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Empire Amateur Hockey Conference

Bill Gray's Regional Iceplex
2700 Brighton-Henrietta Townline Road Rochester, NY 14623
www.empirehockey.org

October 2025

Welcome Players, coaches and families to the 2025/2026 Empire Amateur Hockey Conference (Empire) season. It is your responsibility, as a member of Empire, to know and abide by the rules in the Empire Guidebook. As a reminder, just because an action is not explicitly prohibited in the Guidebook, it may not be in the best interest of hockey. The Empire Guidebook is posted on our website Documents page at www.empirehockey.org. For your convenience, all changes from last season's rules and regulations are shown in bold letters. As always, USA Hockey rules and policies will govern all play in Empire.

Bantam/14U, Peewee/12U and Squirt/10U divisions will have a tournament style end of season Championship Weekend. Midget/18U will continue with the traditional, ladder style Championship Weekend.

NEW this season is the mandatory adoption of the Electronic App Gamesheet for scoring and submission of scoresheets. This will streamline the submission of scoresheets, update standings immediately upon Game upload, and collection of stats.

Neck guards are mandatory at all levels (6U to 18U). Use of any noisemakers is prohibited at all levels of play (6U thru 18U). This includes all instruments (including bag pipes, drums etc.), whistles, air horns or any other distracting noisemakers.

We remind teams of fines for both:

- Game Forfeit: Forfeiting team loses their fair play point, receives a 1-0 loss and will be assessed a \$300 fine (10u thru 18U). 8U is a \$200 fine.
- Failure to have an APPROVED USA Hockey Roster is a \$100 fine for the 1st game. The fines, hearings, canceled games and Head Coach suspension will increase if not rectified. As a reminder all players must be listed on your USA Hockey roster, including alternates.

It is important to adhere to the game schedules once they are finalized. Please read the rules on rescheduling and forfeiting carefully. Any issues due to Covid should be reported to Commissioners.

I would like to remind each Head Coach (or Designee) to fill out the on-line referee evaluation form after EVERY game. Head Coaches, please look on the front page of the website for a link to the "On-Line Referee Evaluation Form". These evaluations are imperative to allow the Rochester Ice Hockey Officials Association (RIHOA) to quickly assess and deal with problems effectively. Please remember Empire has no power to overrule any referee's call.

All Head Coaches are also reminded to report ALL 5 Minute Major, Game Misconduct, and Match penalties to Empire via the website online form whether they occur in scrimmages, league games or Tournaments. A Minor plus Misconduct (Aggressive Play Penalty) or a 10/8/6 minute Misconduct is NOT reported via the form.

Thank you for volunteering your time with the Empire league, your organization and your players. Good luck to all teams and let's have a great 2024 – 2025 season!

Sincerely,
Tara Colon
President, Empire Amateur Hockey Conference

Empire Amateur Hockey Conference
Tim Horten's Ice Plex 2700 Brighton-Henrietta Townline Road, Rochester, NY 14623

www.empirehockey.org

CONFERENCE DIRECTORY

CONFERENCE OFFICERS

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Alternate

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Past President '24 (RYH)

Past President '23 (Jr Amerks)

Past President '22 (TCYH)

Past President '21 (CKH)

Past President '20 (Batavia)

Past President '19 (MCYH)

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Past President '16 (Webster)

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2700 Brighton-Henrietta Townline Rd, Rochester NY 14623

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Webster Youth Hockey (WYH)

PO Box 118, Webster NY 14580

<http://www.wyha.com/>

Mike Lucania - President

president@wyha.com

AREA ICE RINKS:

David McCarthy Ice Arena (Batavia)

22 Evans Street, Batavia NY 14020

(585) 344-3991

Greater Canandaigua Civic Center (GCCC)

250 North Bloomfield Road, Canandaigua NY 14623

(585) 396-7230

Wilson Ice Arena (Geneseo)

SUNY at Geneseo, Geneseo NY 14454

(585) 245-5356

Scottsville Ice Arena

1800 Scottsville-Chili Road, Scottsville NY 14546

(585) 889-1810

Lakeshore Ice Arena (MCYH)

