

2019-2020 E.W.A.L. Player Handbook



EAST WEST ADULT HOCKEY LEAGUE



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PLAYER HANDBOOK

East West Adult Hockey League

2019-2020 Season

This handbook has been assembled for the participants of the East West Adult Hockey League. The rules, regulations and policies herein have been reviewed and approved by the EWAL Commissioner. The purpose of these rules is to shape and reflect the spirit of the league their teams are seeking: a fun, challenging and safe adult hockey recreation program.

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INTRODUCTION

East West Adult Hockey League welcomes you to an exciting and unique brand of adult recreational hockey programming for players of all skill levels ages 18 and older.

It is our goal to exceed your expectations and provide you with a highly energized atmosphere for team work and quality hockey development.

While we encourage all players to read this handbook. The team captains will be responsible for reading, comprehending, and enforcing these policies and procedures.

EWAL STAFF

Ron Kwan

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As Commissioner, Ron is responsible for the overall operation of EWAL Hockey. These operations include program development, game and ref scheduling, game operations, team parity, disciplinary actions, rules, regulations, and league correspondence.

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EWAL Hockey on the WEB

For access to all EWAL information, including league schedules, division stats, standings, team homepage, team rosters, upcoming leagues, and all other important EWAL information, please visit www.ewalhockey.com

Disciplinary Committee

The Disciplinary Committee will consist of the EWAL Commissioner. In resolving disputes, a witness of incident will participate in the review. This could include referees, scorekeeper or rink staff.

Team Representative

Each EWAL team is required to name one team representative per team each season. Team reps shall actively engage in all correspondence with the EWAL Commissioner. Player questions or concerns **MUST** first be directed toward the team rep before they are brought to the attention of the EWAL staff.

USA Hockey Membership

In addition to league fees, all EWAL participants are required to register with USA Hockey. USA Hockey provides accident insurance for covered medical expenses. The membership is valid for all USA Hockey sanctioned leagues and programs from Sept 1 through Aug 31 each year. Because USA Hockey numbers may expire in the middle of a season, new USA Hockey numbers maybe required before the previous one technically expires.

Players are required to submit their USA Hockey numbers at the time of registration.

YOU MUST HAVE CURRENT USA HOCKEY REGISTRATION IN ORDER TO PARTICIPATE IN GAMES. NO EXCEPTIONS AND THIS INCLUDES ALL SUBS.

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Fees

Only team fees are being accepted at this time and all payments can be made via www.ewalhockey.com. Team captains can charge the full season payment or choose the payment plan option on the website as well.

Refund/Credit Policy

There will be no refunds once dues are paid. It will be the captain's responsibility to find a replacement if a player decides to drop from the team for any reason. If you need help finding a replacement player, please see the Commissioner.

Rosters/Substitutes

Teams may list up to 20 players for their team roster. A final list of players must be submitted to the league commissioner before the first game. There will be no changes to the roster after that time. **ANY PLAYER WHO PARTICIPATES IN A GAME IN WHICH THEY ARE NOT ON A ROSTER WILL COUNT AS AN AUTOMATIC FORFIT AND WILL GIVE THE OPPONENT AN AUTOMATIC VICTORY.** All substitutes players are required to have turned in their USA Hockey membership information to the Commissioner prior to participating in a game.

NO PLAYER WILL BE ELEGIBLE TO PLAY WITHOUT USA HOCKEY MEMEBRSHIP.

In a 16 game season, a player must participate in 8 games in order to be playoff eligible.

In a 12 game season, a player must participate in 6 games in order to be playoff eligible.

In a 10 game season, a player must participate in 5 games in order to be playoff eligible.

Substitutes not listed on the roster will NOT be able to play in a game. Only players listed on a roster can participate in games. If you need a substitute goalie, it will be your responsibility to get a goalie if your goalie is unable to

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play. If a team needs to use a sub goalie in the playoffs, the goalie must be approved by the EWAL Commissioner.

EWAL Rules and Regulations

Playing rules

USA Hockey rules shall govern game play of all sanctioned EWAL games at East West Ice Skating Training Center.

Game Times

All EWAL games consist of 70 minutes of ice time. Slots consist of a 5 minute warm up and three 14 minute stop time periods. Due to scheduling efficiency, all games will start and end in accordance with the daily facility schedule.

