



ATL50 Hockey League, LLC

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Revision History

Date	Version	What Changed	Sections
5/20/2024	1.0	Version 1 released	All new
6/17/2024	1.1	Stop time changed from the final 5 minutes to the final 2 minutes of the third period	
6/17/2024	1.1	Penalties are changed from run to stop in the final 2 minutes of the third period	Rules of the League section 8 penalties
6/17/2024	1.1	Changed from 10 to 13 players	Substitute players section 3
6/17/2024	1.1	Labatt Blue and Labatt Blue Light are the official recommended post game beer of the league	
7/23/2024	1.2	Process around substitute player selection for games each week	Allocation of substitute players
11/13/2024	1.3	Sub fee raised from \$25 to 30	Allocation of substitute players
1/14/2025	1.3	Age 50 for skaters and 45 for goaltenders	Player Ages
3/31/2025	1.4	Team rosters are frozen after the 15 th games of the season	
3/21/2025	1.4	Players that register as a substitute player can play a maximum of 10 games a season	Substitute players section 5
6/9/2025	1.5	Each period is extended an additional 2 minutes. 3rd period stop time is extended from 2 minutes to 3 minutes unless the is a 4 or more goals score differential	Rules of the league section 5
6/9/2025	1.5	Rosters are expanded from 13 skaters and a goalie to 14 skaters and a goalie	
9/9/2025	1.6	Trades can occur before the first 5 games of the season	Trades
9/9/2025	1.6	Substitute players who get suspended for one game will not be eligible to play for the next 3 scheduled games	Substitute players
9/9/2025	1.6	Teams may only pick a maximum of 2 substitute players a game during the regular season unless they have less than 10 after picking up two subs. Those teams' team can add subs to get to 10 players on each team.	Allocations of substitute players

9/9/2025	1.6.1	Bye week goalies can play for teams that need a goalie	Substitute players
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ATL50 Hockey League

League Code of Conduct and Bylaws

Player's Code of Conduct

The ATL50 Hockey League (hereinafter referred to as "League") is a draft-based, non-body checking adult men's hockey League designed to cater to male players aged 50 and older. Its primary mission is to cultivate a safe and enjoyable playing atmosphere while maintaining a level of recreational competitiveness and organization. By adhering to the League's Code of Conduct and Bylaws, players commit to abiding by all rules, guidelines, and bylaws, conducting themselves with sportsmanship, and showing respect towards all participants, including opponents, referees, scorekeepers, spectators, and rink staff.

The League's Code of Conduct is founded on several key principles:

1. **Safety:** Ensuring the safety of all participants is of utmost importance.
2. **Fair Play:** Any form of dirty play is strictly prohibited. Players who intimidate, endanger, or cause harm to others through force, reckless actions, or violent behavior will face severe consequences including permanent expulsion from the League without refunds. The League Commissioner holds final authority on such matters, with no option for appeal.
3. **Equipment Compliance:** All players must adhere to the League's equipment rules both on the ice and on the bench.

Respect is a fundamental value within the League's Code of Conduct:

1. **Sportsmanship:** Display good sportsmanship and treat others with the same respect you expect to receive. Compete vigorously but fairly. Support your teammates and show respect to opponents by maintaining control over your temper and emotions. Whether in victory or defeat, demonstrate humility and grace.
2. **Respect for Officials:** Acknowledge and respect the authority of referees, recognizing that their decisions are based on multiple perspectives. Refrain from disputing calls and accept their rulings. Lack of respect of Officials may include

permanent expulsion from the League without refunds.

3. **Unsportsmanlike Conduct:** Any form of unsportsmanlike behavior, such as taunting, ridicule, discriminatory remarks, verbal or nonverbal threats, harassment, obscene gestures, or profane language directed at participants, particularly referees, is unacceptable. Such conduct will result in automatic ejections and may lead to expulsion from the League without refunds.

Participation in the League is a privilege, not an entitlement. As a private organization, the League retains the authority to impose disciplinary measures on any player found to be in violation of the Code of Conduct and Bylaws. This includes the possibility of temporary or permanent suspension from the League, determined solely at the discretion of the League without refund. The League Commissioner has final determination authority.

Rules

Rules of Play

The League's rules of play are USA Hockey rules and specific League rules outlined herein.

