



LAKELAND ADULT LEAGUE



CAPTAINS PACKET

FALL 2025-26

7330 Highland Rd, Waterford, MI 48327

DISCLAIMERS

The rules outlined in this guide are subject to change at any time. Any rule changes are at the discretion of the league director, USA Hockey, Michigan Amateur Hockey Association (“MAHA”), and Rink Management. Any such rule change that is to happen within the season will result in all team captains/players being notified via email. Any changes outside of the season will simply be made to this document and sent out to all captains before the start of the next league season.

The League Director holds the ability to add onto a player's disciplinary penalty, but is not able to nullify a suspension issued by the Game Officials. Off ice, as well as on ice behavior, are all subject to review and disciplinary action when any of a player's actions directly involve the rink facility, facility staff, game officials, and/or occur on rink property are deemed as constituting disciplinary action.

Both the Rink and League Director have a 24-hour rule following any incidents that you wish to discuss/dispute, it is asked that you wait a minimum of 24 hours to do so. This allows for cooler heads to prevail for all involved parties.

1.PLAYER REQUIREMENTS DISCLAIMER

Player Registration

- ALL players must meet the age requirement of the specified league and sign a waiver form. Player ages are determined by the calendar year of 12/31/25.

Jerseys/ Rosters

- All teams must have matching jerseys with Numbers.
- Jerseys without a number are not allowed (goalies are the only exception). Duplicate jersey numbers on the same team are not allowed.
- Team Managers/Captains are responsible for their rosters and that all players on the team are properly registered.

Equipment

- Full equipment, along with facial protection and mouth guards are strongly recommended.
- All players must wear an unaltered hockey helmet, securely fastened at all times with snapping or permanent straps. String or tape is not acceptable.

Use of Substitute Players

Subs are eligible to be used if you have either

- A. No goalie
- B. Less than 10 of your rostered skaters available
- C. All subs are held to the same standards as rostered players (age, waiver, etc.)

2. Manager Notes

Roster Freeze: February 1st

Playoff Eligibility- 2 or more forfeits may result in disqualification of playoffs at discretion of league director

Season/ Game Format

Regular Season- Game Format

- The season will consist of:
 - Sunday Over 30 B/C (Advanced/ Intermediate)
 - Sunday Over 40 Open
 - Wednesday Over 30 C/D (Intermediate/ Beginner)
 - Thursday Over 30 C/D (Intermediate/ Beginner)
- League management reserves the right to tier or change league operations that they feel is in the best interest of the league.
- Any forfeited game will be scored as 3-0.
- All games are paid for in registration fee, no forfeit refunds will be issued. The non-forfeiting team is able to use the ice if desired as it is paid for.
- No time outs allowed.
- Games will be (3) 15 Minute run time periods.
 - RED LINE ICING**
 - Tag up offsides
 - Faceoffs for power plays taken to penalized team zone for penalty.
 - Quick line changes between stoppages.
- Games that are within 2 goals in the two minutes of the 3rd period will be a stop clock.
- NO CHECKING & NO FIGHTING
- With run clock format, 2 minute penalties will become 3 minute run time.
- Playoffs- TBD

Schedules & Standings

- League Standings and schedule will be posted and updated at lakelandarena.com
- Tiebreakers will be determined as follows:
 - Total Points
 - Head to Head against said team(s)
 - Goal Differential
 - Least Goals allowed
 - Most Goals Scored
 - Least penalty minutes
 - Coin Toss

Standings: Standings will be determined utilizing the following point system:

- WIN= 2 points, TIE= 1 point, LOSS= 0 Points
- Forfeits will be scored as 3-0 loss for the forfeiting team.

Playoffs/ Championship Games

- Playoff games follow all the same rules as the regular season with the following exceptions:
 - Only ROSTERED players can participate, NO EXCEPTIONS.
 - All players must sign-in before their game with an ID.
 - Overtime is allowed:
 - 5 on 5; 5 minute stop time Overtime Period.
 - If still tied after overtime period: A 3 player shootout will take place.
 - If the game still remains tied; a sudden death shootout will take place. All players must participate before a player can shoot again.
 - **CHAMPIONSHIP GAMES (Only)**- Each team gets one timeout. Overtime Format- Same as above.
 - *No Consolation Games*

Conduct/ Penalties & Suspensions

USA Hockey rules and regulations will govern play in addition to the following rules:

- Players should communicate through their team manager/captain first with any issues. Team managers and league directors will be in regular communication and expected to address areas of concern.

