

**George S. Eccles Ice Center Recreational Hockey
League
Policy and Procedures Handbook**

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Introduction

Mission Statement

The mission of the George S. Eccles Ice Center Recreational Hockey League is to offer a safe, well-organized, and enjoyable environment for ice hockey enthusiasts. Our league provides players with the chance to engage in recreational and competitive hockey while ensuring their safety and satisfaction throughout their journey in the sport.

The objective of the league is to create an inclusive and thriving hockey community where we prioritize the safety and well-being of all players. We are committed to offering a well-structured league that not only fosters the development and success of seasoned players but also warmly welcomes newcomers, providing them with a supportive environment to learn and embrace the sport of hockey.

Sportsmanship Code of Conduct

All players are expected to conduct themselves in a sportsman-like manner both on and off the ice. This includes, but is not limited to, respect for the officials, scorekeepers, teammates, opponents, spectators, rink employees, all other patrons, and the facility.

The George S. Eccles Ice Center (hereafter known as "The EIC") reserves the right and the authority to disqualify, suspend, or remove any team manager, coach, player, spectator, or team that behaves in an unsportsmanlike manner before, during or after a game.

The possession of alcohol, tobacco products, or illegal drugs is strictly prohibited at the EIC, which includes the building, locker rooms, and parking lot. Any player found in possession will face disciplinary action by the Adult League Director with the possibility of suspension from the league and further legal action.

Any team or player(s) who notice the presence of alcohol, tobacco products, or illegal drugs should report it to the Adult League Director or rink staff immediately. Failure to report could result in being suspended from the league without refunds and the possibility of legal action.

1. General Administration

1.1 Governing Body

- (a) Operating under the oversight of the Eccles Ice Center Executive Director, an Adult League Director (the "Director") shall be designated to assume responsibility for the operations and enforcement of the policies and procedures pertaining to the Eccles Ice Center Recreation Hockey League.

1.2 League Name

- (a) The adult league hockey program shall be formally recognized and referred to as the Eccles Ice Center Recreation Hockey League (the "EIC-RHL").

1.3 Game Location

- (a) Games will be played at the George S. Eccles Ice Center, 2825 North 200 East, North Logan, Utah, 84341.

1.4 Development and Revision of Policy and Procedures

- (a) The formulation and refinement of policies and procedures constitute an ongoing and iterative process.
- (b) The EIC-RHL retains the right to modify or revise this document at its discretion. Team Managers shall receive email notifications within a period of 48 hours after any alterations or amendments made during an active season.
- (c) Team managers or players who wish to request additions, deletions, and/or alterations can do so by:
 - i. Presenting the request during a manager's meeting.
 - ii. Submitting an email to the Director articulating the details of the request.
- (d) The request will be reviewed by the EIC-RHL.

1.5 Divisions of Leagues

- (a) The EIC-RHL consists of four leagues, each organized based on the skill level as determined by the league. These leagues shall be formally designated and distinguished as follows:
 - i. A – League (Advanced)
 - ii. B – League (Intermediate – Upper)
 - iii. C – League (Intermediate – Lower)

iv. D – League (Development)

1.6 Establishment of Teams

- (a) A team interested in becoming part of the EIC-RHL shall designate a Team Manager whose responsibility is overseeing team management.
- (b) The formation of a team is contingent upon the availability of openings within the league.
- (c) The EIC-RHL shall not assume the role of forming or taking responsibility for any teams.
- (d) Teams are expected to adhere to all policies and procedures delineated within this document and any directions from the EIC-RHL.

1.7 Team Names

- (a) All teams participating in the EIC-RHL are required to have a distinctive and suitable team name.
- (b) Team names must receive approval from the Director before they are eligible for use.

1.8 Season Schedule and Playoffs

- (a) The responsibility for creating the schedule for each league before the beginning of each season shall rest with the EIC-RHL.
- (b) The season structure shall consist of ten regular-season games, followed by playoffs.
 - i. The Director maintains the right to modify the regular-season game schedule as the rink schedule requires, ensuring that each team is scheduled for no fewer than ten games.
 - ii. The Director maintains the right to modify the playoff format as necessitated by the rink schedule.
- (c) All teams are eligible to participate in the league playoffs, contingent upon the existence of playoffs within their respective division, and availability of the rink schedule.

1.9 On-Ice Officials

- (a) The EIC-RHL shall be responsible for the arrangement and scheduling of on-ice officials.
 - i. While USA Hockey certification is not mandatory, it is strongly recommended for officials.
- (b) Under the guidance of the Director, the EIC-RHL shall oversee the training and education of all officials. This shall encompass:
 - i. Monthly training meetings are aimed at fostering the ongoing development of officials.
- (c) In accordance with the policies and procedures outlined in this handbook, it is imperative that On-Ice Officials promptly report any violations, incidents, or game-related issues to the Director.
- (d) The officials involved in the league are not categorized as EIC employees; instead, they are designated as independent contract workers.