USA Hockey Rules

The League adheres to **USA Hockey rules** for adult non-check ice hockey as the foundational standard, with exceptions outlined in this document.

General League Rules

The following rules are unique to the League and vary from USA Hockey rules.

1. **Equipment and Safety**

Regarding safety measures and liability concerns:

- a. **Bench Regulations:** It is mandatory for anyone present on the bench during a game to be fully equipped with approved gear, including a helmet. Additionally, individuals must be eligible to play for the team. This rule is implemented to address liability issues and ensure the safety of all participants.
- b. **Helmet Requirement:** Players are required to wear helmets approved for ice hockey at all times during the game, whether on the ice, on the bench, or in the penalty box. Furthermore, players must secure helmet straps

properly fastened for added safety. Face shields are strongly encouraged but not mandatory.

2. **Checking** – No body checking is allowed at any time during a game.

3. **Penalties and Game Misconducts:**

The League's rules regarding penalties are as follows:

- a. USA Hockey Adult Rules
- b. An accidental high stick to the face that causes injury and/or bleeding will be penalized as a 4-minute double minor. The referee has an option to add a 10-minute misconduct.
- c. Delayed penalties leading to a goal must be reported by the referee and recorded on the scoresheet. These penalties count towards a player's penalty limit for the game.
- d. Players must receive a 2-minute minor for unsportsmanlike conduct before a 10-minute game misconduct resulting in ejection can be issued. Abuse towards a referee after a game lead to an automatic game misconduct and suspension review by the League Commissioner.
- e. Verbal abuse of officials or refusal to promptly leave the ice when directed to the penalty box typically results in a game misconduct penalty, followed by ejection for continued or aggravated misconduct. Only designated team members (captains or alternate captains) may discuss calls with officials.
- f. Major penalties and game misconducts can be issued without the requirement of injury, based on "reckless endangerment" as defined by USA Hockey. Referees exercise sound judgment in assessing reckless endangerment.
- g. When a player receives a major penalty and a game misconduct, the player is immediately ejected without the need for another teammate to serve the major portion of the penalty. A teammate may enter the ice after the penalty expires to restore full strength.
- h. Penalties may be assessed for misconduct occurring after the game, even after both teams have left the ice.
- i. The scorekeeper must email specific details for game misconducts, including game date, time, location, participating teams, offending player's team, jersey number, name, infraction, and referee names.

- j. Players leaving the penalty box must ensure the door is closed behind them. Failure to do so resulting in engaging in play leads to a minor penalty for too many skaters.
- k. Referees, League Executives, and team captains have discretion to bar a player from a game if they pose a danger to themselves or others, such as being under the influence of drugs or alcohol. Captains are responsible for enforcing this rule among their team members.

Match Penalties and Suspensions

Match Penalties

Ensuring the safety of players and officials is of the utmost importance within the League:

1. **Protection of Officials:** The physical space surrounding referees and scorekeepers is deemed safe space. Any intrusion into this protected area resulting in contact, regardless of its degree, is deemed unacceptable. The League is committed to taking decisive action to safeguard officials from any deliberate or reckless physical contact by players. Offenders will face expulsion from the League following a review by the League Commissioner.
2. **Match Penalty:** Instances of misconduct that warrant a match penalty, leading to automatic ejection and potential suspension, include:
 - a. Intent to injure, as evidenced by a clear intention and voluntary action
 - b. Intimidation that threatens the immediate use of physical contact
 - c. Physical abuse of an official during a game (from the end of ice resurfacing before warmups to the beginning of ice resurfacing after the postgame handshake). This includes any voluntary physical contact by a player with an official, whether with a stick, a finger to the chest, or even a tap on the shoulder. Note that this does not include accidental contact, such as being pushed into the official, or incidental contact in the course of play. Touching a referee however slightly – even by a finger to the chest – will result in a match penalty and expulsion from the League. The player will forfeit all dues paid to that date and will not receive a refund for unpaid games.
 - d. Anyone who makes a targeted derogatory remark with the intent to intimidate anyone else. This does not include shouting to let off steam. It does include any specific verbal threat with a reference to life, sex, religion, or ethnicity. Automatic match penalty.

