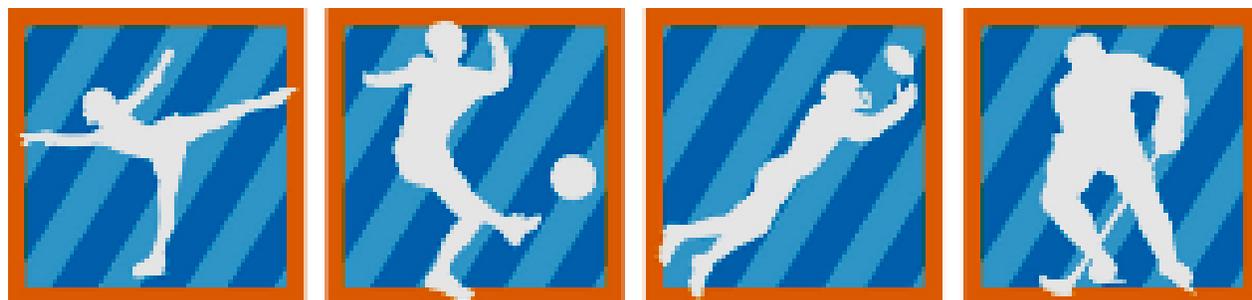


# COOL SPORTS ADULT HOCKEY LEAGUE OFFICIAL RULES & REGULATIONS

Revised March 2021



**COOL SPORTS**  
HOME OF THE ICEARIUM

## **1.0 PURPOSE**

2.1 The intent of the following policies is to encourage a safe, enjoyable, and fair environment for the members of the adult hockey leagues.

## **2.0 ORGANIZATION AND GOVERNANCE**

2.1 The Cool Sports Adult Hockey League (AHL) is affiliated with USA Hockey who governs all matters relating to competition, officials, rules and liability.

2.2 KAHA is the local organization that the AHL is sanctioned through by USA Hockey.

2.3 The AHL is the league operator, running all day-to-day operations under the management of the Cool Sports Hockey Director and his/her direct staff.

2.4 The Players Committee is comprised of a representative number of volunteer AHL players from all divisions who are charged with assisting in managing the league, representing the interests of all players in fulfilling the mission of the AHL to provide a fun, safe and fair hockey experience.

2.5 The Players Committee has the authority to govern league matters, with the approval of league management, including but not limited to competition, discipline, scheduling, game/playoff formats, etc.

2.6 A captain or representative will represent each team, as required, in all league activities.

## **3.0 SKILL LEVEL AND FAIR PLAY**

3.1 The teams will be divided by the following skill levels:

<b>"A"</b>	<b>"B"</b>	<b>"C1"</b>	<b>"C2"</b>	<b>"C3"</b>
ELITE DIVISION	ADVANCED DIVISION	ADVANCED- INTERMEDIATE DIVISION	INTERMEDIATE DIVISION	ADVANCED- BEGINNER DIVISION

3.2 For the AHL to grow, improve the skill of the players and provide an enjoyable environment, every team and player must feel that they have a fair chance to win a game against any of the other teams in their division.

3.3 If a team(s) is dominating a division due to the presence of one or two players, the team will be asked either to release the player(s) from their roster or the team may play up in the next division. If a player(s) is released from a team, the player(s) will be placed on either another team in the same division or onto a higher division team for the rest of the season.

3.4 If there are more than two players that allow a team to dominate a division, the team will be asked to move to the next higher division if schedule and ice availability allows it.

3.5 League management will approve all rosters prior to the beginning of the season at which point certain players may or may not be allowed depending on skill level. Disallowed players will be re-assigned to a team in their appropriate skill level division.

#### **4.0 TEAM REPRESENTATION AND CAPTAIN RESPONSIBILITIES**

**4.1** Each team must designate a team captain or representative and at least one alternate to represent the team in all league activities.

**4.2** Provide league management with a complete and accurate roster before the beginning of a season.

**4.3** Inform teammates of the league rules & regulations and USA Hockey / Cool Sports AHL policies.

**4.4** Inform teammates of any changes in game schedule, before or during the season.

**4.5** Ensure that suspended players do not play the required number of suspended games. Failure to do so will cause the team to forfeit each game the suspended player participated.