1.10 Scorekeepers

- (a) The EIC-RHL shall be responsible for the arrangement and scheduling of scorekeepers.
- (b) Under the guidance of the Director, the EIC-RHL shall oversee the training and education of all officials. This shall encompass:
 - i. Monthly training meetings are aimed at fostering the ongoing development of officials.
- (c) The scorekeepers involved in the league are not categorized as EIC employees; instead, they are designated as independent contract workers.
- (d) Game administration, including compliance with the EIC-RHL policy and procedures, shall be placed upon the scorekeepers who hold the requisite authority to ensure well-organized and efficient conduct of gameplay.
- (e) In accordance with the policies and procedures outlined in this handbook, it is imperative that scorekeepers promptly report any violations, incidents, or game-related issues to the Director.

1.11 Locker Rooms

- (a) The vandalism or destruction of locker rooms will not be tolerated. In the event of such incidents, the team and its players may face fines and/or suspension from

the league without entitlement to a refund. The Director and the EIC Executive Director will determine the specific penalties.

- (b) Alcoholic beverages, tobacco, and illegal drugs are prohibited in any locker room. Local law enforcement will be notified if any of these substances are discovered.
- (c) It is the responsibility of teams to help maintain the cleanliness of the locker rooms and the entire facility. Access to locker rooms is a privilege, and out of respect for employees and other patrons, teams are expected to clean up after use and dispose of trash properly. Teams leaving locker rooms in unsanitary conditions may incur a cleaning fee, lose their privileges for the remainder of the season, and be asked to change before arriving for their games.
- (d) All players are expected to conduct themselves with modesty and respect. This includes refraining from wandering the hallways or areas outside the locker rooms without proper attire or hockey equipment. The ice arena is a public facility, and it is vital to consider the comfort and sensibilities of other facility users. Failure to do so may result in potential suspension and legal action.

1.12 Injuries

- (a) Any major injuries sustained during league activities must be promptly reported to the Director within 48 hours of occurrence. In cases where hospitalization or ambulatory services are required due to a major injury, immediate reporting is crucial to ensure timely and appropriate response and documentation.

1.13 Player Age Eligibility

- (a) All players must have celebrated their 18th birthday before the beginning of the 1st scheduled game of the season. No exceptions to this rule will be granted.

1.14 Manager's Meeting

- (a) Before the commencement of each season, a team manager's meeting shall be scheduled.
 - i. Under the direction of the Director, the scheduling of a manager's meeting may be subject to postponement based on the specific circumstances and needs of the league.
 - ii. Under the direction of the Director, a manager's meeting may be scheduled at any point during a season as deemed necessary.

- (b) The primary objective of this meeting shall be to deliberate on the policies and procedures of the EIC-RHL. Team managers shall receive notification of the meeting's date, time, and location.
- (c) A team manager or team representative who fails to attend the scheduled manager's meeting must sign a document acknowledging and accepting any decisions made during the meeting.
 - i. The designated time for voicing concerns and proposing changes shall be during the manager's meeting and not during the signing of the acknowledgment document. Team managers or representatives absent from the meeting shall forfeit their right to contest decisions established during the meeting.

1.15 Understanding and Compliance with Policies and Procedures

- (a) It is imperative that each member of the league comprehends the Policies and Procedures outlined in this handbook. Individuals are encouraged to communicate directly with the Director for resolution if there are any discrepancies or concerns.
- (b) Participation in the EIC-RHL signifies the acknowledgment that all participants have diligently read the Policies and Procedures established by the EIC. Furthermore, it confirms their complete understanding of these policies and procedures and an unequivocal commitment to adhere to them throughout their involvement in the league.

2. Registration & Financials

2.1 Membership and Registration

- (a) Individuals seeking to participate in the EIC-RHL are required to adhere to the subsequent directives:
- i. Fulfill the obligation of obtaining an annual membership through the EIC-RHL designated platform or adhere to any alternative method prescribed by the EIC-RHL for league participation, as deemed appropriate by the league.
 - ii. Acknowledge and provide a legal signature to all pertinent documents and waivers of the league.

2.2 Player Registration

- (a) To participate in EIC-RHL league games, players must fulfill the requirement of completing their registration. Without exception, adherence to this prerequisite is mandatory.
- (b) A player shall attain registration status under the following circumstances:
- i. Upon the completion of an EIC-RHL registration or membership through the designated platform.
 - ii. Following the careful review and execution of all requisite waivers and documents.
 - iii. Upon the satisfactory payment of all financial obligations in full.

2.3 League Fees

- (a) Before the season's commencement, the EIC-RHL shall establish a specific timeframe within which teams must submit their respective team fees. It is imperative to adhere to this schedule, with full acknowledgment that all payments must be received by the designated time or, if stipulated, by the conclusion of the team's fourth scheduled game.
- (b) League fees are based on a team-centric structure. As determined by the team and its manager, the per-player cost may exhibit variability contingent upon factors such as team size or additional charges levied by a specific team, which may differ from the EIC-RHL fee.

