

Wilmington Adult Hockey League

Rules Effective 11/8/04 – Revised 8/16/08

The WAHL will be governed by a league director, assistant director and a disciplinary committee. A meeting will be held with team captains at the beginning of each season and periodically throughout the season to receive input and make decisions regarding team make-up, rules and guidelines. Supplemental league rules are noted on this sheet.

Equipment:

- All players in the WAHL are required to wear proper hockey equipment while on the ice. Equipment shall include helmet (chin strap secured to hold helmet on), shin guards, gloves, elbow pads and pants. Shoulder pads and face protection are not required but strongly recommended. The equipment designed to be worn under the uniform must be covered.
- Captains will be responsible for returning jerseys issued at the beginning of the season. All players including goalies will be required to wear the same color as his/her team. No players will be allowed to wear a different color jersey.
- All players will be required to wear hockey skates.
- HECC approved hockey helmets are required for all players in the WAHL and must be worn while on the ice, on the team bench and penalty box. Failure to do so will result in a minor penalty or misconduct penalty.

Conduct:

- There will be NO refunds given for suspensions.
- Players who are deemed to be continually dangerous, unruly or unsportsmanlike may be suspended at the sole discretion of the League Director.
- Any player accumulating 40 minutes in penalties in one (1) season, will be suspended for the remainder of that season.
- Any player receiving four (4) game misconduct penalties within a three-hundred sixty-five (365) day period will be suspended from the league for one (1) calendar year from the date of the fourth (4th) penalty. All league fees for the season in which the infraction took place will be forfeited.
- Any player who verbally threatens another player shall be permanently expelled from the league. This includes threats made before, during or after a game.
- Players are subject to disciplinary procedures of the league for all actions that occur before, during or after games in the facility or in the parking lot.
- Any player or team, who in the judgment of the League Director, is dangerous, belligerent, uncooperative, non-compliant with league rules or decisions or disruptive to the league will not be allowed to participate. Refunds will not be given when a player is dropped from the league.
- All players are to receive equal playing time. Special "power play" lines and "penalty kill" lines are not permitted in a recreational league where all participants pay equally. The exception to this rule is that in the last two minutes of a close game (i.e. less than a 2 goal differential) it is generally okay to put out your best players, etc. Note: time served in the penalty box counts as "playing time". If you are in the box you miss your regular shift, etc.
- WAHL holds the right to remove a player from a team at any time for the purposes of parity in the level of play. If available, the player will be given the option to play on another team in another level, or to leave the league. If there is not another available team or if the player chooses not to play, a pro-rated refund of that season's fees will be made if that player registered individually. The player removal may be appealed, but WAHL maintains the right of final placement decision.
- Players serving match penalty suspensions in other USA Hockey sanctioned leagues will also be required to serve the same amount of time in the WAHL.
- All players will be responsible for the clean up of their dressing room, player benches and other off-ice areas used by the teams. All players should conduct themselves in a sportsmanship like manner and will be held responsible for any damages incurred to the Ice House facility.
- Damaging or attempting to damage the facility will result in an automatic ejection from the building for not less than one year. Attempting to "damage" will include punching, hitting, swinging sticks or throwing property or equipment at walls, plexiglass, doors, etc. Player is responsible for all damages and costs arising from such activities.

ZERO TOLERANCE:

- Do not argue with officials. We do not accept protests of their calls. Arguing with officials will result in your being assessed with penalties and possible ejection from the game. If you repeat the situation you will be dropped from the league without a refund. The only opinion that counts on the ice is the official's. It is their call and they are in charge of the game.

Game Misconducts:

- All ejections from games are accompanied by a one (1) game suspension. The only exception to this rule is for Fisticuffs (Fighting). A fighting major requires a one (1) game suspension from USA Hockey. If a player receives a fighting offense, it will result in an additional two (2) game suspension. A second (2nd) fighting offense will result in a hearing conducted by the WAHL Disciplinary Committee. The league reserves the right to apply further suspensions for repeat offenses.

Game Play:

- All regular league games will be played following WAHL guidelines.
- Three (3) twenty (20) minute running clock periods. If there is a two goal differential or less there will be stop time the last two (2) minutes of the third period.
- There is NO OVERTIME in regular season games, or Playoff games in leagues with more than 4 teams.
- Playoff overtimes will be five (5) minutes, first three (3) running clock and the last two (2) stop clock. Five skaters and a goalie on the ice per team. First goal wins. If no winner is decided in the OT then there will be a three (3) round shootout with the visiting team shooting first. If there is no winner after the three (3) rounds there will be a one (1) round sudden victory, with different shooters. Any player with penalty time remaining on the clock at the end of overtime will not be allowed to partake in the shootout. Leagues with more than 4 teams will use the Points per Period format.
- Teams must have 6 roster players to start games. Teams with less than 6 players on the official roster will forfeit the game. Games in which a goalie does not show will still be played provided there are enough players for that team. Statistics will be kept for both teams.

Standings:

- Game points are as follows... two (2) points for a win, one (1) point per team for a tie and no points for a loss.
- Standings for the league will be based on total points, tie breakers will be head to head competition, then team goals against, the fewest penalty minutes, and if needed a coin toss with the first alphabetical team being represented by against, the fewest penalty minutes, and if needed a coin toss with the first alphabetical team being represented by heads.

General:

- No one will play any game without all registration fees and USA Hockey fees being paid in full. Exception to this is participants in the payment plan option. This option is available only if a credit card number is provided on the registration form.
- Repeated rough and unsportsmanlike play can result in suspension and/or expulsion from the WAHL.
- Participation in the WAHL is a privilege for anyone 18 years or older.
- Alcoholic beverages are not permitted in any of the Ice House facilities. The consumption of alcohol prior or during a game is not permitted. Any players will be subject to disciplinary action from the league if in violation.
- Tobacco products are not permitted in any Ice House facilities.
- Team rosters have a minimum of eleven (11) per team. The league reserves the right to add or remove players from the team rosters. The maximum number of players is sixteen (16).
- Only players on a team's permanent roster will be allowed to play in league games. If a non-rostered player participates in a game without approval from the League Director and the opposing team's captain, that team will forfeit the game.
- There is a minimum of four (4) regular season games played to be eligible to compete in the playoffs. The player must also be rostered for the four (4) games.
- If any player or goalie plays in a game before confirming membership of USA Hockey to the league administrator, that player will be suspended and the team they played for will receive a forfeit.