



Rules & Regulations

Adult (18+) No-Check Recreational Ice Hockey League

1. Team Rosters & Registration

- All teams must pay for a **minimum of 16 players** and may register **up to 20 players**.
- Teams wishing to register fewer than 16 players must make up the monetary difference accordingly.
- All players are required to register online before playing in any game. Registration must be completed 24 hours prior to first game.
- **Roster Change Deadlines:**
 - **Winter Season:** January 31st
 - **Summer Season:** July 1st

2. Jerseys

- All players, including goaltenders, must wear **matching jerseys (predominant color) with permanent numbers**.
- Players without matching jerseys **will not be allowed to play** until compliant.

3. Multi-Team Participation - Players are allowed to register on more than one team.

4. Substitute Goaltenders

- Substitute goalies must be selected from the RMHL's current season goalie list and be registered with the RMHL for the current season.

5. Equipment Requirements

- Helmets are mandatory for all players. Half-shields or full-face masks are optional but recommended.

6. Overtime Procedure

Regular Season

- Tied games at the end of regulation will proceed to a **three-player shootout**.
- Points Allocation:
 - **Win in Shootout:** 2 points
 - **Loss in Shootout:** 1 point

Playoffs

- Tied games at the end of regulation will proceed to a **five-minute sudden death overtime then to a three-player shootout**.
- Championship game - sudden death overtime until a winner is determined.

7. Player Eligibility & ID Checks

- If a player's eligibility is questioned, the Game Representative will ask the team captain for a photo ID of the player in question.
- The ID must match both the player and the **official team roster** (photocopies accepted).
- Teams using ineligible players (not registered in the current RMHL season or on their official roster) face penalties:
 - Forfeit the game in which the ineligible player participated.
 - May forfeit the next scheduled game.
 - May forfeit first playoff game.
 - Team captain may be suspended for using ineligible players.

8. Harassment & Discrimination Policy

- Harassment, discrimination, or inappropriate conduct based on race, color, religion, national origin, sex, age, or disability is strictly prohibited.
- No participant shall make unwelcome sexual advances, requests or comments toward any participant or non-participant.
- Reports of violations will be addressed promptly and may result in suspension or removal from the league.
- Complaints can be submitted without fear of retaliation.

9. Referee Authority

- RMHL officials are provided by the Colorado Ice Hockey Referees Association.
- Decisions on penalties (minor, major, misconduct, game misconduct, gross misconduct, and match penalties) are **final and non-negotiable**.

10. Misconduct Suspensions

- **Winter Season:**
 - 1st Game Misconduct: 1-game suspension
 - 2nd: 2-game suspension
 - 3rd: Suspended for rest of season (including playoffs)
- **Summer Season:**
 - 1st Game Misconduct: 1-game suspension
 - 2nd: Suspended for rest of season (including playoffs)
- The length of suspension for any player receiving a **gross misconduct or match penalty** will be determined by league administrator based on the severity of the infraction.

11. Fighting Suspensions

- Any player receiving a game misconduct for fighting will receive a **2-game suspension**.

12. Penalty Limit Per Game

- A player who receives **4 penalties in a single game** will be **ejected** for the remainder of that game.

13. Accumulated Penalty Minutes & Season Suspensions

- **Winter Season:**
 - 40 minutes: 1-game suspension
 - 50 minutes: 2-game suspension
 - 60 minutes: Suspended for remainder of season including playoffs
- **Summer Season:**
 - 30 minutes: 1-game suspension
 - 40 minutes: Suspended for remainder of season including playoffs
- **All suspensions are carried over into playoffs.**

14. Fines

- Fines must be paid before a suspended player is eligible to return:
 - **Game Misconduct (not for fighting): \$25**
 - **Game Misconduct (for fighting): \$50**
 - **Gross or Match Misconduct: \$50**

15. Run Time Rule

- If there is a 6-goal differential at any point in the 3rd period, the game will move to running time.
- If the differential reduces to 5 goals, stop time will resume.

16. League Discretion

- Prior participation in RMHL does **not guarantee player or team placement in upcoming season**.
 - The RMHL reserves the right to deny participation to any player or team for reasons including but not limited to payment history; player or team conduct both on and off the ice; and compliance with all RMHL rules and regulations.