- (c) The stipulated team fees for each season are delineated as follows:
 - i. The team fee shall amount to \$2500.00 per team for each season.
 - ii. Teams shall be considered eligible for a discount as outlined in section 2.4 of Discounts of this policy and procedure manual.
- (a) If an approved player is added to a team roster following the start of the regular season, the team manager shall determine the fees for the newly added player. The determination of said fees shall be contingent upon factors such as games participated in or any other criteria deemed appropriate by the team manager.
- (b) Teams that have yet to remit full payment by the due dates established by the league shall be subject to suspension. Such suspension shall render the team ineligible for any subsequent games, including league playoffs, until full payment is received. Any games missed by the suspended team shall be officially designated as forfeits and shall not be rescheduled.
- (c) Teams encountering a payment default arising from insufficient funds check or a declined credit card transaction shall be deemed ineligible to participate in league games until the team has paid in full. Additionally, a non-sufficient funds \$25.00 fee shall be assessed in such cases.
- (d) It is the team manager's responsibility to make all payment(s) to the EIC-RHL as delineated in this policy and procedures manual.

2.4 Team Payment Option

- (a) As indicated under the League Fee section, the team manager is responsible for collecting and providing payment(s) to the EIC-RHL. In accordance with this procedure, the EIC-RHL shall dispatch an invoice to each team manager, specifying the total amount due, along with the details regarding the payment process, within the timeframe delineated by the league.
 - i. The league reserves the right to modify the payment process as deemed suitable by the EIC-RHL. Such changes, if necessary, will be communicated to all relevant parties in a timely manner.
- (b) There are two prevalent methods for submitting a payment to the EIC-RHL.
 - i. Option A—Payment at the Front Desk.
 - 1. Payments at the front desk can be made in cash or by check, facilitated through a supervisor or member of the EIC-RHL management.

2. For cash payments, exact amounts are required, as cash transactions will not be processed through the front desk cash drawer – no exceptions.
 3. For check payments, these can be made using a cashier's or personal check. It is essential to emphasize that only a single check with the exact amount due will be accepted as a valid form of payment.
 4. Split payments are not accommodated at the front desk; exact cash or a single check is required.
 5. Card payments are not accepted at the front desk register; card payments must be made through SportsEngine.
 6. Payments at the front desk will be recorded and documented within SportsEngine accordingly.
- ii. Option B—Online Payment through the designated platform.
1. To pay adult league hockey fees via credit card, the payment process must be conducted through SportsEngine.
 2. An invoice for the team fee will be sent to your email via SportsEngine, containing a link for payment.
 3. All card payments processed through SportsEngine will include associated fees. If you wish to avoid these fees, consider option A for alternative payment methods.

2.5 Discounts

- (a) A team fee discount of \$100 is available for teams that meet the following criteria:
- i. Teams who register and pay in full during the designated payment period.
 - ii. Teams where all players listed on the team roster have completed their registration and signed all requisite documents and waivers.

2.6 Refunds

- (a) No refunds will be issued to any team under any circumstances. All payment transactions are considered final and irreversible.
- i. This policy remains applicable even when teams have requested a rescheduled game or were unable to play a league game due to a conflict, and the EIC-RHL cannot fulfill such requests.
- (b) Concerning individual refunds for players, the responsibility for resolving such matters shall rest with the team managers, who are expected to discuss with their

rostered players to reach mutually agreeable resolutions. The EIC-RHL explicitly disclaims any involvement or responsibility in addressing financial disputes that may arise between the team manager and their rostered players.

2.7 Fundraising

- (a) Teams are afforded the discretion to conduct fundraisers independently with the aim of mitigating the per-player cost of participation. The organization and execution of such fundraisers shall be determined at the sole discretion of each individual team.
- (b) The EIC-RHL shall not undertake initiatives to organize fundraisers or raise funds on behalf of any team or individual participant, thereby emphasizing the responsibility of teams in this regard.

2.8 Sponsorships

- (a) It is established that the rink shall periodically explore sponsorship prospects in collaboration with other businesses, with the intent of advancing the interests and well-being of the EIC-RHL. Notwithstanding this, teams are allowed to pursue sponsorship agreements to elevate league-related expenses.
- (b) It is imperative to note that the affiliations and arrangements between teams and their respective sponsors shall remain entirely independent of and unrelated to the EIC-RHL.
- (c) It is important to underscore that the EIC-RHL shall neither serve as a sponsor for any team nor actively engage in soliciting sponsors on behalf of any team or individual participant, thereby emphasizing the autonomous responsibility of teams in soliciting and managing sponsorships.