123 Ling Road, Rochester NY 14612

(585) 865-2800

Genesee Valley Ice Rink (MCYH)

131 Elmwood Ave., Rochester NY 14611

(585) 428-7889

Wegmans Arena (TCYH)

SUNY at Brockport, Brockport NY 14420

(585) 395-2244

Tim Horton's Ice Plex - MCC (RYH, Edge)

2700 Brighton-Henrietta Townline Rd, Rochester NY 14623

(585) 424-4625

Rochester Ice Center (RJA)

80 Lyndon Road, Fairport NY 14450

(585) 223-2160

Webster Community Sports Arena (WYH)

865 Publishers Parkway, Webster NY 14580

(585) 787-3530

Paul Louis Arena - PLA (RJA)

1 Boy's Club Place, Rochester NY 14608

(585) 325-2216

Village Sports Rink (RYH)

2830 Baird Road, Fairport NY 14450

(585) 381-0090

**Empire Amateur Hockey Conference www.empirehockey.org
2025-2026 CALENDAR**

<u>Month</u>	<u>Date</u>	<u>Agenda</u>		
May	12	Monthly Meeting	7:00	The IcePlex
June	09	Monthly Meeting	7:00	The IcePlex
July	14	Monthly Meeting	7:00	The IcePlex
August	18	Monthly Meeting	7:00	The IcePlex
September	01	FINAL 8U Team Counts Due to 8U Commissioner via Email		
September	08	Team Count Changes Due 10U to 18U		
September	12	Justification Petitions for Squirt & Pee wee Data Due		
September	15	Pre-Scheduling Meeting	7:00	The IcePlex
		FINAL Team Counts Due, Petition Review, Commissioner Training		
<i>All teams must have an approved USA Hockey Roster with all coaches, players and managers listed for the team in order to play in games or Jamborees per USA Hockey and NYSAHA rules.</i>				
September	25-27	18U Virtual Scheduling Period (by phone by teams)		
September	28-30	18U Virtual Scheduling Period (by phone by teams)		
October	05	10U & 12U In Person Scheduling		The IcePlex
		12U 9am-11:30am 10U White 11:30-2pm 10U Blue 2-5pm		
October	4-5	RWB/8U Placement Jamboree		Lakeshore Arena
October	13-19	8U Schedules completed by EAHC 8U Scheduler		
		8U Teams/Orgs to submit all Tourn Exclusions by 10/5 & Ice by 10/12		
October	10 & 17	EAHC Season may begin 10 days after Scheduling ends		
		Conference Fee Statements Mailed 10/15		
October	25	RWB/8U Season may begin		
November	10	Monthly Meeting	7:00	The IcePlex
December	08	Monthly Meeting & Championship Division Plan Finalized	7:00	The IcePlex
December	31	All Coaches certified at the proper CEP level		
January	01	Conference Fees Due		
January	12	Monthly Meeting	7:00	The IcePlex
February	08	EAHC Season Ends for Squirt/10U thru Midget/18U teams		
February	09	Monthly Meeting & Championship Weekend Finalized	7:00	The IcePlex
February	19-22	EAHC Championship Weekend for Squirt/10U thru Midget/18U Teams		
February	28	EAHC Season Ends – Mite/RWB/8U Divisions		
March	09	Monthly Meeting	7:00	The IcePlex
April	13	Monthly Meeting – Officer Transition	7:00	The IcePlex

All Monthly Meetings are "Open" to all interested parties. Call or email the EAHC President and Secretary to add any items to the meeting agenda.

EMPIRE AMATEUR HOCKEY CONFERENCE 8U/6U RULES & REGULATIONS

The current USA HOCKEY and NEW YORK STATE AMATEUR HOCKEY ASSOCIATION rules and regulations shall govern all play in the EMPIRE AMATEUR HOCKEY CONFERENCE (referred to as the Conference, Empire or EAHC). Any challenge or protest to these rules shall be directed to the EAHC Board and then to the NYSAHA West Section President.

