



2018-2019

RMAHL

HANDBOOK

West Meadows Ice Arena
3939 Winnetka Ave
Rolling Meadows, IL 60008
(847)398-2700
www.rmahl.org



Welcome to Rolling Meadows Adult Hockey League

Welcome! We are excited that you have chosen to play for the Rolling Meadows Park District! In order to familiarize you with our program, we have put together the following handbook designed to answer many of your questions about our program. Although we feel this handbook is thorough, we realize that it is not all-inclusive and that you may still have some unanswered questions and comments.

RMAHL Operations:

Superintendent of Ice Arenas:

Bob Veller
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RMAHL Coordinator:

Steve Deinzer
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Registrar and Finance:

Patti Lowth
PH: 847-398-2700 ext. 105
Email: plowth@rmparks.org

RMHL website:

www.rmahl.org
The website contains and lists important dates, upcoming events, cancellations, organization news, rosters, and registration information.

In order to get information out please register your email address with the website.

Rink information:

West Meadows Ice Arena
3939 Winnetka Avenue
Rolling Meadows, IL 60008
847-398-2700

Nelson Sports Complex
3900 Owl Drive
Rolling Meadows, IL 60008
847-818-3210

Oakton Ice Arena
2800 Oakton St
Park Ridge, IL 60068

Hoffman Estates Ice Arena
1685 Higgins
Hoffman Estates, IL 60169

Watts Outdoor Ice Rink
305 Randolph
Glencoe, IL

Directions to other rinks:

www.arenamaps.com

The Structure of the RMAHL Program:

RMAHL

RMAHL Over 40

Adult Open Hockey

Stick and Puck Ice Time

Hockey Seasons:

There are essentially two seasons of RMAHL hockey:

The first season (Fall/Winter) runs from September through February with playoffs extending into early March.

The second season (Spring/Summer) runs from April through August.

Team Registration & Payment:

Registration should be done online at www.rmahl.org. After completing the online registration form payment can be made online at www.rmparks.org or by submitting the team registration receipt with payment to West Meadows Ice Arena. Payment (in full or a deposit) is due at the time of registration in the form of cash, check or credit card (Visa, MC, DISC and AMEX). Payment options are as follows:

- Pay In Full Pay in full at time of registration.
- Payment Plan \$200 payment plan fee added to team fee. \$1000 deposit. Balance split into three installments (credit card required for automatic payments).

Any team not following the leagues payment policies will be suspended from the league and forfeit all payments made to the Park District.

Team Scheduling Requests:

Team managers will be able to exclude one day of the week and can submit any special scheduling requests at the time of registration. All efforts will be made to accommodate each request.

Division Placement:

Each division will be reviewed and determined at the mandatory team manager meeting on August 23rd, 2018. Teams can and will be moved during the season if their game results warrants a change in divisions.

Schedule:

The schedule will be posted on the RMAHL website. Game schedules will come out at three different times throughout the season.

- Part 1 : September- first week of December
- Part 2: December – February (end of regular season)
- Part 3: Playoffs (TBD with end of regular season)

Game schedule dates are released in conjunction with payment dates. Teams that have not made their payments will not be included in the next part of the scheduling process. Missed games for late payments will not be made up and team fees will not be prorated for games played.

Every effort will be made to make up cancelled games. (These include building, equipment or weather related issues). Refunds for un-played games will not be issues. In the event that games are to be made up team requests will not be honored.

Player minimum age requirements:

RMAHL Divisions (A-H4)

Player must be 18 years of age at the time of registering for the league.

RMAHL Over 40 (Gold – Bronze)

No player under the age of 40 may play in these games. Rare exceptions for an emergency goalie will be allowed, but must be approved by the league coordinator prior to the game

Zero Tolerance:

All rinks that the RMAHL plays games at honors and adheres to the rules of the Zero Tolerance policy set forth by USA Hockey. The list of suspensions is provided at each and every Mandatory managers meeting.