3. Team & League Information

3.1 League Structure

(a) The EIC-RHL consist of four leagues, each organized based upon the skill level as outlined below. Managers should refer to this section when rostering players.

i. **A-League (Advanced):**

1. This division represents the pinnacle of competitive play within the league, catering to participants with extensive experience at high levels of hockey, including Pro, College, Junior, High School, and more. Players in this division are known for their exceptional skating abilities, advanced hockey skills, and a high degree of confidence in their capabilities. The pace of play is fast and demanding, making it an ideal choice for those seeking the most challenging and competitive hockey experience the league has to offer.

ii. **B-League (Advanced – Lower):**

1. Participants in this league typically possess a solid skill set, allowing for an engaging and enjoyable gameplay experience. While the focus remains on having fun and fostering sportsmanship, there's still a healthy level of competition that adds excitement to every game. It's an ideal choice for players who appreciate the game's strategic aspects and are looking to showcase their skills while maintaining a friendly and inclusive atmosphere.

iii. **C-League (Intermediate):**

1. This division is tailored for competitive beginners, offering a welcoming environment for players who have transitioned from the D league, those with limited competitive experience, or those who prefer a more relaxed pace of play. Participants in this league are expected to have a solid understanding of hockey fundamentals and rules, as well as competent skating skills. While competition is still a part of the experience, the focus is on honing skills, building confidence, and enjoying the game in a supportive and encouraging atmosphere. It's an excellent choice for those looking to take their

hockey journey to the next level while maintaining a comfortable learning environment.

iv. **D-League (Developmental):**

1. The Developmental League serves as a nurturing ground for beginners who are taking their first steps into the world of hockey. This league is specifically designed for individuals with limited to no prior hockey experience. Teams within this league are primarily composed of new or novice players, fostering a supportive environment for skill development and learning the fundamentals of the game. While the league welcomes the possibility of having one or two more experienced players to provide coaching and mentorship, their participation is subject to approval by the league's Director to ensure a fair and balanced playing field.
- (a) Teams and players seeking registration within the D League must know that automatic approval participation in that division will not be granted. The roster of such teams shall undergo meticulous scrutiny.
 - (b) Under the Director's jurisdiction and discretion, players determined to be unsuitable for the D-League at any time will be precluded from participation in the league.
 - i. If a player is determined to be ineligible for the league they are currently participating in, the EIC-RHL will assist in relocating the player to a suitable team within the other leagues.
 - (c) Under the jurisdiction and discretion of the EIC-RHL, the final determination of player eligibility within each league shall rest with the Director.

3.2 Game Conflicts and Rescheduling

- (a) The team manager shall be responsible for diligently reviewing the team schedule to ensure the compatibility of game dates and times with their team's circumstances, including challenges such as player absences during holiday seasons.
- (b) In the event of a scheduling conflict before the start of the season, it shall be the responsibility of the team manager to promptly bring the matter to the attention of the Director for resolution.

- (c) If a scheduling conflict arises during the season, it is incumbent upon the team manager to promptly communicate the issue to the Director as soon as it becomes apparent. Delays in this process can greatly impede the feasibility of rescheduling, given the limited available options for time slots.

3.3 Reschedule Request

- (a) Within the context of the league, such occasions may arise when teams express a desire to reschedule a league game, notwithstanding the absence of a formally designated “conflict” situation. Such requests can originate from various circumstances, including proximity to holidays or player illnesses.

These requests shall be received and managed by the Director. It should be noted that if the rink schedule does not permit such adjustments, teams may be unable to reschedule the game and must adhere to the originally designated game time or forfeit.

- (b) If a Team Manager deems the request from the opposing team to be unreasonable or encounters non-cooperative behavior, it is advisable to promptly seek counsel and guidance from the Director for appropriate resolution.
- (c) See section 2.6 Refunds for games that cannot be rescheduled by the EIC-RHL.

3.4 Team Rosters

- (a) The Team Manager is responsible for upholding the utmost integrity of team rosters based on the league’s requirements. The Team Manager’s diligent adherence to the policies and procedures outlined in this handbook is imperative.
- (b) Before the commencement of each season, the Team Manager must provide the league with a team roster, complete with the required information per the EIC-RHL request.
 - i. The EIC-RHL will provide Team Managers with a defined process through which they will submit team rosters to the league.
- (c) The following roster regulations are mandated for teams within the league.
 - i. **Minimum Player Requirements**
 - 1. Each team must maintain a roster of at least 10 skaters and at least 1 goalie.
 - ii. **Single League Rostering**

1. Players are prohibited from being rostered on multiple teams within the same league.
 - iii. **Cross-Division Roster Monitoring**
 1. Players rostered in multiple leagues shall be subject to periodic scrutiny to ensure equitable competition across all levels.
 - iv. **Roster Verification**
 1. A player who is not rostered on the team for which they intend to participate will be precluded from playing in that specific game. The scorekeeper will conduct verification of rosters before the start of each game to uphold these regulations.
- (d) Teams may request to add or remove players from their roster until the completion of the fourth scheduled game of the season.
- i. Team Managers may request additions or deletions from their team rosters by providing the EIC-RHL or the Director with an email detailing their request.
 - ii. Following the completion of the fourth scheduled game of the season, further additions or deletions of players will only be permitted on a team's roster if explicitly approved by the Director.
- (e) Goalkeepers can roster on one team as a goalie and simultaneously participate as a player on another team within the same division. Additionally, they may register as a secondary goalie on yet another team.

