



# JUNEAU ADULT HOCKEY ASSOCIATION

## LEAGUE RULES

*Revised December 13, 2025*

THE JUNEAU ADULT HOCKEY ASSOCIATION (JAHA) FOLLOWS THE RULES AND REGULATIONS SET FORTH BY THE LATEST EDITION OF USA HOCKEY'S OFFICIAL RULES OF ICE HOCKEY FOR ADULT RECREATION PLAY. ALL PLAYERS MUST BE FAMILIAR WITH THESE RULES. THE FOLLOWING ARE SUPPLEMENTAL RULES AND CLARIFICATIONS TO THE USA HOCKEY RULES ADOPTED BY JAHA. ANY SUSPENSIONS DESCRIBED HERE ARE IN ADDITION TO SUSPENSIONS CALLED FOR BY USA HOCKEY.

### TABLE OF CONTENTS

A.	Eligibility .....	2
1.	Minimum Age.....	2
2.	Player Fees .....	2
3.	Eligible Players.....	2
4.	Proof of Eligibility.....	2
B.	Conduct.....	4
1.	Sportsmanship.....	4
2.	Abuse of Officials.....	4
3.	Fighting.....	4
4.	Facility Rules .....	5
5.	Suspensions .....	5
6.	Bans .....	5
C.	Gameplay.....	6
1.	Checking & Contact.....	6
2.	Shots .....	6
3.	Minimum Number of Players .....	6
4.	Substitutions .....	6
5.	Equipment .....	7
6.	Tie Breakers .....	9
7.	Tier specific rules.....	9
D.	Teams .....	10
1.	Roster Freeze Date .....	10
2.	Team Representatives .....	10
3.	Drafts .....	10

E. Tournament Rules .....	11
1. Format .....	11
2. Tournament Substitutions .....	11
3. Overtime Period .....	11
4. Shootouts .....	11

## A. ELIGIBILITY

### 1. MINIMUM AGE

JAHA is open on a first come, first served basis to all adults 18 years of age or older.

### 2. PLAYER FEES

All player fees are due at time of registration. The JAHA Board may grant a limited extension in hardship cases; this will be determined on a case-by-case basis. Any player owing outstanding player fees who has not been granted an extension is not an eligible player per **Rule A3 Eligible Players**. A player owing fees may not compete in a league tournament.

All late registrations shall be assessed a late registration fee of \$75 if the registration happens during the first half of the season and \$30 if the registration happens during the second half of the season. The “first half of the season” means any time after the deadline set for registration and before the start of the second half of the regular season. The “second half of the season” means any time after the first half of the season and before the start of the last regular season game. Season halves shall be determined by dividing the number of regular season games by two, rounding up when there is an odd number of games.

### 3. ELIGIBLE PLAYERS

Only eligible JAHA players, including goaltenders, may play in a JAHA game. An eligible player is one who has properly registered with and paid fees to JAHA in accordance with **Rule A2 Player Fees**, is a current USA Hockey member with a valid USA Hockey number, and is not serving a suspension.

Any on-ice official who notices or is notified of an ineligible player and verifies that the player is ineligible shall immediately rule the game a 1-0 forfeit with the win going to the team without the ineligible player. The ineligible player’s name must be noted on the score sheet.

An ineligible player who participates in a JAHA game must be voted back into JAHA by a majority of the JAHA Board upon registering for a future JAHA season and serve a 5 game suspension. Repeat offenders may face additional disciplinary actions up to and including a permanent ban from JAHA. Any Team Representative who allows an ineligible player to play for their team shall be suspended for 1 game and the issue will be sent to the JAHA Board for further discussion and possible disciplinary actions.

### 4. PROOF OF ELIGIBILITY

JAHA will issue a Proof of Eligibility sticker to each eligible JAHA player. The sticker may vary per season and must be displayed in a location on the rear of the player's helmet that allows for quick identification by on- or off-ice officials. Goalies may affix their sticker in an alternate location on their helmet provided they can easily produce it for verification upon request by an on- or off-ice official. Players will only be issued one sticker. Lost or damaged stickers will be replaced on a case-by-case basis upon request to the appropriate Tier Representative.

