

MIDWEST HOCKEY ADULT LEAGUE RULES

1. USA Hockey rules will be followed as a guideline. *League rules will take precedence over any differences.*
2. All games are no-check; competitive contact is allowed.
3. All players must be 18 years-old by the close of registration.
 - a. **If there are any questions regarding a player's age, agents of Midwest Hockey will confirm proof of age from a driver's license, state ID, or another governmental ID.**
4. **ROSTERS: Must be submitted 7 days before the first game to confirm players' eligibility and then locked.** All liability forms must be completed prior to any player playing.
 - a. Team jerseys must be same/similar in color.
 - b. **Player numbers must be specific to each player AS LISTED on the submitted roster (no duplicate numbers).**
 - c. MAXIMUM rostered players: 26; 20 can dress each game. NO SUBSTITUTES!
 - d. Midwest Hockey & its agents have the right to remove a player(s) that are not rostered on that team.
 - e. Midwest Hockey Admin reserves the right to move a team to the appropriate division based on the submitted roster.
5. Players **MUST** choose their primary team and cannot play on 2 teams in the same division.
 - a. Players can only play up or down (1) division from their designated division (2 teams total).
 - i. Exception: Goaltenders & they must be registered in the current season.
6. **WARM-UP:** 5 minutes
7. **PERIOD LENGTH:** (3) 14-minute periods.
 - a. No Scorekeeper: (3) 17-minute running time periods.
8. Games will **NOT** start without a goalie; forfeit recorded against the team without a goalie, including penalties incurred.
 - a. After the 5-minute warm-up, an additional 5 minutes will be placed on the clock. If, after that time, the goalie is missing from either team, the game will be declared over.
 - b. **(NEW) If a goalie leaves a game already in progress, due to injury only, and NO teammate accepts the Temporary Goalie or BUG position, a forfeit against that team will be recorded.**
 - i. **Back-Up Goalie (BUG)-The teammate agrees to dress in ALL goaltender's gear (USAH 206b CB#6).**
9. **Icing:** Blue line will be observed at all levels.
10. **Face-offs:** Conducted at one of the 9 face-off dots.
11. **Time-outs:** One (1) 30-second time-out per team per game.
12. **Running Time:** Any time in the 3rd period when there is a 5-goal differential (including playoffs and championships).
 - a. If the score falls below a 5-goal differential, the game will revert back to stop time.
13. **Goals (C3 Division ONLY):** A *3-goal limit per player* will be enforced. If, in the referees' discretion, the puck went into the net by the defending team's actions & last attacking player to play the puck already has 3 goals- the goal will stand.
 - a. Responsibility for knowing how many goals they have in the game is on **THE PLAYER**.
 - b. Any player who already has 3 goals and deliberately shoots at the net to "harass" the opposing goaltender will be ejected for the remainder of that game (GEP). This will be at the discretion of the officials.
14. **Tied Game:** If the score is tied after the initial 3 periods, a 3-person shootout will take place.
 - a. Home team chooses which team shoots first.
 - b. Penalized players cannot participate if their penalty(s) have not expired at the end of the 3rd period.
 - c. If the score is still tied after the first 3 players of each team shoot, "Sudden Death" will be in effect with each team getting 1 shot in each round until one team scores and the other does not to declare a winner.
 - d. **Playoff games:** Up to (3) 5-minute overtime periods. If still no winner, regular season shootout procedure.
15. **PENALTIES: **Any suspensions are in addition to any other required suspensions incurred during the same incident.****
Any player playing on multiple teams will also be suspended from those teams until the suspension has been served for the team they received the suspension on.
 - a. Referees may assess a game ejection penalty (GEP); does not carry an additional game suspension.
 - b. (Individual) **3 penalties in a game-** removed from the remainder of that game (GEP).
 - c. (Individual) **4 or more penalties in a game-** suspension for the next 2 games of that team.
 - d. All majors carry a game misconduct penalty (a 2-game suspension).
 - e. **Fighting penalty:** 5-game suspension
 - f. Abuse of Officials game misconduct (USAH 601d): 2-game suspension.
 - g. "Match" penalties will be reviewed, and appropriate suspensions will be determined by Midwest Hockey LLC.
 - h. Zero tolerance will be enforced regarding sportsmanship.
16. **FORFEITS** shall automatically occur for the following instances when:
 - a. A team plays a player not on the Master Roster, **AND** the captain will be suspended for one (1) game.
 - b. A team plays a suspended player (including double rostered players), **AND** the captain will be suspended for one (1) game.
 - c. No goalie (see #8).
 - d. League fees not paid up to date.
17. The Crystal Ice House has a "No alcohol" policy; any fines assessed by the police are the responsibility of the individual.
18. Keep the locker rooms and area around your vehicles clean. If necessary, bring garbage bags and take any garbage with you.
 - a. Any fees for cleaning locker rooms, damage to rooms, or keys will be the responsibility of the teams, NOT Midwest Hockey LLC. Teams may lose locker room privileges until fees are paid.
19. Standings will be determined as follows:
 - a. Win- 2 points
 - b. Overtime/Shootout loss- 1 point
 - c. Loss- 0 points
20. Players not contributing their fair share of league fees to their captain may be suspended from all teams within the league.
 - a. Captain will need to notify Midwest Hockey LLC if there's a player that owes fees. (Players have been known to switch teams to avoid paying their fair share of league fees.)