**4.6** Review for the timekeeper, before the start of every game, the official scoresheet to specify which players are in attendance and to confirm jersey numbers. Any substitute and/or substitute players must be listed and noted as such.

**4.7** Inform the timekeeper and opposing team captain before the game if any substitute players or goaltender will be playing. The team representative must provide the player's name, jersey number, and affiliated team if the player is recruited as a substitute from another team.

#### **5.0 TEAM ROSTERS AND PLAYERS**

**5.1** A FULL-TIME player is one that is registered with the league, is assigned to a team roster and has paid the designated individual fee for full-time players for the season.

**5.1.1** A full-time player who has paid their league fees in full, and remains in good standing with the league, is eligible to play in all of their team's scheduled games in a given season.

**5.2** A PART-TIME player is one that is registered with the league, is assigned to a team roster and has paid the designated individual fee for part-time players for the season.

**5.2.1** A part-time player who has paid their league fees in full, and remains in good standing with the league, is eligible to play in a pre-determined amount of games for a given season.

**5.3** All players must be registered with USA Hockey. Players who do not register online will not be permitted on the ice under any circumstances. This includes substitute players and goaltenders.

**5.4** A player cannot be rostered on a team that plays below the player's skill level.

**5.4.1** Dual rostered players (players approved to be playing on two teams in different divisions), must be rostered on teams that are one division apart (i.e. C2 and C3, C1 and C2, B and C1). Such players cannot play on teams two divisions apart (i.e., C1 and C3, B and C2)

**5.5** A team may add/drop a player(s) to their roster provided the team representative or alternate provides any required paperwork and notifies league management before the fact and before the team is scheduled to play its next game.

**5.6** When adding a new player, the team representative or alternate must submit a league form and proof of USA Hockey registration to league management.

**5.7** When dropping a player, the team representative or alternate must notify league management so they can be removed from their active roster.

**5.8** A roster must contain a minimum of ten (10) and a maximum of fifteen (15) full-time players (excluding goaltenders). Part-time players can be included on a roster, but the total number of rostered players cannot exceed eighteen (18) players (excluding goaltenders). Any requested exceptions must be approved by league management.

**5.9** Each team must provide a roster to league management before the beginning of each season before they can play. The roster must contain the player's name, jersey number, full-time or part-time status, and if they are the team representative or alternate(s). A team can have a maximum of two alternate representatives designated on the roster.

**5.10** League management will inform the team representative or alternate of any delinquent payment status among their team's rostered players and has the authority to dismiss those players from league play if the delinquency is not remedied by the specified date.

**5.11** League management can move a player from one roster to another within the same division or to a different division for purposes of achieving balance across the league. This can also be facilitated with more than one player in a "trade" of sorts if all parties (players involved, team captains and league management) agree.

**5.12** League management can assign to a team any new players to the league, provided they have registered, paid their required individual fee and the roster addition does not exceed the team's maximum player count.

**5.13** New players assigned to a team that have not been rated, will be evaluated by league management at a try-out and/or for three (3) games to determine their skill level. If it is determined that the player's skill level is not appropriate for the division, the player will be moved to a team in a division that best matches the player's skill level.

## **6.0 SUBSTITUTE PLAYERS**

**6.1** A SUBSTITUTE player is one registered in the league as either a full-time or part-time player, has paid their required fees and is filling in for rostered players when a sufficient number of rostered players are not available.

**6.2** A substitute player can only play in the division in which they are rostered or in a higher skill level division. Any exceptions must be pre-approved by league management and the opposing captain or team representative. For example, a C1 rostered or skill-level player can substitute in a C1 or B division games. Captains are asked to keep sportsmanship and fair play in mind when recruiting substitute players.

**6.3** Any goaltender being used as a substitute must also be at an equal or lower skill level to the league he is filling in unless otherwise pre-approved by a league management and the opposing captain before the game.

**6.4** A substitute player cannot replace a suspended player, except in the case of a goalie.

**6.5** A team can use a maximum of two (2) substitute players during regular season games without consent of the opposing team in order to get up to no more than 10 players, excluding the goalie, if there are less than 10 rostered full-time and part-time players present before the game.

**6.6** If a team wishes to utilize additional substitute players beyond what is allowed per Rule 6.5, the opposing captain must consent and approve prior to the start of the game.

**6.7** No substitute players will be allowed to participate in regular season shootouts or play during playoff games regardless of how many rostered or substitute players are available, excluding goalies, without the consent of the opposing captain prior to the start of the game.

