

Power Play Hockey League

OFFICIAL RULEBOOK

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“It’s not just a sport, it’s a culture.”

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Section 1 - Registration & Team/Player Fees

1.1 - Captain Registration & Responsibilities

A - Registration. Team Captain must register/create the team using the captain registration link for the correct season. This step needs to be completed so that players will be able to register themselves to the correct team.

B - Responsibilities. Team Captain will be responsible to organize, update, and maintain their teams home page each Season. It is the responsibility of the Team Captain to notify Division Head of a player change, addition, or removal. Failure to notify the league and add the additional player(s) rostered added throughout the season to the team homepage on league site will result in all future games that said player(s) participated in.

IF Team Captain continuously abuses Section 1 - Registration, said team will be removed for the remainder of the season with no refund. The PPHL will not allow unregistered players stepping on the ice due to liabilities. The PPHL understands teams will need 'Fill-Ins' at certain games - however - Team Captains are **REQUIRED** to contact Division Head **BEFORE** game time to state said 'Fill-In(s)' are participating.

Contacting Division Head includes:

- Text Message OR Email Sharing Players Information

* Full Name, Email Address, Cell Number, Jersey Number worn

1.2 - Player Registration

A - Registration. Players are required to register per season for their team before stepping onto the ice. Players must make sure their Team Captain has successfully registered the team for the division before registering. IF a player registers before Team Captain registers team, said player will become a Free Agent.

B - Failure to Register. Failure to register before stepping onto the ice to represent a PPHL team will result in an automatic forfeit to said team and the suspension of unregistered player until registered. IF said unregistered player steps onto ice again while suspended, he/she will then be blacklisted from the Power Play Hockey League for 365 Days and will not be reinstated until meeting with the Department of Player Safety.

1.3 - Team / Player Fees

A - Team Costs. The PPHL allows each team to have a maximum of 15 players on the season's roster. Each leagues team fees may vary and is up to Team Captain to understand team fees and to share amount owed by each player.

Team Captain will register 'X' number of players. Once team is registered, SportsEngine platform will automatically divide the payments out evenly between each team player.

Example - IF the Team Fee is \$4,350.00 and a team has 10 players, the Team Fee would be \$435.00 per Player. If another team has 14 players, each player would pay \$310.72 per person.

B - Failure to Pay Team Costs. Teams must be fully registered (all roster spots filled with registered/paid players) by the 4th week of the season in order to continue playing their scheduled games.

Section 2 - Teams & Rostering

2.1 - Rosters

The PPHL allows each team to have a maximum of 20 players on a team roster/season. The team must have at least (5) registered skaters and (1) registered goalie to be considered a legal team.

A team must have either three skaters and a goalie, or four skaters with no goalie, in order to officially start a game. If a team begins play without a goalie, the goalie must arrive and be fully dressed by the start of the second period; failure to do so will result in an automatic forfeit, recorded as a 3-0 final score. Additionally, if at any point during the game a team is unable to field at least three skaters due to penalties or ejections, the game will be immediately forfeited.

IF team cannot field the appropriate number of players, the PPHL will assist in assigning registered free agents to the team.

All rosters must be finalized by week 3 of the current season. Only full-time paid players are eligible for playoffs*

*Please see the rule section for substitute players

Game Rosters – All Captains or representatives must hand in a paper roster at the beginning of each game with a name, number, and full-time or sub listed for every player in the game. Those players should be registered as full-time or a sub on the team's roster. If a team fails to hand in a roster and refuses to build a roster for/with the scorekeeper, they will be assessed a 2-minute Delay of Game Penalty.

2.2 - Roster Regulations

C level:

Each C-level Team is allowed up to 3 players who have been ranked by PPHL as B-level players. There will be no A or above-level players allowed to play in the C-league. (Goalies do not count towards the total of allotted B players per team, however may only be subbed by a like-ranked player or below). Each team is only allowed (3) B-level players on their team for any given night. If a C-level player is absent, the team **may not** substitute a 4th B-level player.