For match penalties, both referees, both captains, and the scorekeeper must fill out the League Match Penalties Report at the completion of that game. The scorekeeper must then email so that the League is aware of the match penalty. The League Commissioner has final and sole authority over any suspension or expulsion decisions. There are no refunds for suspensions or expulsions from the League.

Automatic Suspensions

Captains play a crucial role in upholding League rules and regulations

1. **Knowledge and Responsibility:** Captains are required to possess a thorough understanding of all League rules and penalties. Additionally, they are entrusted with the responsibility of informing suspended players about the duration of their suspensions.
2. **Automatic Suspensions:** Players incur automatic suspensions for certain infractions, including:
 - a. Players receiving at least 10 minutes in penalties during a game – Automatic ejection, but no further suspension
 - b. First game misconduct penalty – One-game suspension
 - c. Second game misconduct in the same game or season – Three-game suspension
 - d. Third game misconduct in the same game or season – Automatic suspension from the League and no refund
 - e. The presence of an ineligible player on the ice before, during, or after the game – One-game suspension for the ineligible player and a one-game suspension for the captain

Substitute Players

To address game player shortages, team captains are permitted to request substitute players. Those players can only come from the League's approved substitution player list:

1. **Payment Requirement:** Substitute players selected by team captains must pay a fee of \$30 per game to the League via ATL50.org league portal, before participating in the game.

2. **Consequences of Non-Compliance:** Captains who employ illegal substitute players will be subject to a one-game suspension, and the game in question will be forfeited.
3. A maximum number of substitute players per team, per game, is the number required to make for a maximum of 14 total skaters plus 1 goalie.
4. Substitute players are not allowed to participate in shootouts or playoff games.
5. Players who register as a substitute player can only play a maximum of 10 games per season. Players who register as a full-time player but do not get drafted onto a team as a full-time player will be eligible to move to the substitute player list and can play up to 20 games per season.
6. A substitute player who gets suspended for one game will not be eligible to play for the next 3 scheduled games.
7. Full-time goalies who are not playing a scheduled game this week (team bye week) can substitute for teams who need a goalie.

Allocation of Substitute Players

1. Captains confirm their roster or request substitute players by noon on Monday before the scheduled game.
2. A notice (email and/or text) will be sent out on Monday to all players on the substitute list, asking for their availability for Wednesday's games. Player availability responses are required by noon on Tuesday.
3. Responses from available players are collected, creating a list of available substitutes.
4. Substitutes will be selected by the team captains on Tuesday afternoon from the list of available players. The selection order is based on the lowest-ranked team having the first pick. Then, the second lowest team can make a selection, and the process continues in that order until all available players are selected or teams do not want to take on any additional players.
5. The available substitute players are notified on Tuesday afternoon if they have been selected and by which team captain.
6. Selected substitute players must pay the \$30 substitute player fee.
7. Captains cannot directly recruit players from the substitute list.

8. Priority is given to teams with less than 10 regular skaters and a goalie

Maximum Number of Substitute Players per Game

1. Standard Limit
 - a. During the regular season, teams may select up to two (2) substitute players per game to maximum roster of 14 players.
2. Exception: Teams with Fewer than 10 Skaters
 - a. If, after adding two substitutes, a team still has fewer than ten (10) skaters, that team may add additional substitutes as needed until reaching a total of 10 players.

Substitute Draft Order

1. Order of Selection
 - a. Substitute player draft order proceeds from the team with the lowest standing in the league to the team with the highest standing.
2. Repeating Order
 - a. After the highest-ranked team selects, the order repeats back to the lowest-ranked team and continues until all substitutes are assigned.

Trades

Trades between two teams before the first 5 games of the season. No further trades after that time. All trades must be reported to the League Commissioner before the first game of the season.

Team Jerseys

The League will provide team jerseys to each team captain for distribution before the first game and collection after the final game of the season. Captains are accountable for ensuring the proper handling of jerseys and are responsible for covering the replacement cost of any uncollected jerseys at the season's end.

Furthermore, it is mandatory for every player to have a unique number displayed on their jersey. Each team can only assign a particular number to one player. Additionally, team captains and alternate captains are required to wear a letter "C" and "A", respectively, on their jerseys to signify their roles within the team.

Team Rosters

Prior to the first game of the season, the team captain is required to provide jersey numbers of players listed on the roster to the League.

