**SSAHL Rules and Information**

**A hockey player with a stick in the air

AI-generated content may be incorrect.**

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| **Overview and Features** | |
| **League** | **Recreational**; Adult (18+); No-Checking; COED teams have multiple divisions; Women’s teams are all in the same division |
| **Rink Locations** | Family Sports Center (FSC) and Sports Complex (SSSC) |
| **Season Games** | **Fall-Winter:** 20 regular season games -double elimination playoffs  **Summer:** 10 regular season games -single elimination playoffs |
| **Game Details** | 3 – 15 minute periods; 1.5 hour game slots; on-line scheduling: pucks supplied |
| **Team Roster Size** | Minimum of paid 15 skaters and a maximum of 19 skaters and 1 regular goalie (teams can roster/register as many fill-in goalies as needed to conduct games; goalies do not pay a playing fee). If any team wants to carry less than 15 fully paid skaters, **they will be required to make up the monetary difference.** |
| **Roster Freeze Deadline** | Check registration page for date. Exceptions are available to replace players with injuries, job transfers, etc.  Contact [PeterH@ssprd.org](mailto:PeterH@ssprd.org) for approval.  Captains need to submit any proposed roster additions or changes 3 days BEFORE any player is playing. |
| **Subs** | **THERE ARE NO “SUBS” IN THE SSAHL** |
| **Fees** | **Skater fees are listed in the registration. Goalies do not have a player fee.**  **$25 Non-District fee** applies to any registrant (skaters and goalies) who lives outside of the South Suburban Parks and Rec District\*. If applicable, this fee only needs to be paid ONCE per season (not once per team). |
| **Available Team Incentives** | 90 minutes of free ice is granted to teams that have at least 15 **FULLY PAID** skaters by the Early Registration Deadline. |
| **Payment Plan Options** | Full Payment or 2 payment plan option |
| **Scheduled Nights of** **Play** | SSAHL tries to maintain consistent nights of play from one year to the next. Fall/Winter will generally be similar to the prior Fall/Winter, Summer will be similar to the prior Summer.  SSAHL plans division nights of play based on historical interest levels and the ice slots available for Adult Hockey. Unfortunately, division nights are not fully determined until all teams are registered. |
| **Website/Registration** | <https://ssahl.org> |
| **Ice Office Contacts** | **Peter Hunt** – Adult Hockey Coordinator PeterH@ssprd.org **303-597-1095 Susan Pfeiffer –** Ice Office Administrator SusanP@ssprd.org **303-754-0584** |
| **Multiple Team Registration** | If you play on multiple teams, you need to register for EACH of your teams in the current season. The $25 Non-District Fee ONLY needs to be paid once per season. There is an option in the registration to bypass paying the $25 Non-District fee so you don’t pay it multiple times. |

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|  | **Other Information** |
| **SSAHL and SSPRD Disclaimer** | **SSAHL and South Suburban Parks and Recreation reserve the right to modify or make additions to the league rules, Code of Conduct and the Registration Information/Rules document during the season without notice, for the benefit of the overall league.** Updates are published on the website SSPRD.ORG. |
| **\*District Residency and**  **where to obtain Photo**  **ID** | Anyone who rents or owns property in the South Suburban District is a District Resident. To find out more information about obtaining a photo ID, click on the following link: <https://www.ssprd.org/About/Residency/Residency-Checker> |
| **Indemnification,**  **Release and Waiver of**  **Liability** | This waiver is included in the registration and must be signed. It states that by registering, registrant releases and indemnifies the District, its employees, agents, contractors, or volunteers from and against any and all claims, demands, loss of injury to person or property, caused during participation in the activity. |
| **Registration/Rules Form** | South Suburban Adult Hockey League attempts to practice and instill the values of good sportsmanship in all participants. The Captain is required to supply each player with a copy of the SSAHL Registration/Rules Information form PRIOR to them playing any games. |

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|  | **D3, D4, D5 Divisions** |
| D3/D4/D5 Approval | **Any D3/D4/D5 Captains** considering adding any players that were not on their team’s roster last season need approval for the D3/D4/D5 skill level.  This includes existing D3/D4/D5 players wanting to change teams or play on additional teams in the current season – the approval is team and division specific.  This includes players who were in D3/D4/D5 in past seasons (only players who were on the same team during the adjoining prior season are exempt from this process).  Captains need to collect the answers to the following questions and submit them to the Adult Hockey Coordinator for approval:  Hockey experience (ice, roller):  **1.      Did you begin playing hockey as an adult?**  **2.      How many years have you been playing and/or skating? List # of years ice and # of years roller separately, if applicable.**  **3.      If you played any youth hockey** *(this includes any HS, JRs, College, etc thru age 24)***, how many years did you play?**  **4 What was the highest level you ever played? (include city/state where you played, age level and skill level: i.e.,**  **Denver, Colorado – Bantam, Rec**  **Columbus, Ohio – Midget, Travel AA** |