Team Manager:

Each team must designate a team manager. The manager's main responsibilities include:

- Maintaining the Team Roster
- Email distribution
- Complete team registration on roster through www.rmahl.org
- Responsible for league fee payment
- Communication between league coordinator and team

There will be a mandatory team manager meeting at the start of the season.

Games:

Warm ups will be 5 minutes. Games will consist of three 14 minute stop periods. The RMAHL uses the four (4) point must system. Four (4) points for a regulation win and Zero points for a regulation loss.

Tie games in the regular season will be decided by a 5 minute running time 3 on 3 sudden death period.

If the score is tied after 5 minutes, each team gets 2 points and the game is considered a tie.

The winner of the overtime gets 3 points and the loser gets 1 point.

If the team has a penalty at the end of regulation then you play 4-3.

If the team is shorthanded by 2 players, you start with a 5 on 3 and as the penalty(s) expire, the players immediately return to the ice. At the first stoppage after the penalty(s) have expired you adjust back to the 4 on 3 (if there is still one penalty remaining) or 3 on 3 (if both penalties are expired).

There is no break between the third period and overtime.

Goalies should remain in their crease and teams should immediately place 3 skaters on the ice to begin the sudden death period.

In the case of a missing scorekeeper, three 20 minute running time periods will be played.

Team short a goalie or minimum players

If after the 5 minutes, a team does not have 5 players and a goalie on the ice they will be issued a delay of game penalty and an additional 5 minute warm-up will begin.

If after the second 5 minute, a team still does not have 5 players and a goalie on the ice, but the players are in the dressing room, officials are advised to have the scorekeeper start the game clock and run it until they have 5 players and a goalie on the ice. If possible we want to allow the teams to play, however, we cannot run behind due to teams not being on time. If this occurs, the officials should note the team who was late on the score sheet for review by the league director. If any team is in violation of this rule more than once the league director reserves the right to force them to forfeit.

If a team does not have a goalie they must forfeit. NO EXCEPTIONS!! If during the game, a goalie is injured, the team may play with 6 skaters, while another player is dressed to replace him. If a goalie is ejected from the game by a referee, that team will have to forfeit.

If after the second period a team is winning by 5 goals or more, the clock will be running time. It reverts back to stop time if the deficit is cut to three (3) goals.

An electronic score sheet will be used from www.rmahl.org

Managers should check the score sheet for accuracy.

All players must present their league issued photo ID card to the scorekeeper prior to the start of the game or before they play, should they arrive after the start of the game.

Standings:

Current standings will be posted on the league website: www.rmahl.org

Complaint / Questions Procedures:

Team managers are the only individuals there are to communicate with the league coordinator on team, league, division issues

Jersey Policy:

Each player is to wear a like colored jersey and have a distinct number visible. If not, they will be told to leave the ice and will not be allowed to play until the jersey meets league requirements.

Goalie Policy:

If a team does not have a goalie and both rostered goalies are not available, they may use a non-rostered goalie for 1 game, with prior permission from the league director.

Injury/Return to play policy:

If a player is injured and cannot complete the season, and is out more than half the games (10), there may be an injury refund available. No injury refunds will be credited after the 9th game a team plays.

The player must submit a request in writing to the Superintendent of Ice Arenas for an injury refund. This request must include the injury date, severity of injury, documentation from a physician, and documentation for length of time the player is unable to play. This player will not be allowed to participate in the remainder of the season. Any refund that is given will be processed at the conclusion of the season.

An injury refund will be a maximum of \$150. The team is still responsible for the Team fee and must charge a sub that fills the injured players spot the difference in fee.

RMAHL Divisions

The following divisions are offered.

