of the above mentioned scenarios, the opposing team retains all points scored, and the offending team losses all of theirs. If the forfeit is a result of one team not showing up for their scheduled time, the result will be recorded as a 1 - 0 score.
 19. In order to be considered eligible for the playoffs, a player must participate in a minimum of **five games** in a 20+ game schedule, or **three** games in any season with less than 20 games. Players who do not meet this criteria will not appear on the Final Playoff roster at game time, and any attempt to play will be deemed as an illegal player, with the aforementioned consequences. **IT IS THE CAPTAIN'S RESPONSIBILITY TO MAKE SURE ALL PAYERS ARE IN COMPLIANCE OF THIS RULE, DO NOT WAIT UNTIL PLAYOFF TIME TO CORRECT MISSING GAMES PLAYED, we will only use the numbers listed on the roster you turn in.. There will be NO exceptions!**
 20. **18+ League will have running time in the third period if a team is ahead by 5 or more goals. Stop time will resume if the score differential is 3 goals.**
 21. The end of the season standings will be determined by the following tie-breakers;
 1. Head-to-head competition (only if two teams are tied)
 2. Most wins
 3. Goal differential in head-to-head
 4. Total goal differential
 5. Least goals allowed
 6. Most goals scored
 7. Least goals allowed
 22. All playoff games must have a winner, and the format will be as follows;
 1. Tie after regulation will have one eight minute "sudden death" overtime period.
 2. Still tied after OT, a five man shootout will commence.
 3. Sudden death shootout will determine the winner.
 23. **PLEASE DO NOT LEAVE ANY VALUABLES IN YOUR LOCKER ROOMS, AS THE RINK WILL NOT BE RESPONSIBLE FOR ANY LOST OR STOLEN ITEMS.**
 24. Finally, we realize that there are other leagues that you can participate in, and we sincerely appreciate you choosing to play in the Lockport Adult League. Our intent in setting forth these rules, is not to create more grief for your team, but rather, to ensure that there are standards by which all teams have to abide by, to help level the playing field.
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1. 20 games plus playoffs
2. Pay refs/scorekeeper \$60 cash a game
3. Rosters, team fee AND USA #s due before 4th game. \$50 fine if not turned in on time (added to league fee) - this will be enforced. Roster/USA# form is attached to email. Roster form is attached.
 - * No one will play without being rostered AND having their USA# * Subs MUST be on YOUR roster AND have USA#.
 - * Everyone MUST have same color jersey - players will wear numbered jersey that corresponds to the roster - this includes subs.
4. 15 Gatorade, beer or combo/game