- Team managers are expected to review league rules with all players on their team. Additional copies of the rules are available upon request and can also be viewed on our website, lakelandarena.com under the Adult League tab.
- **24 Hour Rule-** any player/manager that wants to discuss any incident must wait at least 24 hours to contact the league director.
- **ZERO TOLERANCE-** of any fighting or major display of unsportsmanlike behaviors toward any player, on-ice or off-ice official (scorekeeper), or rink employee. A minor penalty for unsportsmanlike conduct (zero tolerance) shall be assessed whenever a player:
 - Openly disputes or argues any decision with an official.
 - Uses obscene or vulgar language at any time, including any swearing, even if it is not directed at a particular person.
 - Visually demonstrates any sign of dissatisfaction with an official's decision. Any time that 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.
- The zero tolerance rule is in effect; if any coach, manager, trainer, or player exhibits unwarranted discipline or conduct problems, such as: talks back, abuses the referees, uses profane language, uses stick or equipment as a weapon to a referee or opposing player, or become the third participant in a fight started between two other players, the referee should immediately remove them for the remainder of the game and the incident will be reviewed by the League Director for any further disciplinary action.
- **EJECTION RULE:** Any player deemed verbally or physically abusive toward any on-ice or off-ice official will be subject to ejection from that game at the discretion of the official. Penalized teams may be subject to forfeiture if the ejected player refuses to leave the playing area.
- **FIGHTING IS STRICTLY PROHIBITED**
 - All Fighting penalties will result in the involved player or players receiving a three game suspension. A second fighting major will result in an immediate suspension from the league. Reinstatement will be determined based on a review and meeting with the League Director.
- Player history is reviewed upon ALL suspensions and can result in further discipline upon the League Director's discretion.
- Any major stick infraction as determined by the official(s) will result in the involved player or players receiving a suspension. A second major stick infraction will result in an immediate suspension and review with the League Director.
- All players in the Adult Hockey programs are expected to conduct themselves in a proper manner and be respectful of the facility and league rules. Verbal Abuse of any kind toward any member of the arena staff will result in a game suspension.
- Any player receiving 3 penalties in one game will be removed from the game and be done for the remainder of that game.
- *Game Misconduct-* players will be ejected for the remainder of the game and will have to serve a 1 game suspension in addition.

- Game Ejection call- similar to Game Misconduct call, will result in ejection from the game, but will NOT carry an additional 1 game suspension (*see ejection rule.*)
- League suspensions and or / expulsions will be given to any player who intentionally tries to injure an opponent.
- Any player that illegally tries to play under suspension will be removed from that team's roster. The offending team will be assessed a forfeit for any game with an illegal player or suspended player on the ice. In addition, the team captain/ manager will be suspended 1 game for every game this happens.
- All spectators must adhere to good sportsmanship guidelines. Any spectator using foul language towards an official, opposing teams players, or other fans, will be asked to leave the facility. Refusal to leave the facility will result in a penalty towards the team with whom the fan is associated with. Game play will not resume until the offending spectator(s) has left the facility.
- Team Managers/ Captains will be notified by the arena of players suspensions. It is the team managers/captains responsibility to communicate suspensions to their players and to ensure they are to be served.
- The League Director reserves the right to make any decision that is in the best interest of the league, regardless if it involves a written or unwritten rule. Any Lakeland Arena Adult League rules listed will supersede USA Hockey playing rules.

● ***PLEASE KEEP IN MIND THAT THE LEAGUE DIRECTOR DOES NOT HAVE THE AUTHORITY TO REVERSE THE DECISIONS OF THE GAME OFFICIALS.***

Game Suspension/Ejection Explanations

All suspensions will be tracked and are subjected to the discretion of the League Director. This is not limited to On-ice behavior and includes how you conduct yourself off the ice and within the facility.

League Fees

- Cost for the season= \$4,775
- Referee Fees- each team is responsible for paying one of the refs each game.
- Payments- \$55 per ref / per game / per team (each team pays \$55 cash to one of the two refs)

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Lakeland Arena Over 30 and Over 40 Information

Wednesday, Thursday, and Sunday Over 30 leagues will include approximately 24 league games and 1 playoff game. Additional fees can apply if advancing in the playoffs. Cost for the season will be \$4,775.00. Referees fees will be paid by each team before the start of the game. Each team is responsible for paying for one referee. Team sign up will be electronic through the arena website (www.lakelandarena.com) and then go to the men's hockey tab. The deadline to sign up is August 31st, 2025. Payments will be as follows: \$1,775.00 at time of signing up, \$1,000 will be due on October 5th, December 5th, and February 5th.

Sunday Over 40 leagues will include approximately 24 league games and 1 playoff game. Additional fees can apply if advancing in the playoffs. Cost for the season will be \$4775.00. Referees fees will be paid by each team before the start of the game. Each team is responsible for paying for one referee. Team sign up will be electronic through the arena website (www.lakelandarena.com) and then go to the men's hockey tab. The deadline to sign up is August 31st, 2025. Payments will be as follows: \$1,775.00 at time of signing up, \$1,000 will be due on October 5th, December 5th, and February 5th.

RULES

1. All players must register and sign all waivers electronically before they can play a game. You will do this at the arena website (www.lakelandarena.com) under the men's hockey tab
2. All teams must have matching numbered jerseys.

3. All players registered on their team will be ID checked for appropriate age
4. Any subs participating must provide valid ID before being eligible to play
 - Any players refusing to provide an ID will be ejected
 - Any teams who believe a player sub is NOT the right age can request a sub ID check, shouldn't be an issue as all subs need to be checked, registered, and verified to participate
5. To avoid sub issues, roster more than enough players and potential subs on your registered roster.
6. Failure to follow roster protocol (subs allowed if less than 10 skaters), or sub protocol (verify ID, sign waiver) can and will result in forfeit (reg. Season or playoffs) no exceptions.