



# **PONDS ADULT HOCKEY**

## **TEAM CAPTAIN/PLAYER HANDBOOK**

**2013 Season**

**4/21/13**



## **Ponds Adult Hockey**

### **Article I - Purpose**

The Ponds Adult Hockey League is intended to provide recreational hockey for teams with individuals 18 years of age and older. The leagues are separated into different skill levels to provide opportunities for beginning and experienced players.

### **Article II - Player Eligibility and Registration**

#### **Section A – Player Eligibility**

1. Players must be 18 years of age by the first night of play in order to participate in the Ponds Adult Hockey league.

#### **Section B – Player Registration**

1. All players must be registered with USA Hockey.
  - a. Beginning April 1, 2013 players may register online at [www.usahockey.com](http://www.usahockey.com) for \$45. Online registration is MANDATORY for all Ponds Adult Hockey League participants. The player needs to bring in their printed receipt to the PAH Director or email it to [hockey@chilledponds.com](mailto:hockey@chilledponds.com)
  - b. It is not the leagues responsibility to provide or prove a players USA Hockey membership. If the player can not provide a valid USA Hockey Card or a Receipt of online registration before the season begins, that player may not play.
  - c. USA Hockey Membership is an annual membership valid Sept 1, 2013–August 31, 2014.
2. A PAH Registration form must be filled out and the League dues paid in full before the season begins.
3. Once a player is registered, there will be **NO REFUND**.

### **Article III - Teams and Team Rosters**

#### **Section A – Team Classification**

The league is divided into the following classifications. The PAH reserves the right to move teams and/or players among divisions in order to create parity.

- “A” Division Advance
- “B” Division Intermediate
- “C” Division Beginner/Novice

## Section B – Team Registration and Fees

1. To be classified as a team you must have 14 registered and paid players.
2. Team Registration Fee - \$3599 – can have up to 17 plyrs on team
3. All fees are due on or before the given deadline.
4. Once a team/player has registered, there will be **no refunds**.

## Section C – Team Rosters

1. A maximum of 17 players are allowed on the team's roster. This includes substitute players. This roster maximum will be adjusted as the league sees fit.
2. A player is considered to be on a team roster when he/she signs the official PAH team roster form given to each team captain.
3. A player may be on two rosters in adjacent divisions in the PAH. A goalie may skate out in another division or play goal in a higher division.
4. A roster with jersey number, name, phone number and address must be turned into the PAH Director's Office before the first game of the season. Once a name has been placed on a roster it cannot be removed unless authorized by the PAH Director.
5. All rosters will be locked 30 days before the playoffs begin with a minimum of 5 games played for all players.
6. All players must sign the score sheet before each game at the Front Kiosk. This will be used as a check on the number of games played and the updating of statistics on each individual.

## Section D – Player Ratings

1. Every player in the PAH will be rated.
2. The rating will be conducted during game play by members of the rating committee
3. A rate will be conducted by the end of each season.
4. The rates will be posted before the end of the season
5. The "B" Division will be allowed to have max of (2) A players placed on their roster.
6. The "C" Division will be allowed to have max of (2) B player placed on their roster.
7. The PAH may change a players rating at any time if it is determined the player was misrated.

## Section E – Policing of Rosters

1. Policing of team rosters and detection of illegal players is primarily the responsibility of the individual teams. The League may, however, declare a game a forfeit under the following circumstances and the offending team Captain suspended for one game:
  - The name of an illegal (non-roster) player, defined as any player not previously rostered or approved by the PAH Director, appears on the score sheet.
  - A suspended player dresses while under suspension. (Such actions will be reported to USA Hockey, if appropriate, for disciplinary action against said player.)
  - A league or game official recognizes an illegal player on the ice.
  - The number of players dressed for any game is more than the number of players listed on the score sheet.
2. In cases where a player's identity is in question, the protesting team has the right to require that said player produce a valid photo I.D. Any player unable to produce a valid I.D. will automatically be declared illegal, unless a league or game official who is present can vouch for his/her identity. In the absence of any such verification, the game will end immediately with a forfeit declared for the protesting team.
3. If the player's I.D. is verified to the satisfaction of the league and/or game officials, the game officials will indicate this on the back of the score sheet and the game will continue. The team registering the protest will be assessed a two minute bench minor penalty for delay of game.

4. Should a protest occur, the league will follow up by contacting the captains of both teams regarding the appropriate action needed. Both the offending player and team captain will be held responsible when an illegal player is discovered to have dressed and/or played.