3.5 Team Captains

- (a) Before the start of the game, each team shall designate one Captain and not more than two Alternates on the scoresheet. Only one of these shall have the privilege of discussing with the Referee any questions relating to the interpretation of rules that may arise during the progress of the game. (Rule 202, USA Hockey)

3.6 Substitution

- (a) The EIC-RHL defines substitutions as the situation in which a team must utilize players not formally listed on their official roster to participate in the game. The following section outlines the policy governing a team's eligibility to use substitutions.
- i. Teams are allowed to utilize substitutions as they deem appropriate based on the league rules on substitution.

- ii. Players may substitute for a league up to five (5) times, after which their name will be removed from the sub roster. This is based upon a season.
- (b) Substitution players must be selected exclusively from a pre-approved and provided substitution list constructed by the EIC-RHL.
- (c) The responsibility for ensuring that substituting players are correctly verified with the scorekeeper before the commencement of the game falls upon the Team Manager.
- (d) If a team is discovered using a player who has not been approved for substitution by the league:
 - i. The team will receive a minor penalty, and the player will be ejected from the game.
 - ii. If it is determined that a team has utilized an unverified substitution, said team may be subject to the forfeiture of the game in question.
- (e) The D League will have a modified substitution policy to facilitate the inclusion of new or prospective players into the league.
- (f) During playoff matches, teams will be prohibited from utilizing substitutions. They must play with the roster they have officially submitted and approved for playoff participation. This regulation is, in effect, to maintain fairness and consistency during playoff competitions.
- (g) Goaltenders may be substituted from one team to another only under the condition that the team's designated regular goalkeeper cannot participate in a regular season game. This allowance addresses unforeseen circumstances and upholds the continuity of play within the league.

3.5 Jerseys

- (a) All EIC-RHL teams must provide their players with matching-colored jerseys that feature non-repeating numbers.
 - i. These jerseys should maintain uniformity in color and design, and the numbers must be no less than 8 inches in height.
 - ii. Teams are encouraged to have at least two uniform options, typically a home and away jersey. New teams are advised to select their colors in consideration of existing team colors to avoid clashes.

- iii. While not mandatory, it is strongly recommended that teams also consider coordinating their team socks to maintain a cohesive appearance on the ice.
 - iv. It is highly suggested that team managers be equipped with extra jerseys. These additional jerseys serve a dual purpose:
 - 1. They can be provided to team members who may have forgotten or lost their jerseys.
 - 2. Can be used for substituting players when needed.
- (b) Failure to meet this requirement will result in a minor penalty being assessed at the beginning of the game.

3.6 Required Gear

- (a) Players must wear protective equipment during all games, warm-up sessions, and practices. This equipment should include gloves, shin pads, elbow pads, hip or padded hockey pants, an athletic supporter, and all necessary head protective gear. Adhering to these safety measures is essential to safeguard the well-being of all participants during league activities.
- i. While the EIC-RHL is categorized as a non-contact league, it is important to clarify that we adhere to the principles of competitive contact. Thus, it is strongly recommended that players wear shoulder pads.
- (b) Helmets must always be worn during adult league-sanctioned games, including pre-game warm-ups and post-game handshakes. Failure to wear a helmet while on the ice or the bench will result in a minor penalty for the team. Players with helmets that do not meet regulations will be permitted to participate once their helmets meet the specified requirements. During gameplay in all leagues, helmets must be properly fastened.
- i. Helmet Cage or Visor Requirement: Helmet cages or visors are mandatory for players in the B, C, and D Leagues.
 - ii. A-League will have the choice of wearing or not wearing a cage or visor, but it is strongly recommended that they do so. This recommendation prioritizes player safety while allowing for individual preference in the A-League.
- (c) Any player who is not in proper uniform, including the required equipment as specified, will be subject to a minor penalty as soon as they enter the ice for actual

gameplay. This rule emphasizes the importance of players being appropriately dressed and equipped to participate in games.

3.7 Playoff Format

(a) Eligibility

- i. All teams participating in the EIC-RHL are eligible for the playoffs within their respective divisions, provided that playoffs are part of that division's structure.

(b) Separate Brackets

- i. Each league within the EIC-RHL will have a dedicated playoff bracket.