A- No restrictions, No in season NCAA or Junior Players

B- No restrictions – No NCAA or Junior Players

C-Teams may only roster 3 B players, No NCAA or Junior Players

H- Teams may only roster 3 C players, No NCAA or Junior Players

Over 40 – Bronze teams may not roster Gold level players

Rosters

No players may be rostered on two teams in the same division

All game participants must be rostered,

Rosters will be frozen at the Mandatory managers meeting

Teams are limited to a 25 man roster, including all regular players and subs

Equipment

Full equipment (including shoulder pads) is required.

All players are required to have identical colored jerseys with numbers on the back.

Additional Discipline

Any player receiving four (4) penalties in one game will be ejected from that game and will receive an additional one (1) game suspension.

A referee may assess a player a “GFO” misconduct for their behavior at any time. That player will be ejected from the game with no further suspension.

The league coordinator reserves the right to remove any player from the league for behavior that is detrimental to the integrity of the league and the Rolling Meadows Park District. This will be at the discretion of only the league director. No refund will be given.

Protests

Any team wishing to protest a game must provide in writing the basis for the protest and a \$50.00 protest fee which will be forfeited in the event the protest is not upheld.

Teams may not protest a judgment call.

Rink Facilities

Locker rooms will be checked after each game by the rink supervisor. If you notice any damage, you must inform the rink supervisor immediately.

Alcohol and tobacco (of any form including cigarettes, cigars, smokeless tobacco, vaping, e-cigarettes) are prohibited in our facilities.

No players may enter the ice surface until the resurfacers doors to the rink are closed.

Any damage to the Sports Complex, West Meadows, Hoffman Estates Ice Arena, Glenview, Oakton or Glencoe Outdoor Rink will be assessed to the team manager.

Locker room time

All players are expected to be out of their locker rooms 30 minutes after the end of their game. Loitering in the locker rooms after the game is not allowed.

Rinks will be closing 30 minutes after the end of the last game. All players must be out of the building, no matter which rink they are skating in 30 minutes after the end of their game

Alcohol Policy

Alcohol is strictly prohibited in any of the rinks the RMAHL plays in. The Rolling Meadows Park District will suspend teams and or players for repeated offense of this rule. In the event that rink staff at any facility notices any indication of alcohol in the buildings they are instructed to call the local police.

Awards

First place winners of the regular season and playoff Championship will receive a \$200 credit. This credit will only be available to be applied to the next season. No money will be credits back against debts owed for the season played.

In order to receive the credit for the league or playoff, the team must be paid in full in advance of the season or pay on or before payment plan dates. Any team that is late on payments will void their eligibility for winning credit

RMPD Winter Classic Games

Winter Classic games are not part of the regular season. Teams will be allowed to set up an opponent for these games. The RMAHL will schedule the game ice and refs at Watts ice arena. Teams will have an extra charge to schedule an outdoor game for the Winter Classic.

Any Winter Classic games will not be counted in the standings

Teams that have not paid 2 weeks in advance of their game will not be allowed to play

All Winter Classic games are dependent on Watts Ice Arena curfew and weather policies

RMPD Employee Discounts

RMPD employees while allowed to play in the RMAHL will follow strict discount parameters. No more than a total of 4 employee discounts may be applied to any one team. Employee refunds will not be taken off team's total fee at registration.

Full Time Staff (40 hrs per week year round)- \$200 discount

No more than 2 Full time employees per team

Each employee has only 1 discount to use

Employee must play in 75% of team's games in order to get refund

Employee will receive a refund at the end of the season, if 75% of games have been played

Part time Staff (10-29 hrs per week year round) - \$100 discount

No more than 3 part time employees per team

Each employee has only 1 discount to use

Employee must play in 75% of team's games in order to get refund

Employee will receive a refund at the end of the season, if 75% of games have been played

Seasonal Employee (limited seasonal hours) - \$0 discount

Employees may play on more than one team in different divisions, but can only apply the discount to one team.

The RMPD reserves the right to change any of the policies stated herein without notice.

The RMPD has the final decision on protests, roster checks, and has the ability to remove a team or player(s) from the league without a refund, should a team or player(s) not follow the league rules or policies.