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| **USA Hockey Rule Book followed by SSAHL** | |
| **SSAHL follows the USA Hockey rule book with some additions or exceptions contained in this Registration/Rules Information Form.** | |
| **Run Time/Stop Time** | Three 15-minute stop time periods. In the event of a 5-goal differential in the third period, the clock will be switched to run time. If at any time during the third period, the differential drops back down below a 5-goal differential, the clock returns to regular stop time. |
| **Icing** | Red Line Icing for the D2 Divisions  Blue Line Icing for Women’s division , D3, D4, D5 Divisions |
| **Ringer Rule** | 3 goal maximum per game, applies to ALL Divisions EXCEPT D2. All other divisions utilize the 3 goal limit per player per game and it still applies for Playoff Season, therefore a player with 3 goals in regulation time is ineligible to participate in the shootout.  ***NOTE***: If a single player scores a 4th goal, it doesn’t count and the team is assessed a 2 minute bench minor penalty for Delay of Game. |
| **Shootout** | In the event of a tie, there will be a 5 round shootout. If the game is still tied after the shootout, the game will be recorded as a tie in the regular season. See Playoff Season for other rules. |
| **Rosters** | **Maximum of 20 players on a roster, 19 PAID skaters and 1 regular goalie.**  Additional “back-up” goalies are allowed over the 20, but they need to register.  **Only REGISTERED/ROSTERED players are allowed to play (this includes goalies).** Teams that do not comply may forfeit each game in question and the teams’ Captains may be suspended. |
| **Jerseys** | All teams should have matching home and away jerseys with permanent numbers attached. Any player without a matching jersey or permanent number may be removed from the ice and unable to play until he/she complies with this rule. |
| **Players on Multiple Teams** | Players who play on more than one team should only play one level down from their highest level team. Exceptions can be approved on a case by case basis. |
| **PLAY IN THE RIGHT DIVISION** | PLAY IN THE RIGHT DIVISION.The SSAHL Coordinator and South Suburban Family Sports Center Management reserve the right to move a player or team to another division based on the player’s ability or alternately move the team up or down a division. |
| **Register before play** | All players are required to REGISTER ONLINE, and in the process sign the online waiver, BEFORE ever skating. |
| **Subs** | **THERE ARE NO “SUBS” IN THE LEAGUE** |

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|  | **Penalties and Suspensions** |
| **Maximum of 3 Penalties in One Game** | A player receiving 3 penalties in a game will be ejected from the game immediately after the 3rd penalty. This is just an ejection from the current game, it is not a Game Misconduct |
| **Game Misconducts** | **1st Game Misconduct** - 1 game suspension  **2nd Game Misconduct** – in the combination of the regular season and the adjoining playoff season is **SUSPENDED** from the League for **1 YEAR** for all teams and divisions, no refunds.  **2 game misconduct or 2 match penalties or 1 game misconduct and 1 match penalty -** in the combination of the regular season and the adjoining playoff season, is suspended from the league for **1 YEAR** for all teams and divisions, no refunds. |
| **Fines for Game**  **Misconduct Penalties for**  **Fighting** | **1st Offense** - $50 fine, one game suspension  **2nd Game Misconduct** – in the combination of the regular season and the adjoining playoff season is **SUSPENDED** from the League for **1 YEAR** for all teams and divisions, no refunds. |
| **Fines for Game**  **Misconduct for Penalties for Abuse of Officials** | **1st Offense -** $50 fine, 1 game suspension.  **2nd Game Misconduct** – in the combination of the regular season and the adjoining playoff season is **SUSPENDED** from the League for **1 YEAR** for all teams and divisions, no refunds. |
| **Match Penalty** | No maximum number of games in which a player may be suspended. The Disciplinary Committee makes an initial determination of severity of suspension. Players can accept or reject it.  If they reject it, then a committee hearing will be set up. |
| **Excessive Penalties** | * Any player receiving a total of **45 minutes in penalties** during the regular season, will receive a **one (1) game suspension** that will carry over into the Playoffs. * Any player receiving a total of **60 minutes in penalties** during the regular season will receive a **two (2) game suspension** that will carry over into the Playoffs. * Any player receiving **75 or more minutes in penalties** during the regular season will be suspended from the league for the **balance of the season including Playoffs**. |
| **Miscellaneous**  **Information on Penalties and Suspensions** | * Players suspended for the balance of the season, including the Playoff season, will NOT receive a refund. * Players receiving a Game Misconduct must serve their suspended games immediately, in succession, in the same division that the Game Misconduct occurred and pay their fine online prior to the next game for which they are eligible. * Any skater found playing who has not fully completed his/her suspension or paid their fine may be immediately removed from the ice and have another 2 games added to their suspension. * A team Captain may be suspended for using ineligible players. * Any suspensions and/or probations will carry over to the next SSAHL season in which the player participates (summer, winter, playoffs). * There are no appeals of the Referee’s calls. * There is no video review except for Match Penalties by the Disciplinary Committee. * The SSAHL Coordinator and South Suburban Parks and Recreation Management’s decisions are final. |