2025-2026 Rule updates are noted in bold text

EAHC Red White & Blue 8U Rules

Mission

The goal is for all Associations to work together through continuous communication to provide competitive competition for all skill levels in accordance to USA Hockey ADM guidelines. The 8U Commissioner will report status to the EAHC Board.

Players

The EAHC RWB/8U League shall consist of multiple divisions to facilitate game scheduling. Age eligibility is determined by the 8U birth years as set forth in the USAH rule book.

- Red** For the most advanced or experienced players, would be unusual for a 1st year RWB/8U player to be placed here.
- White** For 2nd year, final year, or advanced younger players. Players with 6U experience may be placed here.
- Blue** Should be primarily 1st year RWB/8U players who have gone through a Learn To Play Hockey/Initiation (or similar), and/or 6U program the previous year.

League Standings and Statistics WILL NOT be kept in accordance with USAH/ADM guidelines, the focus of RWB hockey is fun and skill development, with zero emphasis on winning or team/individual statistics.

Teams

Team size should be 9-14 players, with the intended goal of 2 full lines plus a goalie. Teams without sufficient players should plan to bring **Alternate** players from a lower-level team to facilitate two 5 (five) player lines plus a goalie. USAH & ADM strongly encourage this model to maximize ice time for each player and encourage fun. All EAHC 8U players, manager and coaches **MUST BE** USAH REGISTERED and listed on the USA Hockey Rosters submitted to the Division Commissioner prior to the Pre-Season Jamboree.

8U players who participate on teams who play in other leagues are prohibited from playing on EAHC 8U teams. EAHC has no way of assessing their skill level.

8U players may only participate on one EAHC team full time and if invited, may be alternates on a higher level team for up to 3 games total. All alternates for a team must come from a team registered within their team's organization. Rules for Alternates are as follows:

- Lower Blue players may be an Alternate on Upper Blue, Upper White, Lower White, White or Red teams.
- Upper Blue players may be an Alternate on Upper White, Lower White, White or Red teams.
- Lower White players may be an Alternate on Upper White or Red teams.
- Upper White players may be an Alternate on a Red team.
- Red players are ineligible to be alternates on any 8u teams playing in EAHC.
- The only allowed horizontal alternates allowed are between Lower Blue teams if an organization has more than 1 Lower Blue team. This is because lower Blue teams have no other place to get alternates from. Lower Blue teams are also encouraged to use players from 6U teams or Beginners program in their organization as alternates.

All alternates **MUST** be rostered on the team's USA Hockey Roster **BEFORE** they participate in a game. It is strongly suggested coaches select their alternates early in the season and have them rostered for situations where the number of players available is less than 11. Once the alternates play in 3 games, then they must be removed and be replaced by other lower-level players if needed. Teams are not required to utilize alternates.

A game must be played as long as 6 players are available. Game reschedules are not permitted provided six players are available. It is the head coach's responsibility to determine players eligible to use as alternates and have them added to the Team's USA Hockey Roster before the game starts. A game is rescheduled if the team needing alternates can't field 6 players. The organization of the team short players covers the cost of the reschedule.

Per West Section, players may not play in multiple organizations except for very limited circumstances for Girls. Per West Section, girls may play on an all-girls team in one organization and on a Youth (i.e. co-ed) team in another organization. EAHC supports this West Section rule provided one team is designated as their primary team and they play on the other team as an Alternate and follow all alternate rules listed above.

USA Hockey Rosters must include all team staff with a designated Head Coach, Assistant Coaches and a Manager. All team staff must adhere to USAH and NYSAHA regulations for Registration, Coaching Certification, Modules, SafeSport and

Screening. Only rostered coaches are allowed on the bench. It is the responsibility of each Organization to ensure every team staff member is rostered, trained, screened and credentialed properly for their age group per USAH rules. Coaches found not qualified are not allowed to coach. Every team must have a minimum of two (2) coaches and a manager listed on the roster. Commissioners will examine USA Hockey rosters for compliance. Redlined coaches and players may not participate in the league until the reason for the redline is resolved. **8U Teams must have a team roster and multiple teams may NOT be combined on one roster. Each team must have a rostered Head Coach and Manager with all Assistant Coaches rostered. Players & Coaches not on the roster cannot skate or coach.**

