



UNION ARENA (COED ADULT FUN) HOCKEY LEAGUE RULES

(as of August, 2022)



PHILOSOPHY:

- This is a “COED FUN” league.
- It is *encouraged* for each team to roster and play an appropriate number of women throughout the season.
- All rostered upper-level players are expected to play at a level more consistent with the average ability of the league and not take unfair advantage by utilizing their stronger hockey ability during play. Anyone rostered for the upcoming season on an A-League team is not permitted to participate in the C-League for that season.

SCHEDULE:

- Season will run from mid-October to mid-March.
- Games will be held (generally) on Mondays & Wednesdays.
 - Fridays will be utilized as needed.
- There will be Playoffs, resulting in a Consolation Game and a Championship Game.

REGISTRATION & ELIGIBILITY:

- All team registration requirements must be completed by October 3rd with appropriate payment.
- Every player must register online *prior* to playing their first game, even if it is their only game for the entire season. Any Subs not already rostered on a team must register prior to the game to be considered eligible.
- All players must be at least 21 at the start of the season. Female athletes 18 or older may be allowed to play. Male athletes between 18-21 will be considered on a case-by-case basis and for a select number of games.
- Players turning 18/21 during the season may be evaluated on a case-by-case basis.
- Current High School players are not permitted to play, regardless of age. (Goalies may be an exception to this rule but must be cleared by the Commissioner *prior* to the game.)

RULES, ADDITIONAL PENALTIES & SUSPENSIONS:

- USA Hockey rules govern play with the following exceptions, plus any changes made by Union Arena during the season.
- The captains/managers of each team will assist Union Arena management, the league’s Commissioner and the game officials to ensure a safe and fun league by taking responsibility for the actions of their respective teams and helping to alleviate illegal and unsafe play.
- The CAFHL is a non-checking league, however angling and body contact is allowed based on the discretion of the game officials.
- **Penalties:** Players receiving 3 minor penalties -OR- 1 major penalty and 1 minor penalty -OR- 1 misconduct in a single game will be immediately ejected for the remainder of the game. Another player on the same team must serve the penalty. Repeat offenders of this rule may be evaluated for further sanctions if deemed necessary by Union Arena, the league’s Commissioner, and the officials.
- **Suspensions:** Referees may eject a player from the game immediately for a range of reasons, including but not limited to unsportsmanlike conduct, use of any foul language, and/or behavior directly or indirectly towards an official or UA Staff.

- Any player that is ejected from a game will automatically receive an additional one-game suspension. This will be served at a date and time of the Commissioner's discretion.
- **Dangerous Play:** If a player commits a dangerous act and/or there was intent to injure, that player will be ejected for the remainder of the game and may receive an additional suspension depending on the severity of the offense at the discretion of the officials. A second infraction from the same player will result in a 3-game minimum suspension and a hearing to determine if a longer suspension is warranted.
- **Fighting:** The first offense is an automatic ejection and 1-game suspension. A second offense is a minimum suspension of 3 more games and a meeting with Union Arena management and the team captain to determine if there should be additional sanctions.
- There are no refunds to players who are suspended.
- Game officials have full authority to control the game at their discretion to ensure it is safe and fun for all participants.
- The league's Commissioner, along with the GM of Union Arena, will have final say in all decisions and may, with or without the recommendation of the officials, suspend players for conduct detrimental to the Arena and/or the League.
- Fighting, stick work, and dirty and dangerous play will not be tolerated and may result in immediate suspensions and/or expulsion from the League.
- Should a player – at the discretion of Union Arena – not belong in one of the leagues due to skill level and/or style of play, the Arena reserves the right to remove that player from the League. Union Arena may offer a place in a different league.
- Union Arena may amend rules and league operations as needed over the course of the season.

GAMES:

- All games will be three 15-minute stop periods.
- Game will move to running time in the third period as soon as there is a six (6) goal differential and will continue running regardless of scoring.
- Games will have two referees and one scorekeeper.
- Team Captains are the only players allowed to talk to or approach the refs during the game.
- If a team has fewer than eight skaters at game time, they may borrow players from another team in the league to reach up to eight skaters.
 - Once a team has eight or more of their own players dressed, subs will be asked to stop playing.
- Captains will be responsible for finding a replacement goalie if their goalie is out.
- There are no timeouts.
- There will be no overtime for games tied after regulation play.

PLAYOFFS:

- Must play in a minimum of eight (8) games to be eligible for the playoffs.
- If a team's goalie is absent, they and/or Union Arena may suggest a replacement, which will be approved by the other team.
- If a playoff game is tied at end of regulation, teams will play 4-4 for a five (5) minute sudden death period with teams defending their third period net. If still tied, teams will switch ends and play 3-3 for a second five (5) sudden death period. If still tied, the teams will engage in a shootout.
- If the championship game is tied at end of regulation, teams will play 4-4 for a ten (10) minute sudden death period with teams defending their third period net. If still tied, teams will switch ends and play 3-3 for a second ten (10) sudden death period. If still tied, the teams will engage in a shootout.
- Shootout: three unique skaters a side take alternating penalty shots against the opposing goaltender. If still tied after three shots per team, 'sudden-death' shots will be taken to reach a decision. No skater may shoot a second time until every player has gone once.