(c) Playoff Seeding

- i. Playoff seeding will be determined based on regular season standings within each division.
- ii. Tiebreakers, if required, will be resolved in the following order:
 - 1. Head-to-Head record
 - 2. Average Goal Differential
 - 3. Forfeits
 - 4. Coin Flip

(d) Single-Elimination Format

- i. EIC-RHL playoffs follow a single-elimination format, where teams are eliminated after a single loss, and winners advance to the next round.

(e) Playoff Scheduling

- i. The schedule for playoff games will be established and communicated by the EIC-RHL.

(f) Team Manager Responsibilities

- i. Team managers are responsible for ensuring their teams are available and adequately prepared for scheduled playoff games.

4. League Rules & Operations

4.1 League Rules

(a) The EIC-RHL Policies and Procedures Manual is designed to complement and work in conjunction with the existing USA Hockey Rules of Ice Hockey. While the USA Hockey Rules provide the foundational framework for gameplay, safety, and conduct, this manual offers specific guidelines and regulations tailored to EIC-RHL.

It is imperative for all participants, including players, team managers, officials, and league staff, to familiarize themselves with both this manual and the USA Hockey Rules to ensure a harmonious and consistent hockey experience within our league. This collaborative approach guarantees that our league maintains the highest standards of sportsmanship, fair play, and player safety.

(b) The following are modifications to the standard USA Hockey rulebook specific to the EIC-RHL gameplay.

i. **Pre-Game Warm-Ups**

1. Pre-game warm-ups will be limited to 5 minutes in duration, commencing precisely at the scheduled game start time. The timing of warm-ups will not be delayed based on when players access the ice.

ii. **Game Duration**

1. The standard game format will be 1 hour and 15 minutes in length. This format consists of three 20-minute run-time periods, with a 1-minute break between periods, except under specific conditions.

iii. **Stop Time**

1. During the final 5 minutes of regulation, the clock will be set to stop time if the game remains within three goals. Stop time will continue until the end of the period.

iv. **Tied Game**

1. If the game remains tied at the conclusion of regulation, a 5-on-5 five-minute sudden death run-time period will be allowed during the regular season.

v. **Shootout**

1. If the game remains undecided after the sudden-death overtime period, a three-person shootout will occur, followed by a sudden-death shootout until a winner is determined.

vi. **Referee Authority**

1. In situations where time constraints are a concern, the referees will have the authority to determine the number of players involved in the shootout or take other appropriate actions to expedite the game.

vii. **Game Timeouts**

1. One timeout is allowed per game, per team, during the regular and post-season games.

(c) Upon the conclusion of a game, the ice will undergo resurfacing by the Zamboni.

- i. No player shall enter onto the ice surface until the Zamboni doors have been shut. A bench minor penalty will be assessed to any team whose player(s) have entered the ice while the Zamboni is operating or while the Zamboni doors are open.

(d) The EIC-RHL will provide pucks for warm-ups and games. Following warm-ups, both teams must pick the pucks up and place them in the holder provided by the rink.

(e) If a team cannot fulfill the minimum game requirements of having 5 players and 1 goalie before the scheduled start time, the team will forfeit the game, and the opposing team will be granted a win.

- i. It is within the discretion of both teams to mutually agree to proceed with the game as if the forfeit had not occurred. This provision allows flexibility in situations where teams may wish to continue with the match despite one team's initial inability to meet the minimum player requirement.

(f) Players who are serving suspensions or have been ejected from a game are strictly prohibited from occupying the bench area of either team, the penalty box, or the scorekeeper's box.

4.2 Competitive Contact in a Non-Check League

(a) While the EIC-RHL is categorized as a non-contact league, it is important to clarify that we adhere to the principles of competitive contact, as defined by USA Hockey:

Body contact between two or more skaters who are in the immediate vicinity of the puck and who are in the normal process of playing the puck. These skaters are reasonably allowed to lean into each other, provided possession of the puck remains the sole object of the contact.

i. **Angling**

1. It is a legal defensive skill used to direct/control the puck carrier to an area that closes the gap and creates an opening that is too small for the puck carrier.

ii. **Physical Engagement**

1. It is when two players who are in pursuit of the puck are allowed to reasonably lean into each other, provided that possession of the puck remains the sole objective of the two players.

iii. **Collisions**

1. It occurs when players are allowed to maintain their established position on the ice. A player shall not be penalized if the intention is to play the puck and, in so doing, causes a collision with an opponent. No player is required to move out of the way of an oncoming player to avoid impact.

(a) Additional acceptable forms of competitive contact include:

- i. A skater is entitled to the ice he occupies so long as he maintains his skating speed and body position between an opponent and the loose puck.
- ii. A skater is entitled to stand his ground and is not required to move if an opponent wishes to skate through that area of the ice.
- iii. A skater may block an opponent so long as he is in front of the opponent and moving in the same direction.
- iv. A skater can use his body position to force an opponent to take a less direct route to the puck, so long as he does not use a hand or arm to hold or block the opponent.