1. Rosters will consist of 14 players and 1 goalie.
2. Team rosters are frozen after 15 games. There can be no players added to the team roster after the 15th game is completed.

Player Ages

1. Skaters - Forwards and Defense- must be men 50 years of age or older or must turn 50 within the season they wish to participate.
2. Goalies must be men 45 years of age or older or must turn 45 within the season they wish to participate.
3. The age rules can be relaxed on an individual bases by the League Commissioner

Player Draft

This is a draft League with a new draft each season with no protected players. Each team will have an assigned captain who will select players from the approved player registration list. The draft will be conducted one-week prior to the start of a season. The draft will be a “snake draft”. In a Snake Draft, the pick order is reversed each round. Each team captain takes turns drafting unique players via a back-and-forth, round-by-round draft order (i.e., Round One 1-4, Round Two 4-1, Round Three 1-4, Round Four 4-1, etc.) until all roster slots are full. The inaugural season that draft order will be determined by picking a number (1 to 4) from a hat. For subsequent seasons because no players are protected, the draft order will reward the winning captain. The championship team drafts first followed by the runner-up, followed by the third team and finally the last place team then follows the snake draft process.

Rules of the League

1. Points – The winning team will receive 2 points in the standings. The losing team will receive 0 points for a regulation loss and 1 point for an overtime or shootout loss.
2. Forfeits – If a team forfeits for any reason while a game is in progress, the score at the time of the forfeit will become the final game score with the forfeiting team declared the loser.

3. Forfeits prior to the game the score will be 1-0
4. Warm up Period – There will be a warm up period of no less than 3 minutes prior to the start of the game. The warmup period will begin no earlier than the game's posted start time.
5. Game Length – Each game will be composed of three 22-minute periods of run-time, with one minute thirty seconds between periods to change ends. The final 3 minutes of the third period will be stop-time unless:
 - a. There is a 4 goal or more difference.
 - b. Both captains agree to run the clock. Once agreed upon, the decision to run the clock is final, and the scorekeeper or referee cannot revert to stop-time.
6. Games Without a Scorekeeper – If no scorekeeper is available before the start of the third period, an additional 2 minutes will be added to the run-time clock. The total running time for the third period will then be 22 minutes instead of 20 minutes. At no time will a player from the bench be permitted to run the clock during the last 2 minutes of game time.
7. Timeouts – Each team is allowed one 60-second timeout at any time during regulation, but cannot use the timeout in overtime.
8. Penalties:
 - a. Minor penalties are 2 minutes of run-time. If occurring within the last 2 minutes of the third period, minor penalties will be 1 minute and 30 seconds of stop-time, unless the captains have agreed to run the clock.
 - b. Double minor penalties are 4 minutes of run-time. If occurring within the last 2 minutes of the third period, double minors will be 3 minutes of stop-time, unless the captains have agreed to run the clock.
 - c. Major penalties are 5 minutes of run-time. If occurring within the last 2 minutes of the third period, majors will be 5 minutes of stop-time – regardless of how much time remains on the clock.
 - d. All penalty times will begin at the next drop of the puck.
9. Players face automatic ejection from the game under the following circumstances:
 - a. **Accumulation of Penalties:** A player who incurs four minor penalties or accrues at least 10 minutes in penalties (such as receiving a single 10-minute game misconduct penalty) will be immediately ejected from the

game without incurring an additional game suspension.

- b. **Notification Process:** Once a player has received their third penalty, the scorekeeper is responsible for informing the referee of the potential ejection if the player is assessed a fourth penalty during the game.
10. Overtime – Regular season and playoff games tied at the end of regulation will be followed by one 3-minute stop-time 3-on-3 sudden-death period or 5 minutes run-time. If run time, all player changes have to be made on the fly. If one team has a two-man advantage at the end of regulation, the teams will start the overtime period at 5-on-3 and will resume 4-on-3 at the first stoppage after the first penalty has expired. At 3-on-3, penalties in overtime will be treated as add player until a maximum of five skaters is reached (e.g., 3-on-3 → 4-on-3 → 5-on-3), then penalties become subtract-player (e.g., 5-on-2 → 5-on-1 → 5-on-0). Any minor penalties called during the overtime period will be 2 minutes in duration.
11. Regular season games that remain tied after the 3-minute overtime period will end as a tie, and both teams will receive 1 point in the standings.
12. In playoff games where a tie persists after the 5-minute stop time overtime period, a three-player shootout ensues, with the lower-seeded team shooting first. It's imperative to note that no skater serving their own penalty at the end of regulation can participate in the shootout. However, a player serving a penalty for a goalie or teammate during overtime remains eligible for the shootout. If the shootout score remains tied after three rounds, sudden-death shootout rounds occur, with each team alternating shots. Each skater must shoot before a team can repeat a shooter.