Running Time

In the event a game is in jeopardy of not completing within the allocated time slot, the facility scorekeeper shall inform the referee and the team rep that the game will proceed using the run time format. Scorekeepers are also instructed to run the time clock due to unnecessary delays. The Scorekeeper will start the warm up clock at the start time.

Ties/Overtime

If the score is tied at the end of regulation play during the regular season, teams will play 3 on 3 for 5 minutes of running time. If there is no score at the conclusion of the overtime, the game will end in a tie and each team will be rewarded 1 point.

If the score is tied at the end of regulation play during the PLAYOFFS, 3 on 3, five minute run time sudden death overtime period will commence. If the game remains tied after the OT period, a shootout will begin with each team selecting 3 skaters to alternately attempt a penalty shot. The visitor will begin and the home team will have the opportunity to answer a goal. If the game remains tied after the initial shootout, each team will select and rotate shooters who have not attempted a shot until one team scores an unanswered goal and is declared the winner.

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If a player is in the penalty box at the end of regulation play and has not served the full penalty, that player will not be eligible to participate in the overtime during the regular season or the shootout during playoffs.

Forfeits

In the event a team is forced to forfeit a game for any reason, the opponent shall receive an automatic 1-0 victory. The opponent shall have the opportunity to utilize the allocated ice time for scrimmage. Referees and scorekeepers will not be available.

Player Equipment

In accordance with USA Hockey rules and enforced by the game referees, all EWAL players must wear full equipment including an HECC certified helmet. In addition to a certified helmet, a full facemask is also highly recommended for the safety of all participants. **HELMETS MUST BE WORN AT ALL TIMES ON THE BENCH AND DURING WARMUPS.**

Jersey Policy

All participants must wear matching jerseys. If a player does not have a matching jersey, a 2 minute minor penalty will be handed out to start the game by the commissioner, scorekeeper, or the referee. If there is a sub player, it is the team reps responsibility to make sure the player has a matching jersey.

Referees

At no time shall a EWAL player confront a referee following a game. This includes but not limited to accessing the referee's room. Any player who violates this rule shall be subject to an immediate disciplinary hearing and suspension from EWAL.

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 EWAL, you are responsible for conducting yourself in a professional and appropriate manner (see player conduct). EWAL also has a zero tolerance for abuse of officials (see zero tolerance).

No Referees Present for Game

In the event no referees are present for a scheduled game, the game will be scheduled at a later date. Teams may utilize the ice for half ice practice or

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scrimmage. Teams will be expected to monitor themselves during these times and may be subject to disciplinary action if incidents occur. If there is one referee, the game will proceed as scheduled.

EWAL Roster Approval & Placement

For parity, EWAL reserves the right to place individual players and teams in the appropriate skill division. During the season, the commissioner will evaluate individual and team performance. When necessary, the commissioner will meet with team reps to discuss potential team or player relocations for the upcoming season. The commissioner will make recommendations to the team rep regarding roster adjustments (for competitive balance) and will give him ample time to determine what adjustments the team will make. Upon notice, the commissioner will directly inform any player who will be relocated with the EWAL.

Ineligible Players

Any team participating in a EWAL game and is found using a non-rostered player or players determined to be ineligible due to disciplinary reasons, shall forfeit games said player participated in. The team captain may also be issued an automatic 3-game suspension.

4 Penalty Rule

Players committing any (4) penalties in one game shall be removed from the current game and will be suspended from the following game. Additionally, the player will be subject to further suspension pending review of the penalty infractions by the EWAL commissioner. Any player with 3 (4 penalty) games will be suspended from the league indefinitely.

Note: A double-minor for the same infraction is considered (1) penalty.

Zero Tolerance

EWAL 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 Disciplinary Committee. Pending the outcome of this review, East West Ice Skating Training Center and EWAL reserves the right to impose lifetime expulsion from activities at East West Ice. The Zero Tolerance rule will also apply to all fans and patrons watching the games.

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East West Ice Palace management or security will ask any disruptive visitor to leave the building immediately.

Game Misconduct Penalty

In accordance with USA Hockey, any player receiving a game misconduct is ejected from the current game and must also miss the next scheduled league game. The EWAL Commissioner will automatically review the penalty and determine if it warrants a Disciplinary Committee meeting wherein the committee has the ability to impose further game suspensions and or other disciplinary action.