#### Section F – Team Captains

1. Each team will designate a team captain and an alternate team captain to represent the team in all League meetings and for all other business that concerns the team.
2. Both captains may attend any meeting but each team has only one vote.

#### Section G – Team Colors

1. Each team is eligible to choose their team colors but must be approved by the League in advance of ordering to prevent duplicate colors in one division.
2. Each player must wear the same color jersey as his/her respective team. If the player(s) does not have one, the opposing team captain and the officials must approve it.
3. ALL PLAYERS MUST HAVE A JERSEY NUMBER. No duplicate number can be used. A taped on number at all times is required. Players will be asked to leave the ice immediately by the officials until a proper number is in place.
4. In the event jersey colors are to similar the home team is to wear white/light colored jersey.

#### **Article IV – Goalie Substitution Code**

1. Substituted goalies must be registered with USA Hockey and must provide proof before they can play.
2. A goalie must be borrowed from your division or lower. Goalies are not allowed to play down a division.
3. If a goalie in your division or lower is not available you must notify the league 48 hours in advance of your game. The League will find a goalie and have him/her dress for your game.
4. A goalie may play multiple games in one night. The intent is to fill in for a goalie not to replace an open goalie spot on a roster.

#### **Article V – Playing Rules**

#### Section A – PVAHA and USA Hockey Affiliation

The USA Hockey Rulebook will govern all league games with amendments noted in these rules.

#### Section B – League Format

1. Regular season is 14 games for SUMMER, 14 games for FALL, 14 games for WINTER.
2. Play-offs will be based on number of teams in division and amount of time allotted.
3. Games will consist of 3 – 17 minute running clock periods. The last minute of every period is stop clock, regardless of the score. In the event the game is tied at the end of regulation a best of five shoot out will ensue. If still tied after the first five players a sudden death shoot out will follow. All players on your bench have to shoot once before a player is allowed to shoot a second time during the shoot out.
4. Warm up will be 3 minutes, which will start when the Olympia doors are closed.
5. A resurface will take place only before each game.
6. League points will be awarded as follows: two (2) points for a win, one (1) point for an overtime loss, and zero (0) points for a loss.

## Section C – Referees

1. All PAH games are refereed by certified USA Hockey officials. All appropriate USA Hockey rulings made by referee during a game will be supported by the PAH Director.

*Note: Although you may not agree with every call made (or not made) by the referees, it is important to remember that as a player in the PAH, you are responsible for conducting yourself in a professional and appropriate manner (see Player Conduct). The PAH has zero tolerance for abuse of officials (see Zero Tolerance)*

## Section D – Scorekeepers

The Chilled Ponds employs scorekeepers for all PAH games. Scorekeepers act as off ice officials and are responsible for clock management and the official score sheets. Scorekeepers are also available to the PAH Director for statements regarding on and off ice incidents.

## Section E – Zero Tolerance

PAH enforces a zero tolerance policy for abuse of officials and scorekeepers. Abuse includes verbal, physical or otherwise. Abuse of officials will result in an immediate and indefinite suspension, pending a review by the PAH Director. Pending the outcome of the review, the PAH reserves the right to impose lifetime expulsion from activities at The Chilled Ponds.

## Section F – Player Code of Conduct

All members of the PAH are required to conduct themselves in a professional and appropriate manner both on and off ice while at The Chilled Ponds. This facility is billed as a family entertainment center and failure to uphold this standard is unacceptable and will not be tolerated. Violators may be subject to a disciplinary review.

The following guidelines are to be adhered to at all times while at The Chilled Ponds:

- Foul language will not be tolerated
- Players are to treat all facility members with respect
- Players are to dress in their assigned locker rooms only
- Ice access is not allowed until the start of the warm up period of your game
- No one is allowed on the ice until the Olympia doors are closed – this includes PUCKS!  
TWO MINUTE DELAY OF GAME PENALTY WILL BE ASSESSED IF VIOLATED.
- During warm-ups, players may not cross the red line

## Section G – Penalties and Suspensions

1. For league record purposes, minor penalties = two (2) minutes, major penalties = five (5) minutes and misconduct penalties = ten (10) minutes.
2. Suspended players may not be in the player's bench area.
3. Any player receiving 3 non-coincidental minor penalties during the course of one game shall be ejected for the remainder of that game, but not issued a game misconduct.
4. If a player is suspended and there are not enough regular season and/or playoff games remaining for them to complete their suspension, the suspension will carry over into the next season that they are registered.
5. If a player participates in a game illegally while under suspension, or if a team uses any illegal (i.e. suspended or unregistered) player, any or all of the players and team captains involved are subject to a suspension to be determined by the League Director. The game will be forfeited 1-0. A second offense will result in the team being expelled from the league without refund.