**6.8** If a captain has not consented and objects to an opposing team's use of subs in violation of the above rules, he/she can file a formal protest immediately after the game to the scorekeeper.

**6.9** Formal protests of violations of any substitute player policies are subject to review by the Players' Committee and could result in a forfeiture of the game.

## **7.0 ILLEGAL PLAYERS**

**7.1** An illegal player is a person that takes the ice and is a) *not registered with USA Hockey*, or b) *not rostered within the division or division below*. The team rosters will be provided at the scorekeeper's table to allow team captains to verify a player's status.

**7.2** If a team captain becomes aware before a game that the opposing team is fielding illegal player(s), the team captains should meet before the game to discuss the issue and choose from the following remedies. Once a decision is made, it is the responsibility of the team captains to inform the referees and the scorekeeper of their decision.

**7.2.1.** Allow the illegal player(s) to participate in the game. The game will count as a normally played game and will be recorded in the league statistics as such. If the illegal player(s) are allowed to play, the game cannot subsequently be ruled a forfeit.

**7.2.2.** Ask the opposing team to remove the illegal player(s) from the bench. If the opposing team does not comply, the game will be ruled a forfeit.

**7.3** If a team captain becomes aware before a game that the opposing team is fielding too many players, the team captains should meet before the game to discuss the issue and choose from the following remedies. Once a decision is made, it is the responsibility of the team captains to inform the referees of their decision.

**7.3.1.** Allow the team to participate in the game. The game will count as a normally played game and will be recorded in the league statistics as such. If the team is allowed to play, the game cannot be ruled a forfeit.

**7.3.2.** Ask the opposing team to remove the enough players from the bench to meet the maximum number of legal players allowed on a team. If the opposing team does not comply, the game will be ruled a forfeit.

**7.4** If a team captain becomes aware after a game that the opposing team was fielding illegal player(s), the team captain should immediately inform the league management. If it is determined that the opposing team fielded illegal player(s), the game will be ruled a forfeit and recorded in the leagues statistics as such.

**7.5** If a team fields a player that has been suspended, the team will forfeit the game. The game will not count against the suspended player's game suspension.

## **8.0 TEAM UNIFORMS**

**8.1** All **rostered** and **substitute** players on a team must wear a jersey that are approximately the same color and must have a PERMANENT number on the back of the jersey. A number made from tape is NOT considered permanent. League management or on ice officials will ask players to comply with this rule on a nightly basis.

**8.2** Any player without a number will not be allowed to play.

**8.3** Each player must have a unique number. Duplicate numbers are not allowed.

**8.4** If two teams are scheduled to play that have the same primary color, it is the responsibility of the home team to provide different color jerseys for their players or make arrangements with the away team to wear a different color. Cool Sports can provide temporary jerseys in this case.

**8.5** The on-ice officials have the authority to not allow a player(s) to participate in a game until the uniform policy is met.

## **9.0 GAME STATISTICS**

**9.1** The following statistics will be recorded for each game:

**9.1.2** Number of goals scored by each team.

**9.1.3** Number of shots on goal.

**9.1.4** The player who scores a goal and players who assist.

**9.1.5** Penalties imposed by the on-ice officials including the names and jersey number of the player(s) penalized, the infraction(s) assessed, the duration of each penalty and the time each penalty was imposed.

**9.1.5.a** Any game misconduct or match penalties are to be specifically noted as such on the scoresheet.

**9.1.6** The player that scores the 'go ahead' goal during a shootout.

**9.2** During the season, a team will be awarded two points for a win, one point for a tie or overtime loss and zero points for a loss in regulation time for the purpose of seeding the playoff brackets at the end of a season.

**9.3** The league will attempt to provide accurate and timely game and player statistics.

## **10.0 TIE GAMES AT THE END OF REGULATION TIME**

**10.1** In the event of a tie game at the end of three periods of play, the winner of the game will be determined by a continuous 4-minute running time (with only stoppages being at officials' discretion for an injury, net or rink equipment problem, or extended consultation between officials and/or scorekeepers), 4-versus-4 sudden-death overtime format. If the game is not decided after the 4v4, then there will be a shoot-out that follows. The winner of the shoot-out will be awarded a win in the game statistics. The losing team will be awarded an overtime loss.