A player who has lost or damaged their sticker or who has forgotten their helmet may participate in a JAHA game if both team's designated Team Representatives can agree on the player's eligibility before the game begins. The scorekeeper shall note on the official score sheet any player who was allowed to play without a sticker. Repeated violations will not be tolerated.

Notwithstanding the previous paragraph, a skater who does not have a current sticker displayed on their helmet or a goalie that cannot produce a sticker for verification upon request may not be present on the ice during a JAHA game. Violation of this rule will result in the player being asked to immediately leave the ice until they can properly display the sticker. If the player is found to be ineligible, they may be subject to the penalties described in **Rule A3 Eligibility**.

Loaning, giving, poaching, stealing, or counterfeiting a Proof of Eligibility sticker, as well as keeping and using a sticker to participate in games after a player is no longer eligible is an egregious offense that will result in an immediate and indefinite suspension for those involved and referral to the disciplinary board for possible further action of up to a lifetime ban from JAHA.

**NOTES:** If you are injured during a JAHA game and it is found that an ineligible player was participating in the game, USA Hockey may deny coverage under the liability insurance included as part of your USA Hockey membership, putting you, the rink, and everyone on the ice at risk. Additionally, USA Hockey and/or the Alaska State Hockey Association may levee sanctions against JAHA for allowing an ineligible player to be on the ice. IT IS IMPORTANT THAT INELIGIBLE PLAYERS ARE NOT ALLOWED ON THE ICE FOR JAHA GAMES.

## B. CONDUCT

### 1. SPORTSMANSHIP

JAHA promotes good, clean, fair, and fun competition in a family environment and expects its members to promote these values as well. All players are encouraged to participate in the hand shake line after each game.

Use of foul and vulgar language during a game, in the locker room, in the stands, or elsewhere on facility grounds is unacceptable. Players are responsible for their family and guests during JAHA-sanctioned events and may be disciplined or penalized for their actions or words. Inappropriate language or conduct towards a referee, off-ice official, or JAHA Board member may result in disciplinary action against the player as determined by the JAHA Board. Problems or issues with other players should be addressed to the JAHA Board in writing.

### 2. ABUSE OF OFFICIALS

Physical or verbal abuse of on- or off-ice officials at any time by a JAHA player will not be tolerated. Any player assessed a match penalty for abuse of an official under **USA Hockey Rule 601(f)** shall be suspended for a minimum of 10 games and may be subject to further disciplinary action as deemed necessary by the JAHA Board.

Players who are assessed a game misconduct penalty for abuse of officials under USA Hockey Rule 601(d) will now be suspended for their next 2 JAHA games which are to be served after the mandatory 1 game suspension required by USA Hockey.

### 3. FIGHTING

Fighting is not allowed in JAHA and will not be tolerated. What constitutes a fight is at the sole discretion of the on-ice official making the call. However, for this to apply, the player in question must have, at some point during the altercation, attempted to throw a punch (to be in line with USA Hockey's definition of fighting). The first offense for fighting is a mandatory 2 game suspension and the second offense is a mandatory 5 game suspension. **Neither of these suspensions may be appealed.** Further offenses shall be dealt with by the JAHA Board and may result in at least a 5 game suspension up to a permanent ban from the league. All players suspended under this rule and those involved in a fight, whether a fighting penalty was assessed against the player or not, may be subject to further disciplinary action as deemed necessary by the JAHA Board.

**NOTES:** Fighting penalties stay with players through all JAHA seasons they register for. This means that if a player is assessed their first fighting penalty and is suspended for 2 games under this rule, the next fighting penalty assessed against that same player, regardless of how long after the first offense it occurs, will be treated as a second offense and will result in a 5 game suspension under this rule, and so on for further offenses.

#### 4. FACILITY RULES

Any player or team who violates facility rules shall be subject to discipline as determined by facility management. Facility rule violations by a team or player that result in negative repercussions to JAHA may receive additional disciplinary actions up to and including a permanent ban from the league as determined by the JAHA Board.