Rosters must be approved by 10/1 or the start of the RWB Jaboree - \$100 fine per team if not approved by 10/1 or the Jamboree with uniform #s. 2nd Notice Cancel games & Suspended until Received. 8U and 6U – all adults on the ice must be certified coaches and MUST wear skates and a helmet. Helmet is required per USA Hockey. There have been too many occurrences of parents on the ice during warmups or Jamborees without helmets or skates. Proof required is a picture submitted to Commissioner. 1st Offense – \$100 fine and hearing. 2nd offense – Suspension & Hearing

All ineligible player questions and challenges to a team's roster shall be submitted in writing to the Division Commissioner for investigation and then forwarded by the Division Commissioner to the EAHC Board for discussion and possible penalty (fine, coach suspension) at the next Board Meeting.

- An Ineligible Player shall include a player who is not properly registered with USA Hockey, on suspension, not properly rostered on the team's USA Hockey Roster prior to playing for the team or who otherwise does not adhere to the EAHC (including violations of the alternate rules), NYSAHA or USA Hockey rules for player eligibility.
- Penalty for the use of an ineligible player: 1st violation is a fine of \$50, 2nd violation is a fine and 1 game suspension for the head coach and 3rd violation is fine and the Head Coach is suspended pending board hearing

Level

Organizations shall submit their team count per level by the date mandated by EAHC. EAHC will hold a Pre-Season Jamboree to ensure teams are appropriately placed. A committee consisting of a rep from each EAHC Organization shall review jamboree play and make suggestions for division placement.

Scheduling

Season shall consist of 14 games, 7 Home & 7 away. Games are scheduled by the EAHC Scheduler using the divisions determined after the Pre Season Jamboree. The league website has the official league schedule. Teams are required to submit their Tournament blackouts (maximum two) by a designated date on the EAHC Calendar. Rescheduling of games after the EAHC Scheduler determines a league schedule is STRONGLY discouraged because of the amount of resources involved (1/2 sheet for the game not played, 1/2 sheet wasted on the other side of the new game plus refs ordered and paid for twice). Only if the county emergency officials close all roads or the rink for the home team closes can teams reschedule games due to weather. *Any games scheduled which are not played will result in a \$200 fine to organization of the team who fails to show up for the game and refuses to reschedule the game at their expense. Any teams that fail to show up for a game or if a game must be rescheduled due to rink or emergency weather situations must be reported to the Commissioner. The date/time/rink for the rescheduled game must be reported to the 8U Commissioner so the league schedule is updated.*

Scheduling will be done on a half sheet basis, per team. Each hour of ice time supplied by an Associations will have both halves of their allocated hour of ice filled with games. For example, RYH has White/Jones and Blue/Miller on Saturday XX/XX at 9AM. RYH White/Jones is scheduled against MCYH/Smith and RYH Blue/Miller is scheduled against Webster/Brown. In the event of a single half ice game scheduled, alternate USAH approved and appropriate hockey activities may utilize the other 1/2 sheet, but RWB/8U teams shall not split or play full ice. EAHC recommends where possible ice is allocated in 2 hour blocks to minimize board setup/take down time needed and maximize playing time.

Equipment

- Cross-ice boards should be used at the red line for all RWB/8U games (Note bumpers are allowed but it is the ultimate goal for every organization to use Cross-ice boards). All 4 teams should designate helpers to facilitate the quick setup and take down of the Cross Ice Boards and maximize time for game play.
- Goals shall be Jr size, measuring 48" X 36".
- Goalies shall wear complete goalie equipment meeting HECC requirements (no street hockey pads) including stick. It is strongly recommended goalies rotate on a per game basis so all players are given an opportunity to play the position, both to identify future interest and develop a respect for the position.
- Blue Pucks ONLY are to be used and are supplied by the Home team.

Games:

Format

A game is defined as a half ice event between 2 teams. It is expected 2 games will be taking place simultaneously on each half of the ice. However, for clarity in regulations below, a game is only 1 half ice event.