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|  | **Additional Rules for Playoffs** | |
| **Photo ID Required** | • | Please have a clear photo ID **available in the locker rooms** for all players before and during games.  One suggestion is that Captains ask their players well ahead of Playoffs for a copy of their Photo ID so that Captains and Co Captains can keep a complete file in their bag, as a backup for their players.  Please make any photos large enough to be able to identify the player. |
|  | • | If a team’s Captain chooses to challenge the identity of an opposing player, notify the Scorekeeper, not the Referees. |
|  | • | Do not wait until the game is over to ask for ID, ask at some point during a stoppage of play, during the game, before players have left the ice and there is still time on the clock. |
|  | • | Teams playing with ineligible players may forfeit the game and their Captains may be suspended. |
|  | • | Please contact the Ice Office if you have questions regarding goalies. |
| **Rosters** | • | If a player joined the team after the Roster Freeze Deadline, they need approval from the Ice Office to be eligible for Playoffs. |
|  | • | Please review your rosters before the Playoff season for accuracy, names and jersey #’s, and let the Ice Office know if there are any discrepancies before the beginning of your division’s playoff series, so we can correct any entry errors.  Please contact the Ice Office if you have questions regarding goalies. |
| **Searching for Playoff Schedules** | • | Go to **SSAHL.ORG** [a](https://ssahl.sportngin.com/)nd select **SSAHL** under the **Leagues** Menu choice. Scroll to the bottom of the page and click on the click large button for the current season’s **“Schedule, Stats and Standings”** |
|  | • | Start dates for playoffs vary for all divisions. |

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|  | **Additional Rules for Playoffs - Overtime and Shootouts** |
| • | In the event of a tie, after regulation time has expired, there will be a 2 minute break followed by a 4 on 4, five minute (stop time) sudden death overtime. The overtime period shall be played with each team at a numerical strength of four (4) skaters and one (1) goalkeeper. If the game is still tied after the 5 minute overtime has expired, there will be a shootout with 5 pairs of shooters. Roster (except goalies) must shoot before any player can shoot a second time. |
| • | If a player is serving a penalty when the game ends, the player in the penalty box is ineligible to participate in the shootout. The only exception is if the penalty is a bench minor (too many men on the ice). All divisions EXCEPT D2 divisions utilize the 3 goal limit per player per game and it still applies for Playoff Season; therefore a player with 3 goals in regulation time is ineligible to participate in the shootout (EXCEPT D2 Divisions which have no ringer rule). |
| • | Each team selects 5 skaters from their team to take penalty shots one at a time against the opposing goaltender, with teams alternating shots. |
| • | After the 10 players have all taken their shots, the team with the most goals is declared the winner. |
| • | Shootouts IN THE PLAYOFF SEASON that are still tied after 5 skaters from each team have taken shots, the shootout continues with an additional pair of skaters until one team has won the advantage (assuring that each team has taken an equal number of shots). The shootout may end earlier, if one team has scored more goals than the opposing team could score with its remaining shooters. All skaters eligible for the shootout on a team’s roster must shoot before any player can shoot a second time. |
| • | The overtime period shall be played with each team at a numerical strength of four (4) skaters and one (1) goalkeeper. |
| • | Additional penalties to be assessed consistent with the rules in regulation time. |
| • | **Note 1:** If a team is penalized in overtime, teams play 4-3. |
| • | **Note 2:** In overtime, if a team is penalized such that a two-man advantage is called for, then the offending team will remain at three (3) skaters while the non-offending team will be permitted a fifth skater. |
| • | **Note 3:** At the first stoppage of play after the two-man advantage is no longer in effect, the numerical strength of the team will revert back to either a 4 on 4 or a 4 on 3 situation, as appropriate. |
| • | **Note 4:** If there is a man power advantage situation which carries over from regulation time to overtime, the above criteria will be applied at the start of overtime. Accordingly, if at the end of regulation time, the teams are 5 on 4, overtime begins at 4 on 3. |
| • | **Note 5:** The overtime period will be commenced immediately following a two (2) minute rest period during which the players will remain on the ice. The teams will not change ends for the overtime period. |
| • | **Note 6:** When the regulation ends with an on-ice manpower strength of 5 on 3, teams will commence the overtime with a strength of 5 on 3. With the expiration of penalties, due to continuous action, player strength may get to 5 on 5 or 5 on 4. At the first stoppage of play following, player strength must be adjusted to 4 on 4 or 4 on 3. |
| • | **Note 7:** If at the end of regulation time, teams are 3 on 3, overtime starts 3 on 3. Once player strength reaches a 5 on 4 or 5 on 5, at the next stoppage player strength is adjusted to 4 on 3 or 4 on 4, as appropriate. |
| • | **Note 8:** If at the end of regulation time teams are 4 on 4 with a player or players in the box serving non-coincidental penalties, overtime starts 4 on 4 and players exit penalty box as normal to 5 on 4 or 5 on 5. At first stoppage of play, teams are adjusted to 4 on 3 or 4 on 4, as appropriate. |