



## Lunch League Registration Information/Rules – 2025 Fall Season

Overview and Features	
<b>League</b>	<b>Recreational Lunch League; Adult (18+); No-Checking; 4 teams, COED – ALL SKILL LEVELS WELCOME</b>
<b>Rink Locations</b>	Joy Burns & Magness Arena
<b>Season Games</b>	<b>14 guaranteed games</b> - 12 regular season; 1 Playoff single elimination, 1 Consolation Game, 1 Championship Game
<b>Game Details</b>	1-hour game slots include a 5-minute warmup and 3 – 15-minute run time periods; pucks provided.
<b>Team Roster Size</b>	15 skaters and 1 goalie.
<b>Team Draft</b>	1 week prior, teams will be drafted by Captains based on hockey experience completed in registration to achieve skill-level parity.
<b>Fees</b>	<b>The player fee is \$375. Goalie fee \$0</b>
<b>What's Included</b>	<ul style="list-style-type: none"> <li>• <b>14 total games (12 regular season + 2 playoff)</b></li> <li>• <b>DU pant shells &amp; socks</b></li> <li>• <b>DU jersey (provided, with option to purchase)</b></li> <li>• <b>Discounted lunch rates at a local bar/restaurant</b></li> <li>• <b>Optional post-game lunches to connect and talk hockey</b></li> <li>• <b>Skilled team captains to help players who are looking to learn and improve</b></li> </ul>
<b>Payment Plan Options</b>	<b>Full Payment or 2 payment plan option; \$200 at registration, remainder due October 1, 2025</b>
<b>Scheduled Days of Play and Times</b>	<p>Thursdays (2 games)</p> <p>11:00am - 12:00pm   Magness Arena</p> <p>11:15am – 12:15pm   Joy Burns Arena</p>
<b>Gameday Features</b>	Working out options for lunch deals at restaurants close to the arena. The original idea of food on Magness concourse turned out to not be worth the added cost to player fees. As we launch in year 1, we will focus on the on-ice product, and I will work with local bars to get us player deals.
<b>Website</b>	<a href="#">DU Recreation Hockey</a>
<b>Registration Link</b>	<a href="#">DU Lunch League Registration</a>
<b>Ice Office Contacts</b>	<b>Sam Markwood</b> – Adult Hockey & Public Ice Programs Manager <a href="mailto:sam.markwood@du.edu">sam.markwood@du.edu</a>
Important Dates and Deadlines	
<b>August 1st, 2025</b>	Registration Open
<b>August 15th, 2025</b>	Player registration deadline

<b>September 4th, 2025</b>	Captains lunch draft
<b>September 11th, 2025</b>	Season Begins
<b>October 1st, 2025</b>	Remaining payment processed with 2 payment plan option
<b>Team and Player Information</b>	
<b>All Players</b>	<b>Players MUST register, pay registration fee and sign the waivers before they can play.</b>
<b>Captains</b>	1. Team captains for the first season will be in-house staff. Sam, Sabastian, Erik, and Eric/Dan will captain the 4 teams.
<b>New Player</b>	1. Register for the season, pay \$375 registration fee and sign Waivers before you get on the ice. 2. Players are drafted to teams by Captains, a week prior to start of season
<b>Goalies</b>	1. Register for the season, (no registration fee this season) and sign Waivers before you get on the ice.

<b>USA Hockey Rule Book followed by DUAHL</b>	
<b>Denver University Adult Hockey League follows the USA Hockey rule book with some additions or exceptions contained in this Registration/Rules Information Form.</b>	
<b>Run Time/Stop Time</b>	15-minute run time, unless score differential is <b>3 or less</b> , revert to stop time in the last 3 minutes; if at any time during the third period, the differential is more than a 3-goal differential, the clock returns to regular run clock.
<b>Icing</b>	Blue Line Icing
<b>Face-Offs</b>	<ul style="list-style-type: none"> <li>- Start of Game</li> <li>- Start of each Period</li> <li>- When a goal is Scored</li> <li>- Icing</li> <li>- Offsides</li> <li>- Delay of Game</li> <li>- Puck out of play</li> <li>- Or penalty has been called</li> </ul>
<b>Goalie Freeze Puck</b>	To keep the flow of the game, when the goalie freezes the puck there will be no whistle and faceoff. Instead, the opposing team will clear out of the zone and the goalie will play the puck to their team.
<b>Offsides</b>	Delayed offsides
<b>Ringer Rule</b>	3 goals maximum per game. This rule applies to the Playoff and Championship game, therefore a player with 3 goals in regulation time is ineligible to participate in the shootout. <b>NOTE:</b> If a single player scores a 4 <sup>th</sup> goal, it doesn't count, and the team is assessed a 2-minute bench minor penalty for Delay of Game.
<b>Shootout</b>	In the event of a tie, there will be a 3-player shootout (there will be 3 pairs of shooters per team.) If the game is still tied, it goes to a sudden death shootout. If a player has achieved the <b>"Ringer Rule"</b> in regulation time they will not be allowed to shoot in the shootout) Home team decides if they would like to shoot 1 <sup>st</sup> or 2 <sup>nd</sup> .

