

# White Township Recreation Center & S&T Bank Arena Adult Hockey League

Games: 12 regular season  
2 Playoff games

Cost: \$140 for skaters  
\$65 for Goaltenders

Session 1: September 12th through December 12th

## Game Format

- 5 minute warm up
- Period lengths will be 3 20 minute running clock
  - 1 minutes intermissions between periods
- Each team is allowed one 1 minute time-out

## Rosters

- Rosters are limited to 18 skaters and 1 goaltender (goalies can fill in on teams when a regular goaltender cannot make a game)
  - Teams may register with a MAXIMUM of 10 core players.
- The remaining roster spots will be filled in by league management at ANYTIME during the regular season.
- In order for a player to be eligible for playoffs, the player must play AND SIGN IN for at least half of the regular season games. *IF YOU DO NOT SIGN IN YOU WILL NOT GET CREDIT FOR THAT GAME.*
- In the event of a short bench, players MAY play for other teams as long as BOTH teams agree.
  - Teams MAY trade players with approval of League Management
- Teams must supply League Management the names of their respective captains and two alternates before game 2.
  - Players must be paid IN FULL before their FIRST game.

## **Regular season**

- Team standings will be calculated on a point system.
  - 2 points for a win, 1 point for a shootout loss.
  - Shootouts
    - 3 players from each team will shoot. If still tied then a 1 and 1 shootout round will determine winner. ALL players must shoot before the original 3 can shoot for a second time.

## **Playoffs**

- Top 4 teams will advance to playoffs
- First seed will play fourth seed second seed will play third seed.
- If tied, you will use the regular season shootout format to determine winner.

## **Rules**

- All rules are in addition to standard USA HOCKEY rules
  - ALL games are NON-CHECK
  - Any abuse (physical or verbal) of the official on or off the ice will result in a game suspension.
- GAME MISCONDUCT- Any player receiving a game misconduct penalty will be suspended for the next game.
- Any player receiving 4 penalties of any kind in one game will automatically receive a game misconduct.
  - FIGHTING – PLAYERS WILL BE SUSPENDED!
    - 1st offense results in game ejection AND 3 game suspension
- 2nd offense results in game ejection AND a 5 game suspension or expulsion from league with review from League Managers
  - Instigator will receive an extra game suspension
  - Referee will determine instigator.
- Dropping gloves constitutes a fight regardless if punches are thrown or not!
  - Any team found in possession of alcohol on White Township Recreation Complex property (inside or outside arena) will be asked to leave immediately, forfeit that nights game, and Team Captain will be suspended for 1 game.