- All RWB/8U games shall be played half ice, red line to end of rink, both sides
- Games shall be 5 vs 5 plus goalies. Teams may NOT agree to play any other format.

- 1 Referee per game shall be scheduled and if not available, an Assistant Coach with skates, helmet and whistle will serve as referee. Games may not be rescheduled due to lack of referee. Each team should always have a certified and rostered Assistant Coach ready to skate as the referee.
- All game issues should be reported to the Commissioner. This includes, but is not limited to; player issues, coach issues or spectator issues.
- Parents or spectators who interfere with any game or become rowdy or abusive in any way may be ejected from the arena.
 - The referee may hold up a game until the person(s) are removed or follow USA Hockey Guidelines for removal of spectators.
 - Incidents will be noted by the referee to both teams who are responsible for reporting the issues to the 8U Commissioner. The 8U Commissioner will bring the issue to the attention of the respective organization immediately for necessary action.
 - Use of noisemakers is prohibited during Conference games and playoffs. Examples of prohibited noisemakers include (but are not limited to): whistles, air horns, pennies in jars, vocal noises, megaphones, any instruments (ex: bagpipes, cowbells, drums...) etc.
- A player whose equipment becomes dislodged during play may not resume play until the equipment is properly replaced.
 - Mouth protection pieces are mandatory for all levels. All mouthpieces shall be colored (non-clear). RWB/8U and Squirt/10U will be asked to leave the ice until the proper equipment is obtained. Pee wee/12U and above are governed by USA Hockey rules enforced by the referees.
 - Throat/neck protection guards are REQUIRED for all levels of play per USA Hockey. Players will be asked to leave the ice by referees until the proper equipment is obtained.

Time Keeping

A time keeper shall be provided by the home team. Game time will be regulated by a single running clock for both games simultaneously.

- The Curfew Clock shall be set at 50 minutes.
- The game clock (scoreboard) shall have a 3 minute countdown for warm-up.
- Immediately following the horn at the end of the 3 minute warm up period, 23 minutes shall be put on the game-clock and started to run continuously.
- The time keeper shall sound the horn every 1.5 minutes to indicate a line change.
- After 23 minutes, there is a 1 minute break followed by another 23 minute running clock.
- In the event of an injury or other delay: If the delay is during the first 23 minute period, the game clock shall stop, and resume once play is ready to start. After the 1 minute break, the game clock shall be set to match time remaining on the Rink Curfew clock and run continuously. If the delay occurs during the 2nd period, no action with regards to the game clock shall be taken, it will continue to run leaving whatever time is left for the remainder of the game once play resumes.

It is the coaches' responsibility to manage their bench and players so as to maximize ice time for game play, for example working at practice to teach players to head to the bench at the sound of the horn/whistle, and to move to center ice after scored goal or goalie saves.

Play

These guidelines are to promote a near continuous game flow, with play stoppage only for goals and injuries.

- Each referee shall have 2 Blue pucks on their person throughout game play supplied by the Home Team.
- The referee shall indicate a valid goal with BOTH a vigorous arm signal and whistle.
- After a goal, the referee moves the scoring team players to center ice, and tosses the 2nd puck behind the net, allowing the scored-upon team first possession. Once play resumes, the referee recovers the puck from the net.
- After whistles for goalie covering the puck, the referee moves the offensive players to center ice, then tosses the puck behind the net, allowing defending team first possession.
- On a line change horn, the referee shall pick up the puck, and once ALL players have cleared towards their respective benches, the referee shall toss the puck against the boards opposite the benches at the half sheet center line. This will facilitate continuous play, as entering players will rush from the bench to the free puck.
- In the event of an injury whistle, all players will be instructed to return to their bench by the referee and remain there until the injured player has left the ice. A face off takes place at center ice after all injury whistles.
- As per USAH/ADM Guidelines, double shifting is not allowed. Coaches should work diligently towards balanced and equal ice time for all players during a game, excluding the goalie position.