4.3 Playoff Rules

- (a) During playoffs and the championship game, player eligibility is restricted to those listed on the team rosters and have played in at least 4 regular-season games. Substitutions are strictly prohibited in these games.

- i. Exceptions to this rule may be considered in cases of extenuating circumstances. Players with less than four games can appeal to league management through their team captain for valid reasons, such as injury, illness, or work-related absences.
 - ii. The sole exception to the no-substitution rule applies exclusively to substitute goalies.
- (b) In the event of a tie after regulation play during a playoff game, the following procedures will be implemented:
 - i. **Sudden Death Overtime**
 - 1. A single 5-minute sudden-death overtime period will be played with teams at full strength (5-on-5).
 - ii. **Shootout**
 - 1. If the game remains tied after the overtime period, a shootout featuring 5 shooters from each team will take place.
 - iii. **Sudden Death Shootout**
 - 1. If a winner is still not determined following the initial shootout, a sudden death shootout will be used to determine the winner.
- (c) These procedures are designed to ensure a decisive outcome in playoff games that conclude in ties.

4.4 Penalties

- (a) The following are modifications or highlighted information to the standard USA Hockey rulebook specific to the EIC-RHL gameplay.
 - i. **Minor Penalty**
 - 1. A Minor penalty will result in a 3-minute penalty duration.
 - 2. During stop time and overtime periods, the penalty duration will be reduced to 2 minutes.
 - ii. **Major Penalty**
 - 1. A Major penalty will result in a 5-minute penalty duration.
 - iii. **Match Penalty**
 - 1. A Match penalty involves the immediate removal of a player or team official for the balance of the game and a five-minute penalty.

2. Players who receive a Match penalty will receive an automatic league suspension, and the incident will be placed in review with the potential of further discipline.
- iv. **Misconduct Penalty**
 1. A Misconduct Penalty will result in a 10-minute penalty duration.
 - v. **Unsportsmanlike Penalty**
 1. An Unsportsmanlike penalty will result in a 3-minute penalty duration.
 - vi. **Game Misconduct Penalty**
 1. A Game Misconduct penalty involves the suspension of a player or team official for the balance of the game.
 2. Players who receive a Game Misconduct penalty will receive an automatic one-game suspension.
 - vii. **This Game Only Suspension (TGO)**
 1. In the case of a Game Misconduct penalty, an automatic one-game suspension will be imposed unless otherwise indicated as a This Game Only (TGO) suspension.
 2. This determination will be at the referees' discretion or as specified in section 4.4.2.
- (b) Any player who accumulates five penalties or 15 penalty minutes in league play (excluding verbal misconduct penalties) will immediately be ejected for the remainder of the game with no further suspension.

4.5 Fighting

- (a) The EIC-RHL adheres to a strong stance against fighting, defined as any punch or attempted punch aimed at an opponent, regardless of whether contact is established. Our view on fighting mirrors the guidelines of USA Hockey rules and incorporates additional league-specific regulations.
- i. **First Fight**
 1. A player involved in their first fight will receive a two-game suspension.
 2. This suspension applies to all players involved in the altercation.
 - ii. **Second Fight**

1. A player involved in a second fight will face a league suspension for the remainder of the season.
 2. If a second fight occurs during the last game of the season, the player will be suspended for the entire next season.
- iii. **Third Man in Rule**
1. Any player who intervenes in an ongoing fight between two players will be penalized with a **third man in**, resulting in a game misconduct and a one-game suspension.

4.6 On-Ice Officials

- (a) A two-person officiating system will be employed for EIC-RHL gameplay, with both referees possessing equal authority. If only one official is available, the game will continue with a single official.
- (b) The EIC-RHL enforces a strict zero-tolerance policy regarding the abuse of officials. This policy extends to cover the mistreatment of employees, scorekeepers, and other patrons at the rink.
- (c) Only team managers or designated captains are authorized to request an explanation of an official's call. Team managers or captains should approach officials respectfully and civilly when seeking clarification.
 - i. No player or team is allowed to protest an on-ice official's call before, during, or after the game.
- (d) Officials are required to always maintain a professional demeanor. They should consistently exhibit sportsmanship and impartiality. Any actions aimed at baiting or inciting players or coaches are strictly prohibited. Officials will uphold control of the game and administer discipline to players and fans as necessary.
- (e) If a team, player, or team manager believes that an official is not conducting themselves properly or maintaining control of the game appropriately, they have the right to file a formal complaint with the EIC-RHL.

4.7 Zero Tolerance & Unsportsmanlike Policy

- (a) The EIC-RHL is committed to promoting fair play, respect, and a positive environment for all adult league hockey program participants. To maintain the integrity of the game and ensure the safety and enjoyment of all involved, we have established a Zero Tolerance and Unsportsmanlike Conduct Policy.