D level:

Each Upper D-level team is allowed up to 3 players who have been ranked by PPHL as mid to low C-level players. There will be no upper-level C, B, A, or above-level players allowed to play in the D league. If a player is absent, the team **may not** substitute for a 4th C-level player. **All subs should be equivalent in level to the league and should not control the game.**

Each Mid D-Level team is allowed up to 2 players who have been ranked by PPHL as low C-level players. There will be no mid to upper-level C (or higher) players on their team. **All subs should be equivalent in level to the league and should not control the game.**

Goalies do not count toward the total allotted C players per team, however, may only be subbed by a like-ranked player or below.

The lowest D division in each region will be considered a REC D Division and will NOT be allowed any players who have played organized hockey. Subs will be of the same level and not have played organized hockey. Goalies should be at a D-level.

* Teams that bring in inappropriate level players will be penalized as follows:

- 1st Offense: Forced tie for the game
- 2nd Offense: Forfeit of the game
- 3rd Offense: Team will be automatically moved up a division

2.3 - Uniform Requirements

A - Matching Uniforms:

The PPHL requires teams to wear matching uniforms with numbers, and each player's jersey number must match their roster number. The PPHL staff can assist with number changes if needed. Jerseys must be full-length with full arms and length. PPHL reserves the right to refuse a

team design or name that is found to be inappropriate and/or offensive. Offensive language in team names is not authorized on SportsEngine. Teams must modify their name to exclude profanity when registering.

Team captains can purchase their own uniforms or may arrange to purchase uniforms directly from the PPHL. Jerseys purchased through PPHL can either be standard, solid color sets may also be custom ordered. Please email info@powerplayhockey.com for more details about our custom order program.

B - Uniform Numbers:

Players may select numbers between "0 / 00 - 99". Three digit numbers or use of any letter are not allowed.

2.4 - Team Benches / Game

During the course of any PPHL event, there is to be ZERO non-playing participants on the team bench at any point of a game. Any rostered player who is ineligible to play, should not be ANYWHERE near the team bench and is REQUIRED to be in the stands to spectate the game.

IF any non-playing person(s) is or attempts to be on the team bench, the game officials or division head will immediately warn team captain or team representative to remove ALL non-playing people from bench. IF team does not comply, a minor penalty for **Delay of Game** will be issued to team and **Delay of Game Protocol** will begin.

IF team does not comply or a second attempt of non-playing participants are on team bench, the game will be immediately finished with a forfeit to the team resulting in the infraction.

The Power Play Hockey League has a ZERO TOLERANCE policy regarding non-playing rostered or unrostered people to be on Team Benches during any point of a PPHL Game. This is a liability and unsafe practice that will not be allowed. Teams that constantly disrespect this rule will be subjected to harsher fines/penalties and face possible removal from the PPHL without refund.

The PPHL cares for the safety of all during PPHL events and believe this is a wise decision and ask all to comply to keep all safe in order to enjoy good, fun, competitive hockey games!

Section 3 – Equipment

Section 3 - Equipment

3.1 - Required Equipment

Players are required to wear the basic equipment in order to participate in any PPHL game (league or tournament). Basic equipment to be worn is listed below:

- Hockey Skates
- Shin Pads
- Hockey Pants
- Elbow Pads
- Gloves
- Helmet (HECC approved - Ear Loops, Chin strap fastened, Padded)
- Stick

3.1 - Recommended Equipment

A - Shoulder Pads:

PPHL Players are not required to wear Shoulder Pads. The PPHL highly recommends all participants to wear shoulder pads while playing in any game.

B - Facial Protection:

Players are not required to wear visors or any type of cage. IF a player is to wear a cage, both straps must be locked into helmet. Though the PPHL does not require players to wear any facial shields or cages, Power Play highly recommends all players to wear protection over the face.

3.3 - Prohibited Equipment

A - Non-Hockey Skates:

No PPHL player shall be allowed to wear any other type of "ice skate" other than hockey skates.

B - Roller Blade Pants:

PPHL requires all players to wear protective hockey pants. The use of any other type, such as roller blade pants will not be allowed

Section 4 - Penalties

The Power Play Hockey League follows 'Section 4 - Penalties' of the USA Hockey Rulebook. Please click on the following link to direct you to USA Hockey website and rulebook page of 'Section 4 - Penalties'.

Section 4 - Penalties

Penalty Lengths and Disciplinary Action

Minor: 2:00 minutes.