#### 5. SUSPENSIONS

All suspensions shall carry for up to 1 calendar year from the date of the offense unless otherwise determined by the JAHA Board. A suspended player may not play for any JAHA team in the tier the suspension was assessed under until the suspension has been served in its entirety in that tier. Only scheduled JAHA games for which a suspended player is an eligible player for per **Rule A3 Eligible Players** and would have otherwise played count against serving a suspension. Suspended players may not be present on any team's bench during JAHA games in the tier they are suspended from. All suspensions incurred as a result of violating JAHA League Rules are in addition to any suspensions required by USA Hockey. **No refunds of any kind will be given for any games missed while a suspension is in effect.**

**NOTES:** A player on multiple teams in the same tier shall have each of their teams' scheduled games in that tier count against the JAHA-assessed suspension.

A player who does not wish to register for a season and serve a suspension may opt to not register for any JAHA seasons for 1 calendar year from the date of the offense and the suspension will "drop off" the player's record, unless a longer ban has been assessed by the JAHA Board.

#### 6. BANS

If a player is banned from JAHA by the JAHA Board, the player is not required to be registered for subsequent JAHA seasons to serve the ban. Bans shall be assessed at the discretion of the JAHA Board for a period of time, with a clear start and end date. When the end date passes, the ban is lifted. Permanent or lifetime bans may be assessed for egregious offenses or other behavior that warrants such a ban per the JAHA Board. Bans are not subject to **Rule B5 Suspensions**.

## C. GAMEPLAY

### 1. CHECKING & CONTACT

JAHA is a non-checking recreation league.

Referees will assess penalties, including game misconduct penalties, for all illegal contact. If a referee believes a player was deliberately trying to injure another player, whether or not the action resulting in an injury, applicable USA Hockey penalties/disciplinary actions will be assessed and supplementary disciplinary action may be taken by the JAHA Board.

Riding a player off the puck is only allowed in expert and advanced tiers, as designated by the JAHA Board. This action is not allowed in any other tiers and may result in a penalty being called.

### 2. SHOTS

No sticks are allowed above the waist on the wind up or follow-through of any shot except in expert tiers, as designated by the JAHA Board, where a full slap shot is allowed in accordance with applicable USA Hockey rules.

Tiers A and B are the only tiers where full wind up shots are currently allowed.

### 3. MINIMUM NUMBER OF PLAYERS

All teams must meet USA Hockey rules to start play. USA Hockey requires 6 players on the ice to start. If a team does not have the minimum number of players by the beginning of the first period, the score keeper shall start the game clock. If, after 10 minutes have elapsed, the team is still unable to meet the minimum number of players required to start the game, the game is declared a forfeit and the referees and score keeper may leave. Games forfeited by a team under this rule end in a 1-0 score with the win going to the team not forfeiting. In cases where neither team can comply with this rule, the game shall be forfeited by both teams and end in a 0-0 score. No other stats are calculated from the game beyond the win/loss/tie.

The remaining players may use the ice to scrimmage or drill, provided only eligible JAHA players are on the ice per **Rule A3 Eligible Players** and all facility rules regarding ice rentals are followed.

### 4. SUBSTITUTIONS

A team may add up to 4 skaters to their roster for a game in place of absent players to a maximum of 9 skaters plus a goalie. Skater additions must happen prior to the start of the first period of the game and must be of similar skill and ability to the absent player(s). In mixed skill tiers, the opposing Team Representative must approve of the substitute player(s). In all other tiers, no opposing team approval is necessary unless the player is coming from a higher skilled tier. Only women skaters may substitute in Women's Tier games and, unless otherwise agreed to by the opposing Team Representative, only skaters 40 years of age or older may substitute in Tier 40 games. No skater substitutions are allowed for any reason during tournament play.

If a team requires a substitute goalie, preference must be given to goalies of the same or lower skill level. Goalies of higher skill levels should only be used if no others are available. No opposing Team Representative approval is required for goalie substitutions. Goalie substitutions are allowed during tournament play.