**10.2** Penalties during overtime shall be as follows:

**10.2.1** Teams can never have less than 3 skaters (+goalie) on the ice at any time.

**10.2.2** If Team A gets a penalty, then play is 3v4. if no other penalties occur, then when the penalty expires, play resumes at 4v4 and no adjustment of numbers is necessary.

**10.2.3** If Team B gets a non-concurrent penalty before Team A's penalty expires, teams play at 3v3.

**10.2.4** If Team A gets a 2<sup>nd</sup> penalty before their 1<sup>st</sup> penalty expires (and no other penalties are on the clock); the number of skaters will be adjusted to 3v5.

**10.2.4.a** When Team A's 1<sup>st</sup> penalty expires; play will continue at 4v5.

**10. 2.4.b** If Team A's 2<sup>nd</sup> penalty expires before a whistle, play then goes to 5v5. At the next whistle, players are reduced to 4v4.

**10. 2.4.c** If a whistle occurs before Team A's 2<sup>nd</sup> penalty expires, then numbers are reduced to 3v4; therefore, when Team A's 2<sup>nd</sup> penalty expires, then play continues at 4v4.

**10.2.5** Any player still in the penalty box at the end of OT is not allowed to participate in the ensuing shootout.

**10.3** The shoot-out will utilize the following format:

**10.3.1** Three rostered (full-time or part-time) players from each team will be allowed to take a shot on goal.

**10.3.2** Substitute (or "fill-in") players are not allowed to participate in shootouts.

**10.3.3** The home team will be awarded the choice to either shoot first or allow the visiting team to shoot first. The rotation will continue until all three players of each team have taken a shot on goal.

**10.3.4** The team that has more goals will be declared the winner of the match.

**10.3.5** However, if the game is still tied after the first three rounds, then the shoot-out will continue until after one pairing of players, one team has scored a goal where the other has not scored a goal.

**10.3.6** Teams must use **all rostered** players in attendance in a shoot-out before starting over with the same original sequence of shooters.

**10.4** The scorekeeper will record the final score of the game by adding one goal to the winning team's score as it existed at the end of regulation. If the score at the end of regulation was 3 to 3, then the final score will be 4 - 3. Only the player that scored the game-winning shoot-out goal will receive a goal on the statistics.

## **11.0 PLAYOFFS**

**11.1** If a playoff is scheduled during a session, the seeding will follow a 'First vs. Worst' format. Seeding will be determined by the following criteria in the order it is presented (as necessary):

**11.1.1** Overall points; number of wins; best head to head record; goal differential; coin toss

**11.2** Full-time players and part-time players are eligible for their rostered team's playoff games.

**11.2.1** Players cannot play in the playoffs for more than one team in a division.

**11.3** The playoff tie-breaker format in games up to the semi-final round will utilize the same format as regular season (see section 10.1).

**11.4** Tie-breaker format in semi-final and championship series games will consist of twenty (20) minute running time periods of 4-versus-4 sudden-death overtime play. Multiple twenty (20) minute periods will be played until a goal is scored.

## **12.0 PENALTIES AND GAME SUSPENSIONS**

**12.1** Under USA Hockey rules, every game misconduct assessed to a player requires an automatic one-game suspension.

**12.2** Any player receiving a game misconduct will be removed from the game and suspended from playing in his team's next scheduled game (i.e.; the game already appearing on the schedule of that team at the time of the infraction) (*USA Hockey - Rule 404b*).

**12.3** Any player receiving a game misconduct or a match penalty must immediately proceed to their team's locker room/changing area, remove their hockey gear, and leave the facility. Players are not allowed to stay at the facility and watch the rest of the game after receiving a game misconduct or match penalty.

**12.4** For the following infractions, the league will add the following additional game suspensions:

**12.4.1** Fighting Major (USA Hockey – Rule 615A). The AHL will assess an additional suspension of two (2) games.

**12.4.2** First to intervene during an altercation (USA Hockey – Rule 615d). The AHL will assess an additional suspension of two (2) games.

**12.4.3** Two major penalties during a game (USA Hockey – Rule 403b). The AHL will assess an additional suspension of two (2) games.

**12.5** If a player receives two (2) game misconducts during a season, the player will be suspended from playing any scheduled games until the Players Committee board has made a decision on any disciplinary actions to be taken against the player.