6. Off ice altercations will result in a suspension at the discretion of the League Director and will not be tolerated. The PAH does have a “ZERO” tolerance policy in affect for off ice altercations. Chesapeake Police will be notified for any off ice altercation.
7. It is the responsibility of the team captain and the players, not the Arena or the League, to notify a player of his/her suspension. Any player who dresses while under suspension will be suspended indefinitely. Both the offending player and his/her team captain may be reported to PVAHA and USA Hockey for further disciplinary action.
8. The PAH reserves the right to suspend or permanently bar any player from participating in its adult hockey program who has demonstrated an inability to follow the rules and practices poor sportsmanship, or who, in the judgment of the PAH , poses a threat to the health and safety of other program participants. This includes (but not exclusively) individuals who habitually receive game misconducts, engage in fighting, threaten game officials, participate in games under the influence of alcohol or drugs or attempt to injure other players. Any action taken by the PAH in such cases shall be in addition to any disciplinary action taken by the on ice officials, the PVAHA, USA Hockey or any other legal authority.
9. **Misconducts** – If a player receives three misconducts in a season, they shall receive an automatic one (1) game suspension. If a player receives a fourth misconduct, they shall receive a three (3) game suspension and be ineligible for the playoffs. If a player receives a fifth (5) game misconduct, they shall be suspended for the remainder of that season.
10. **Fighting / Third Man In Penalties**  
 A player receiving one of these penalties will result in the following:
 

First Offense	One game suspension
Second Offense	Three game suspensions
Third Offense	Expulsion from League
11. **Game Misconducts**  
 A player receiving one of these penalties (not including fighting/third man in) will result in the following:
 

Third Offense	One Game suspension
Fourth Offense	Three Game suspension
Fifth Offense	Expulsion from League
12. **Gross Misconducts / Match Penalties**  
 A player receiving one of these will be forced to attend a USA Hockey hearing and comply with their verdict before playing again. They may also face a further suspension from the league.

#### Section H – Local Rules

1. No checking is allowed.
2. Slap shots are allowed.
3. There will be no red line except for icing.
4. Players receiving 3 non- coincidental penalties in one (1) game are ejected for the remainder of that game only.
5. All players are required to wear their registered jersey number, which must be on the score sheet prior to the start of the game.
6. No player is permitted to step on the ice surface before the Olympia has exited and the doors are closed. Any violation of this rule will result in a two (2) minute bench minor penalty, which will be assessed at the start of that game.
7. Each team must have (5) five players and a goalie or (6) six total players on the ice and ready to play before the end of the (3) three minute warm-up. If any team does not have the required amount of players dressed and ready at the end of warm-up the officials will start the game clock. After (5) five minutes have expired in the first period and any team still

cannot meet the required amount of players dressed and ready, that team will receive a forfeit and the game will not commence or be rescheduled.

8. Each team is allowed one time out per game.
9. Playoff overtime periods will be the same length as the regulation periods and be played in a sudden death format.

#### Section I – Arena Rules

1. Teams may pick up the locker room key 30 minutes prior to game time at the front Kiosk in exchange for car keys. Locker room cleanliness is the teams responsibility.
2. No glass bottles are allowed in the locker rooms or player bench areas.

#### Article VI – Protests

1. The PAH Director will rule on all protests.
2. Protests of illegal players must be made immediately following the period in which the suspected player participated. The team Captain must present the protest to the referee at this time. Random identification checks may be made over the course of the season. If at any time a player is unable to present proper identification to the PAH Management, that player will be disqualified for the remainder of the game and the team will forfeit.
3. A protest must be filed in writing and be accompanied with a \$20 protest fee within 24 hours from the beginning of the game in question. No verbal communication will be accepted. If the protest is upheld, the \$20 fee is returned.
4. No protest will be allowed regarding rule interpretations or judgment calls made by game officials.
5. Only team Captains have the right to protest games.

#### Article VII – Play Offs

1. The playoff format will be based on number of teams in each division. Playoff format will be announced during season.
2. Playoffs will be best of three (3) series.
3. Tie games in the playoffs will be decided by continuous sudden death play.

#### Article VIII – Scheduling

1. A schedule will be available one (1) week prior to the first game. Each team captain will be notified by phone and emailed that they are ready.
2. Once the schedule is complete Chilled Ponds and the PAH have the right to reschedule any game. Team captains will be notified as soon as these changes occur.

See you on the ICE,

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