Major: 5:00 minutes

Ejection: Removal from game

- (3) Penalties sustained in 1 Game results in Game Ejection for Unsportsmanlike
 - Rule 401[b]
- (2) Game Ejections in a single season result in (1)-Game suspension

Misconduct: 10:00 minutes

Game Misconduct: 10:00 minutes

- Automatic (1)-Game suspension
- (3) Game Misconduct penalties in one season results in season suspension – reviewed by DOPS
- (5) Game Misconduct penalties in one calendar year results in up to a year suspension by DOPS vote

Match: 10:00 minutes

- Suspension until further notice – reviewed by DOPS

Section 5 – League Officials & Game Officials

5.1 - Division Head(s)

The Power Play Hockey League may assign a division head to certain divisions to represent the PPHL on all matters pertaining to that specific division. The division head is the league's representative and is empowered to resolve league matters in real time whenever possible. Division heads should monitor random games throughout the season and report any rule issues to PPHL staff to eliminate parity and other potential conflicts.

5.2 - Referees

The PPHL follows the USA Hockey Rulebook, Section 502 in regard to the "Referee" position. To read the full definition and summary guided by USA Hockey, please click link below.

[Section 502 - Referee](#)

5.3 - Scorekeepers

The PPHL follows the USA Hockey Rulebook - Sections 505 "Official Scorer" and Section 506 "Game Timekeeper" in regard to the "Scorekeeper" position. To read the full definition and summary guided by USA Hockey, please click link below.

[Section 505 - Official Scorer](#)

[Section 506 - Game Timekeeper](#)

Section 6 - Playing Rules

The Power Play Hockey League follows 'Section 6 - Playing Rules' of the USA Hockey Rulebook 2025-2029 with certain modifications agreed to by the PPHL Department of Player Safety.

To view the USA Hockey Rulebook - Section 6 - Playing Rules, please click the link below.

Section 6 - Playing Rules

Any player removed from a game due to an infraction(s) will require the official who made the call to file an incident report within SHO HorizonWebRef no later than 12:00pm (EST) following day.

Parity Weeks

The first two games of every season will be parity weeks. These games will count towards their overall record. The games may consist of playing against the lowest seeded team from the division above and the highest seeded from the division below of where PPHL believes they should be placed. Once the 2 parity games are complete, the teams will be adjusted level-wise into their appropriate division.

It is always PPHL's goal to make sure teams are properly placed and these games are to be played at that team's best ability. The league reserves the right to place any team that is thought to be playing down to competition where we feel they will have the best competition.

* PPHL reserves the right to move any team to the appropriate division of play at any time throughout the season.

Regular Season Procedures

- - 3-minute warm-Up
- - (3) 17-minute periods (running)
 - **SPECIFIC RINKS:** Edge Sports Center, NESC
 - (3) 15-minute periods (running)
- Clock STOPS during game for:
 - serious injuries or rink related (ice, glass)
 - stop clock at :10-seconds remaining for an offensive zone faceoff
 - 3rd period under 2:00 minute mark if score differential is 2 goals or less
 - On-Ice Officials Request
- **NO** time outs
- **NO** over-time: games end in a tie

Delay of Game

1. Delaying Start of Game - 3-minute warm-up clock begins once the nets are set up along with either option:

(A) When game time is supposed to begin on PPHL Website.

(B) If rink is running late, once the Zamboni doors are closed. The game clock begins regardless of who is on the ice for teams. *(Special circumstances – Weather, Accidents, etc. – Officials & Scorekeeper will be notified by Seacoast and/or PPHL)*

- Once 3-minutes is complete, game is to begin. Game may begin when a team has (3) players and goalie, OR, (4) players. If a team or both teams do not meet the requirement, game clock is to begin immediately and run until both teams field the proper requirement to begin the game. *(REFER TO SECTION 2.1)*
 - If one team is not ready, game clock begins to run. Every three minutes that is completed without other team on the ice, the team ready will receive (1) goal.
 - Once team delaying start of game is ready to play, the game clock will stop, a minor penalty for DELAY OF GAME will be issued and the game will begin at center face-off dot. (No delay of game will be issued to either team if both teams are late to start at proper time – regardless of which team is ready first)
- 2. Intermissions** - At the end of each period, 1-minute will be put on the game clock, and then clock will run to zero. At the conclusion of the 1-minute intermission, the game is to begin. If a team delays the start of the next period, the officials will give a 15-second warning to team to send out line-up to start next period within. After 15-seconds, team will be issued a minor for Delay of Game. Official will then issue FINAL 15- SECOND WARNING to send out line-up. Failure to send out line-up will result in Forfeit. *If both teams fail to send out a line-up, after the warnings, the game will be completed with the current score.*