Penalties

- All USAH rules will be followed.
- As per ADM guidelines, penalties are enforced as follows: When a penalty is called by the Referee, the player receiving the penalty shall return to their bench and leave the ice immediately, resulting in a man down situation for the remainder of the shift. Any subsequent penalties during the same shift allow a substitute player for the 2nd and subsequent penalties, resulting in the penalized team never being down more than 1 player. At the next line change teams will return to even strength regardless of number of penalties.
- NO PENALTY SHOTS WILL BE PERFORMED

EAHC Red White & Blue 6U Rules

Mission

The goal of the EAHC 6U Division is to create a basic structure for participating EAHC organizations for their 6U players. Participation is not required but encouraged by all organizations with 6U programs.

Players & Teams

6U participation must follow all age appropriate USAH and ADM guidelines. 6U participants must fall in the age range identified for 6U by USAH. **For 2025-26 all participants must be in the 2019 & 2020 birthyears.** In the event a guideline does not exist, 8U rules are in effect. Team size should be 7-10 players with NO goalie.

Administrative

- The 8U Commissioner is responsible for the 6U division also.
- All EAHC 6U participants MUST BE USAH REGISTERED and USA Hockey Rosters submitted to the Division Commissioner and EAHC.
- League Standings and Statistics WILL NOT be kept at the 6U level. In accordance with USAH/ADM guidelines, the focus of 6U hockey is fun and skill development, with zero emphasis on winning, or team/individual statistics.
- ***8U and 6U – all adults on the ice must be certified coaches and MUST wear skates and a helmet. Helmet is required per USA Hockey. There have been too many occurrences of parents on the ice during warmups or Jamborees without helmets or skates. Proof required is a picture submitted to Commissioner. 1st Offense – \$100 fine and hearing. 2nd offense – Suspension & Hearing.***

Equipment

- Playing area reduction equipment shall be utilized to comply with USAH & ADM guidelines.
- Nets should be of 6U Hockey type, either constructed by an Organization or party acting on their behalf, or purchased. Dimensions should be similar to those used by US Pond Hockey (www.uspondhockey.com).

Games

In lieu of scheduling individual games between teams, participating organizations shall each host one (1) "Jamboree", Nov-Feb. Sufficient ice shall be purchased to allow for all participating teams to have 50-60 minutes of total playing time. Games shall be round-robin format, with teams rotating to play a minimum of 4 mini-games.

Format

A game is defined as a cross ice event between 2 teams. It is expected 3 games will be taking place simultaneously, each using one third (1/3) the overall rink surface. However, for clarity in regulations below, a game shall be defined as a single cross ice event. If only 2 games are taking place, the center area may be used for skill development by players waiting for the next shift.

- All 6U games shall be played cross ice (width/narrow dimension of ice surface)
- Cross-ice boards/bumpers/reduction material shall be placed to create 3 equal size (1/3's) playing area's..
- Games shall be 4 vs 4 with no goalies.
- 1 rostered and certified coach from each team shall be on playing surface as the official. Teams may agree to a single "official". Rostered Coaches must have skates, whistle and a helmet to serve as an official.
- Host organization shall be responsible for providing Blue pucks.

Time Keeping

A time keeper shall be provided by the host team. Game time shall be regulated by a single running clock for all games simultaneously.

- A warm up period should be provided consisting of 2-3 minutes
- The time keeper shall sound the horn every 1.5 minutes to indicate a line change.
- The clock should be set for the duration of each game with 1 minute between to allow teams to rotate to next game.
- Timekeeper shall be responsible for adjusting final game duration to match curfew clock.

EAHC General Policies

Conference Liability: In the event of any injuries, the Empire Amateur Hockey Conference shall be held harmless from any damages or liability. Each participating member organization, player and team staff shall carry their own insurance.

All requests for Conference rule changes shall be submitted in writing to the Division Commissioner. The EAHC Board shall review the proposed changes.

Any situation not specifically covered in the aforementioned rules and deemed not in the best interest of the Conference, or amateur hockey in general, shall be dealt with by the Board of Directors at the next scheduled Board Meeting.