Standing Tiebreaker Rules

The League uses the following system to determine final standings:

1. Points
2. Total Wins
3. Head-to-Head Record
4. Plus-Minus in Head-to-Head Games
5. Overall Plus-Minus
6. Coin Toss

The League reserves the right to implement changes to gameplay rules as deemed necessary for the improvement of the League. Such adjustments may align with updates from USA Hockey or NHL rules or aim to enhance competition and gameplay experience.

Referees, League Executives, and team captains have discretion to bar a player from a game if they pose a danger to themselves or others, such as being under the influence

of drugs or alcohol. Captains are responsible for enforcing this rule among their team members. The conduct of League members, both on and off the ice rink premises, reflects on the League and may impact contractual obligations with the rinks. Therefore, any misconduct by League members within the rink premises or adjacent parking lots, from arrival to departure, is subject to disciplinary action by the League.

While the League cannot control the behavior of players' guests, egregious misconduct by supporters of a team may result in penalties for the team itself, including personal penalties, team penalties, or, in severe cases, forfeiture or termination of the game. Officials or League executives present at the rink have the authority to enforce these penalties.

In the event of damage to League or rink property by unidentified members of a team, the entire team is collectively responsible for the cost of repairs. The League Executive may suspend the team from further play until damages are paid, according to a timeline determined by the League.

League Composition

Playing Season

Before the regular season commences, the League will determine the duration and structure of the competition. Additionally, playoff schedules will be posted by the League before the conclusion of the regular season.

The typical schedule consists of 20 games per team during the regular season, followed by two playoff games. Playoff matchups are arranged as follows: the first-ranked team plays the fourth-ranked team, while the second-ranked team faces the third-ranked team. Subsequently, the winners of these matchups compete for the championship title, while the losers contend for third and fourth place. Only the top four teams make the playoffs

The order in which team captains draft players for the next season is determined by the playoff standings, with teams ranked higher in the playoffs having priority in the draft selection process.

Registration

To ensure participation in the League:

1. **Registration and Dues:** All individuals wishing to join the League must complete registration, pay applicable dues, and agree to any waivers before the League's specified deadline. All players must be members in good standing with USA

Hockey.

2. **Invitational Nature:** The League operates as an invitation-only organization, and the League Commissioner retains the authority to reject any registration application for any reason.
3. **Commitment Requirement:** Players registering as full-time participants are enrolling for a single season, but for the inaugural season, players are committing to at least two consecutive seasons of play.

Regarding the waiting list:

1. **Draft Completion:** Once the draft concludes and the minimum or maximum player limit is met, any remaining undrafted players will be placed on a waiting list or substitute list for future consideration.

USA Hockey and Insurance

The League enforces strict requirements for player registration and membership:

Good Standing and USA Hockey Membership: All players must be registered members in good standing and provide proof of USA Hockey membership. No player is allowed on the ice without proper registration and good standing with USA Hockey. Violation of this rule may result in immediate expulsion from the League, and the player assumes all personal liability.

Liability Disclaimer: The League, its officers, and the ice rink, along with its officers and employees, bear no responsibility or liability for injuries sustained by players on the ice or on the premises, including parking lots, of the ice rink.

Insurance Claims: In the event of injuries, players must file insurance claims through their own insurance plans and/or USA Hockey. The League does not intervene in insurance claims processes and is not responsible for an injury claim. USA Hockey insurance is secondary to any private insurance.

Interpretation of Bylaws

In the event of any conflicts between the provisions outlined in these Bylaws, as amended, and any other published League rules, the League Commissioner holds the authority to determine the priority or interpretation of such rules.

Furthermore, it's important to note that the League operates under a non-democratic structure. Decisions made by the League Commissioner are conclusive and not open to review or appeal.