<b>Rosters</b>	<b>Maximum of 15 players on a roster - 15 skaters and 1 goalie. Only REGISTERED/ROSTERED players are allowed to play.</b>
<b>Jerseys</b>	Team jerseys are supplied by DU Adult Hockey League.
<b>Register before play</b>	<u>All players are required to REGISTER ONLINE, and sign the online waiver, BEFORE ever skating.</u>
<b>Subs</b>	<b>Are coordinated only through division captains and/or league coordinator and must be a player registered within the league to play.</b>

### Penalties and Suspensions

<b>Penalty Times</b>	<b>Minor Penalty: 2 minutes Major Penalty: 5 minutes Misconduct: 10 minutes</b> When a call is made the clock continues to run unless in 3 <sup>rd</sup> period the 3-goal differential 3-minute stop time. Clock will stop then for the call.
<b>Maximum of 3 Penalties in One Game</b>	A player receiving 3 penalties in a game will be ejected from the game immediately after the 3 <sup>rd</sup> penalty. This is just an ejection from the current game, it is not a Game Misconduct
<b>Game Misconducts &amp; Fighting</b>	<b>Game Misconduct or Fighting</b> – Removed from the league with no refund
<b>Excessive Penalties</b>	<ul style="list-style-type: none"> <li>• Any player receiving a total of 20 <b>minutes in penalties</b> during the regular season, will receive a <b>one (1) game suspension</b> that will carry over into the Playoffs.</li> <li>• Any player receiving a total of 40 <b>minutes in penalties</b> during the regular season will receive a <b>two (2) game suspension</b> that will carry over into the Playoffs.</li> <li>• Any player receiving 60 <b>or more minutes in penalties</b> during the regular season will be suspended from the league for the <b>balance of the season including Playoffs.</b></li> </ul>
<b>Miscellaneous Information on Penalties and Suspensions</b>	<ul style="list-style-type: none"> <li>• Players suspended for the balance of the season, including the Playoff season, will NOT receive a refund.</li> <li>• Players receiving a Game Misconduct or Fighting will be removed from the league with no refund</li> <li>• Any skater found playing who has not fully completed his/her suspension may be immediately removed from the ice and have another 2 games added to their suspension.</li> <li>• A team Captain may be suspended for using ineligible players.</li> <li>• Any suspensions and/or probations will carry over to the next DU Adult Hockey Lunch League season in which the player participates.</li> <li>• There are no appeals of the Referee’s calls.</li> <li>• There is no video review if you are asked to leave for Game Misconduct or Fighting.</li> <li>• The DU Adult Hockey League Management’s decisions are final.</li> </ul>

### Additional Rules for Playoffs & Championship – Shootouts Only

<ul style="list-style-type: none"> <li>• In the event of a tie, after regulation time has expired, there will be a shootout with 3 pairs of shooters (3 players from each team). Rosters (except goalies) must shoot before any player can shoot a second time.</li> <li>• If a player has achieved the <b>“Ringer Rule”</b> in regulation they will not be allowed to shoot in the shootout.</li> <li>• If a player is serving a penalty when the game ends, the player in the penalty box is ineligible to participate in the shootout. The only exception is if the penalty is a bench minor (too many men on the ice). All Divisions utilize the 3-goal limit per player per game, and it still applies for Playoff Season; therefore, a player with 3 goals in regulation time is ineligible to participate in the shootout.</li> <li>• Each team selects 3 skaters from their team to take penalty shots one at a time against the opposing</li> </ul>
--

goaltender, with teams alternating shots.

- After the 6 players have all taken their shots, the team with the most goals are declared the winner.
- Shootouts IN THE PLAYOFF SEASON that are still tied after 3 skaters from each team have taken shots, the shootout continues with an additional pair of skaters and enters a 1 on 1 sudden death until one team has won the advantage (assuring that each team has taken an equal number of shots). The shootout may end earlier if one team has scored more goals than the opposing team could score with its remaining shooters. All skaters eligible for the shootout on a team's roster must shoot before any player can shoot a second time.