All substituted players, including goalies, must be eligible players per **Rule A3 Eligible Players**. All statistics for non-forfeited games played with substitutes per this rule count towards league play.

**NOTES:** Substitute players may come from any team, provided this rule is followed, including the opposing team. Teams may substitute one of their own skaters for their goalie in their goalie's absence or to allow their goalie to skate out under this rule. No approval is required provided that the goalie's skate out skills are appropriate for the tier, otherwise the opposing Team Representative must approve.

**In the spirit of Rule B1 Sportsmanship, disapproval of substitute players should be used sparingly and should be the exception, especially if the disapproval of a player or players would result in a forfeit or would result in a less competitive game. An "easy win" is not a good reason to disapprove a substitute player.**

## 5. EQUIPMENT

All JAHA players shall use all equipment required by USA Hockey rules. All skaters must wear a helmet designed for ice hockey with chinstrap fastened. Goalies may use a non-HECC certified facemask as long as it is designed for ice hockey goalie use and properly fitted to the helmet. A minimum of a half shield facemask, properly installed and worn as designed, is required in all tiers. In all tiers, tipping a helmet back during play, not fastening the chinstrap, or the absence of a chinstrap constitutes an equipment violation.

If a referee sees an equipment violation, they shall follow USA Hockey rules, which include giving a warning first, and a misconduct penalty for continued violation. A player who is warned must leave the ice and must correct the violation before returning. Continued infractions by the same player may result in disciplinary action as determined by the JAHA Board.

In addition to all equipment required by USA Hockey rules, JAHA will also require masks be correctly worn in any circumstances where city or rink policy dictate. On-ice violations of this requirement will be subject to the same penalties that USA Hockey equipment violations receive; which includes one warning first to each team before issuing misconduct penalties to individual players. Players may be found in violation of this rule by an official at any time while they are on the ice, however warnings/penalties will only be issued during stoppages in play. Off-ice violations of this policy (benches, locker rooms, and common areas) will be addressed by the board on a case-by-case basis. Players found repeatedly in violation of this policy will be subject to discipline by the JAHA board as outlined in rules B1 (sportsmanship) and B4 (Facility Rules). Penalties for off-ice violations may range from warnings to suspensions or bans.

**NOTES:** While USA Hockey rules don't require current HECC certified helmets for adults, it is recommended that you consider this when purchasing a helmet.

The JAHA website at [juneauhockey.org](http://juneauhockey.org) has some tips on what equipment to purchase if you are new to the sport. JAHA strongly recommends the following protective equipment be worn in addition to all required head protective equipment required by USA Hockey rules: gloves, shin pads, shoulder pads, elbow pads, hip pads or padded hockey pants, protective cup, all designed specifically for ice hockey

## 6. TIE BREAKERS

If, at the end of a regular season, two or more teams have the same number of points, the following tie breakers will be used in the order presented to determine tournament ranking:

- Head-to-Head Wins (Used only if 2 teams are tied.)
- Most Wins
- Least Goals Against
- Most Goals For

## 7. TIER SPECIFIC RULES

There are several specific rules that only apply to a single tier and will only see enforcement in those tiers. Those rules are outlined below.

### a. Tier 35+/40+

Players in 35+/40+ are limited to scoring a maximum of 3 goals in a single game. If a player who has already scored 3 goals scores another, the goal will be disallowed, and a faceoff will be held in the offensive zone. This rule only applies to regular and overtime play. A player scoring 3 goals is still allowed to participate fully in a shootout.

### b. Tier D

- i. When substitutes from a higher tier are substituting in the game, they are not permitted to score goals. If a player from a higher tier scores, the goal will be disallowed, and a faceoff will be held in the offensive zone.
- ii. Players in Tier D are limited to scoring a maximum of 3 goals in a single game. If a player who has already scored 3 goals scores another, the goal will be disallowed, and a faceoff will be held in the offensive zone. This rule only applies to regular and overtime play. A player scoring 3 goals is still allowed to participate fully in a shootout.