**12.6** A player receiving a match penalty will be suspended from playing any scheduled games until the Players Committee board has decided on any disciplinary actions to be taken against the player. (*USA Hockey - Rule 405c*)

**12.7** Any player receiving four (4) penalties during a game will be removed from the game and suspended from playing the next scheduled game for that team.

**12.7.1** The scorekeeper will inform both the officials and captains that a player has received a 4<sup>th</sup> penalty. The player's captain or representative is responsible for seeing that the player then leaves the ice and bench area.

**12.8** Any player receiving two major penalties assessed under USA Hockey rule 615a (Fighting) in a 365-day period, will be suspended from play for one calendar year.

**12.9** Any part-time player that receives a suspension, will lose that amount of their allotted games consistent with the number of games for which they are suspended.

**12.10** League management has the authority to add or remove games from any suspension and to impose any such additional suspensions as a restriction from any/all AHL league games at their discretion.

***\* Any infraction committed during the course of an AHL game can be ruled suspension-worthy by league management.***

## **13.0 ZERO TOLERANCE**

**13.1** USA Hockey has stressed that all players, coaches, referee and team officials, parents, spectators, and administrators maintain a sportsmanlike atmosphere before, during and after all games.

**13.2** A minor penalty will be assessed for unsportsmanlike conduct when a player:

13.2.1 Openly disputes or argues any decision by an official.

13.2.2 Uses obscene or vulgar language at any time, including any swearing even if it not directed at a particular person.

13.2.3 Visually demonstrates any sign of dissatisfaction with an official's decision

**13.3** Any time a player persists in any of these actions, they shall be assessed a misconduct penalty. A game misconduct shall result if the player continues such action.

## **14.0 OFFICIALS**

**14.1** Officials are required to conduct themselves in a businesslike, sportsmanlike, impartial, and constructive manner at all times. The actions of an official must be above reproach. Actions such as "*baiting*" or inciting players or coaches are strictly prohibited.

**14.2** Officials are ambassadors of the game and must always conduct themselves with this responsibility in mind.

**14.3** Officials are managed and scheduled by a USA Hockey representative, not the Cool Sports Adult League.

## **15.0 SPECTATORS**

**15.1** The game will be stopped by a game official when spectators displaying inappropriate and disruptive behavior interfere with other spectators or the game. The game officials will identify violators to the team representative for the purpose of removing the spectators from the viewing and game area. Once removed, the play will continue. Lost time will not be replaced, and violators may be subject to further disciplinary action by League Management. This inappropriate and disruptive behavior shall include:

15.1.1 Use of obscene or vulgar language in a boisterous manner to anyone at any time.

15.1.2 Taunting of players, officials, or other spectators by means of baiting, ridiculing, threat of physical violence or physical violence.

15.1.3 Throwing of any object in the viewing area, players bench, penalty box, or on ice surface, directed in any manner as to create a safety hazard.

## **16.0 GRIEVANCE RESOLUTION**

**16.1** In the event that an individual feels that a concern or problem has not been corrected to their satisfaction or handled fairly, they may file a grievance for review.

**16.2** To file a grievance, the team representative must write and present the written report to the Players Committee.

**16.3** The report should contain the following:

16.3.1 The team's captain name and contact information.

16.3.2 A list of the individuals involved in the event(s) and contact information if available.

16.3.3 A detailed description leading to the current state of event(s).

16.3.4 A description of and rationale for of the specific grievance being filed as an appeal.

**16.4** After a grievance has been received by the Players Committee, they should review and resolve the grievance in a timely manner. The board may interview affected parties if necessary and either schedule a special meeting to resolve the issue or provide a written report of the resolution. The Players Committee should respond to a grievance within fourteen (14) days of the grievance being filed.

**16.5** The affected parties have the right to appeal the decision of the Players Committee to the adult hockey league director within fourteen (14) days of the Players Committee decision.

## **17.0 SOCIAL MEDIA**

**17.1** Any player that uses defamatory, harassing or threatening language towards anyone involved in the Cool Sports Adult Hockey League through the use of social media outlets is grounds for a possible suspension from the league.

## **18.0 LEAGUE OFFICIALS**

**18.1** The designated league official or convener of the league has the authority to overrule or make alterations to any regulation listed in these bylaws at his or her judgement.