Gross or Match Penalties

According to USA hockey, any player receiving a gross or match penalty shall be ejected from the current game and automatically suspended for 30 days or until a meeting is held and a ruling made by the EWAL Disciplinary Committee. The committee also has the right NOT to meet within the 30 day time period. If this occurs, the player is reinstated after the 30th day. Gross misconducts and match penalties may result in league expulsion.

Fighting

In an effort to protect our players, EWAL has adopted a strict no fighting policy. The EWAL Disciplinary Committee will support the on ice decision of the referee calling the game.

The Disciplinary Committee will also review all fighting incidents and will determine if further game suspensions and or any other disciplinary action including league expulsion is warranted.

If the gloves are dropped by any player, that player will be removed from the remainder of that game. Further suspensions will be given out by the referee.

In order to minimize the fighting we will be imposing a progressive suspension policy to keep problematic players off the ice. For those that have a history of fighting and have been given warning, these will carry on indefinitely.

1st Fight: 1-2 game suspension (referee's decision)

2nd Fight: 3 game suspension

3rd Fight: Indefinite suspension from EWAL.

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Playoffs

Each EWAL season ends with playoffs. The playoff format, dates and times for each season will be determined by the EWAL Commissioner and will be distributed to the team reps and posted on the website.

Game Cancellations

Although alterations to the schedule are avoided at all costs, East West Ice Palace reserves the right to cancel or alter any EWAL game due to facility malfunction or other circumstances. In the event that a game must be cancelled, facility management will notify the EWAL commissioner immediately. The EWAL Commissioner will then notify the team reps.

In the event a EWAL game is canceled, the facility shall reschedule the game prior to the season ending.

Team request to change game

If a team needs to reschedule a game for any reason, the team rep must contact the EWAL Commissioner to see if the game can be moved. In order for a game to be moved, a team must have a request in writing no less than 14 days before the original game day. The opponent also must agree on the game change as well as ice being available to make the change. Before the schedule is published, the team rep should note any days/time in which a team cannot play games. Although its not guaranteed, the EWAL Commissioner will do their best to fulfill all requests. After the schedule is posted, teams reps are encouraged to once again make sure the team can make all the games scheduled.

Player Code of Conduct

All members of EWAL are required to conduct themselves in a professional and appropriate manner both on and off the ice while at East West Ice Palace. Violators may be subject to Disciplinary Committee review.

The following guidelines are to be adhered to at all times while at East West Ice Skating Training Center:

1. Foul language will not be tolerated.

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2. Trash talking will not be tolerated.
3. Fighting will not be tolerated.
4. Players are to treat all facility employees with respect
5. Players are to dress in the locker rooms only
6. Hockey of any kind is to be played on the rink only
7. Ice access is not allowed until the start of your game
8. No access to the ice until the Zamboni doors are closed
9. Players are to treat the facility with respect – damage to property will not be tolerated and may include fines.

Alcohol Policy

Consumption of alcohol in the locker rooms, parking lots or other locations at East West Ice Skating Training Center is prohibited. Any Player(s) seen with alcohol, or under the influence of alcohol, will be asked to leave the premises.

Drug Policy

Drug use at East West Ice Skating Training Center is strictly prohibited and violators will suffer expulsion from EWAL and will be subject to prosecution.

Locker Room Policy

Locker rooms will be assigned for all teams. It is strongly recommended that you do not leave valuables in the locker rooms. East West Ice Skating Center is not responsible for any lost or damaged items.

Vandalism Policy

East West Ice Skating Training Center is regarded as a first class ice facility. As members of EWAL, you are required to keep it this way. Any player/team found vandalizing any area or component of East West Ice Palace will be suspended immediately and indefinitely and subject to a Disciplinary Committee review and may suffer expulsion from EWAL. In addition, violators will be responsible to pay for all damage sustained.

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Security & Video Cameras

East West Ice Skating Training Center is equipped with cameras throughout the interior and exterior of the facility. These cameras along with on-site security personnel and facility employees are at the disposal of facility management and EWAL. These options will be utilized when applicable in the event of an incident and to also monitor general conduct.

Copies are not made available to the general public. Access is only for exclusive use of East West Ice Skating Training Center Management, league authorities, and law enforcement.