### c. Holiday Jamboree

Players in the Jamboree tournament are limited to scoring a maximum of 3 goals in a single game. If a player who has already scored 3 goals scores another, the goal will be disallowed and a faceoff will be held in the offensive zone.

## **D. TEAMS**

### **1. ROSTER FREEZE DATE**

For regular seasons, all league team rosters are frozen after each team in the tier has played 4 games. Any player changes after this point may only be made by the Tier Representative in consultation with Team Representatives and with approval of the President. A player must be removed from a roster to add another player. Players will normally be replaced with players of similar playing ability, but exceptions may be made to maintain competition and parity per **JAHA Bylaw 7.0**.

For special seasons, such as the Holiday Jamboree season or as otherwise designated by the JAHA Board, rosters may be adjusted as necessary by the JAHA Board Registrar, with approval of the President, throughout the season.

### **2. TEAM REPRESENTATIVES**

Each regular season team shall have a designated Team Representative. This person shall be chosen by either the team or the JAHA Board. The JAHA Board reserves the right to veto any person it feels would be inappropriate to represent a JAHA team. Team Representatives are responsible for coordinating attendance of his/her team and making sure that all rules are followed by his/her team. This person shall have one vote to represent his/her team at tier meetings. No proxies – giving another Team Rep your vote – are allowed. If a Team Representative cannot attend a tier meeting, they may send another player from their team in their place. The appropriate Tier Representative must be notified of this prior to the meeting to ensure proper representation of all teams.

### **3. DRAFTS**

Unless determined first by the JAHA Board, Tier Representatives may determine draft rules. The JAHA Board reserves the right to alter or change any draft rules. At no time may any player be bought or sold for any type of compensation. All drafts shall be conducted in a fair and impartial way with the intent of fostering parity and good competition in the league. Any JAHA member who conducts him/herself in an inappropriate manner during a draft will not be allowed to draft any further teams.

## E. TOURNAMENT RULES

### 1. FORMAT

Tournaments shall be double-elimination except that the championship game will be single-elimination. End-of-season team rankings will be used to determine seeding in the tournament (e.g. the first-ranked team will be seeded against the last-ranked, the second-ranked team will be seeded against the next-to-last ranked, and so on). Depending on the number of teams, there may be a bye game for the first-ranked team. Except for the championship game, a team that loses their first tournament game shall continue play in the loser's bracket. A team that loses their second tournament game shall be eliminated from the tournament.

### 2. TOURNAMENT SUBSTITUTIONS

Except for goalie substitutions, there are no player substitutions allowed during tournament play for any reason. Goalie substitutions may be made in accordance with **Rule C4 Substitutions**.

### 3. OVERTIME PERIOD

If a tournament game, including the championship game, remains tied after regulation time has elapsed, a 5 minute, running time overtime period shall be played. The overtime period is "sudden death," meaning that the game shall end upon a goal being scored by either team, resulting in a win for that team. If the game remains tied after the overtime period, a shootout will be held in accordance with **Rule E4 Shootouts**.

### 4. SHOOTOUTS

If a tournament game, including the championship game, remains tied after the overtime period has elapsed, a shootout shall be held. All players are eligible to participate in the shootout unless they are serving a misconduct or match penalty. The shootout format shall be as follows:

- i. The Home Team shall be given the choice to shoot first or defer.
- ii. The initial shootout shall be the best of three rounds. Each team must identify three players to participate in the shootout before the shootout commences.
- iii. Players shall take penalty shots, alternating teams for each shot to complete a round, until three rounds have been completed. The team with the most goals after the initial three rounds shall be declared the winner.
- iv. If the score remains tied after the first three rounds, the shootout will proceed to "sudden victory," meaning that the shootout shall continue with new players shooting until the first round that ends with one team scoring a goal and the other team not scoring, with the team scoring the goal being declared the winner.
- v. A shootout winner cannot be declared until both teams have taken the same number of shots.
- vi. During shootouts, no player may attempt more than one shot until all players on their team have taken a shot. Once all players on the team have attempted a shot, as long as the shooter is a rostered player for their team, there are no restrictions on who may attempt a shot.