- (b) All participants are expected to exhibit good sportsmanship, fairness, and respect for opponents, officials, spectators, and rink employees. Unsportsmanlike conduct will result in a minor penalty being assessed to the player who:
 - i. Openly disputes or argues any decision made by an on-ice official.
 - ii. Uses obscene or vulgar language, regardless of whether it is directed at anyone.
 - iii. Visually demonstrates dissatisfaction with an on-ice official's decision.
 - iv. Taunts or incites an opponent.
- (c) A misconduct penalty will be issued if a player persists in any of these actions. Continued actions will result in a game misconduct penalty and ejection from the game.
- (d) Spectators are welcome to attend adult league hockey games; however, the following guidelines apply:
 - i. An on-ice official will halt a game if spectators display inappropriate and disruptive behavior that interferes with the game or other spectators at the ice rink.
 - ii. In the event of a spectator disruption, the game clock will not be stopped, and lost time will not be added back.
 - iii. Spectators engaging in inappropriate and disruptive behavior may be subject to additional disciplinary action by local law enforcement.
- (e) If spectators are asked to leave the facility but refuse to do so, local law enforcement will be called to ensure the safety of all parties and maintain a secure environment for all patrons and rink staff.

4.8 Alcohol Policy

- (a) The EIC-RHL strictly upholds a zero-tolerance alcohol policy, both on and off the ice. Individuals suspected of possessing or consuming alcohol will be immediately ejected from the game. Subsequently, an automatic league suspension will be imposed, subject to review by the league and Director. This stringent enforcement is essential to maintaining the integrity and safety of league activities.

4.9 Suspensions

- (a) The purpose of this policy and procedure is to outline the rules and guidelines related to player suspensions within EIC-RHL. This policy ensures fair and

consistent handling of disciplinary matters while maintaining the integrity and safety of the league.

(b) Suspension Categories.

i. Game or League Suspensions

1. A player is prohibited from participating in a specified number of upcoming games or league activities.

ii. Indefinite Suspensions

1. A player is suspended without a predetermined end date, pending further review and assessment.

(c) Grounds for Suspension.

i. Fighting

1. Engaging in a physical altercation on or off the ice, including throwing punches or attempting to fight with an opponent. (See section 4.5 of Fighting)

ii. Unsportsmanlike Conduct

1. Exhibiting behavior contrary to good sportsmanship, such as excessive verbal abuse, taunting, or dangerous play.

iii. Infractions During Gameplay

1. Infractions during official gameplay leading to suspensions.

iv. Verbal Abuse of Officials

1. Using disrespectful or offensive language toward referees, scorekeepers, or league officials results in a Game Misconduct penalty.

v. Violations of League Policies

1. Violating league policies, including alcohol or substance use within league facilities, destruction of property, or other violations outlined in the league's code of conduct.

4.10 Suspensions and Appeals

(a) The following outlines the procedures by which the EIC-RHL manages suspensions and appeals. The league follows these processes for each incident to uphold fairness and maintain impartiality toward any player or individuals involved.

(b) This suspension policy and procedure will be periodically reviewed and revised as necessary to ensure its effectiveness and fairness.

(c) The following is the process and procedures through which the EIC-RHL handles suspensions and appeals:

i. **Reporting Incidents**

1. Officials, coaches, or other league personnel should report incidents leading to potential suspensions to the EIC-RHL.

ii. **Investigation**

1. The league will investigate the reported incident, which may include consulting with on- and off-ice officials, Team Managers, players, rink cameras, and spectators to make final decisions regarding suspensions and their duration.
2. The EIC-RHL retains the authority to change, add, or reduce punishments based on the evidence above and beyond the players in question.
3. In alignment with Rule 410 of USA Hockey, the EIC-RHL also adheres to the principle that any incident before, during, or after a game is subject to review, irrespective of whether the referee issued a penalty for the action.

iii. **Notification**

1. The Team Manager and player(s) involved in the incident will be informed of the suspension, including its duration and the reason for the suspension.

iv. **Appeals**

1. Player(s) has the right to appeal their suspension. Appeals must be submitted in writing to the league within 48 hours following notification of suspension.

v. **Disciplinary Committee**

1. The league's disciplinary committee will review the incident, consider any appeals, and make a final determination on the suspension.

vi. **Length of Suspensions**

1. Suspension lengths will vary based on the severity of the offense, previous disciplinary history, and the discretion of the disciplinary committee.

vii. **Progressive Discipline**

1. Repeated violations of league policies or unsportsmanlike conduct may result in increased suspension lengths or indefinite suspension from the league.

viii. **Record Keeping**

1. The EIC-RHL will maintain records of all suspensions, including details of the incidents, length of suspension, and any appeals.

ix. **Enforcement**

1. Team managers and coaches are responsible for ensuring that players under suspension do not participate in league games during their suspension period.

(d) Suspended players are prohibited from participating in any games, irrespective of league.

(e) Players suspended while substituting will remain ineligible to participate in any division or team until they have served their suspension with the original team for which they were suspended.