- If Team who delays game is winning at time, will lose by +1 goal of current score.
EXAMPLE: Team A delays game to point of Forfeit and is currently winning 5 to 4 – Team A will lose 6 to 5, in order to give proper stats to players during game.
- If the Team who delays game to point of Forfeit is losing, current score will be the FINAL SCORE.

Tie Breaker Rules, Playoff Games Protocols and Overtime Procedures

Determining seed - PTS, W, Head to Head, GA, GF, Coin Toss

Only full-time players are allowed to participate in playoffs. The only exception to this rule will be if a team is unable to field 8 full-time players. In which case they will be allowed subs in order to reach 8 total players for the game. (these players must have still played 3 regular season games for the team that season.) Also, any subs the team gets for that game cannot exceed the maximum number of upper-level players allowed for that league.

Goalies in playoffs must be the same skill level as the goalie you are replacing.

Format - Playoffs will be a single elimination format. They will either be played during regular nights for that league, or as a tournament done on one day.

Team No Shows - In the case where a team does not show up to a regularly scheduled game, the game is considered a forfeit, a win is awarded to the team that does show up, however no refunds will be given in the case of no shows.

Playoff Game Rosters – All Captains or representatives must hand in the “Registered Players Eligible for Playoffs” Printout (first page under your team in SportsEngine) at the beginning of each game with a name and number. All playoff subs MUST be rostered (prior to week 9 for short season and 3 games played with your team) (week 19 for long season and 6 games played with your team). If a team fails to hand in a roster and refuses to build a roster for/with the scorekeeper, they will be assessed a 2-minute Delay of Game Penalty, and all unregistered players will not be allowed to play.

Playoff Rosters ID check – If an opposing team believes a player is not a “Registered Player Eligible for Playoffs,” the captain can challenge during warmups or if/when a player shows up mid-game. The challenged player needs to get off the ice and verify his name by showing the

On-Ice Officials and Scorekeeper their ID. If they are not on the “Registered Eligible for Playoff Roster” they will be ejected from the game and the team will be assessed a 2-minute minor for Delay of Game.

If an error for rostering is on the PPHL staff, the game can be continued and PPHL staff will confirm post game. If the error is not on the PPHL staff, the game will be forfeited by the team with the unregistered player.

Overtime Game Protocols

- (1) 30-second Time out per team allowed during a playoff. Game clock will stop during this Time out. There will not be an extra timeout added if the game goes to overtime.
- Clock remains running at all times **except** (10)-seconds remaining in period with a faceoff in either end zone.
- *All Overtime formats during playoffs will be “Golden Goal” format. Teams will change ends per period.*

Round Robin - Semi-Finals:

- 5-minute 3v3
- 3-man shootout (sudden death per round after round 3)
 - Any player serving penalty that has not expired leading into shoot out will not be qualified to participate in shootout.
 - Same player may be selected after Round 3.

Championship Games:

- 10-minute 5v5 (Run Time)
- 10-minute 3v3 (Run Time) – Continuous 10-min periods until Goal scored

PPHL Modifications to Game Play & Rules

All Match Penalties will suspend a player indefinitely from all PPHL events under a review by the Department of Player Safety. Failure to attend meeting before trying to participate in any PPHL games will result in forfeit of participated games and 1-year suspension from PPHL.

Rule 401 – Penalties / 3-Penalty Rule

Rule 401(b): **(3) penalties or more in single game = Game Ejection for Unsportsmanlike**

(Removal from the Game & Review by DOPS)

Rule 601 – Abuse of Officials / Other Misconducts

At no point may any player physically or verbally abuse a referee. Seacoast Hockey Officials is instructed to report any abuse of referees. PPHL utilizes Live Barn to review any and all cases that are reported to the league. PPHL has strict policy regarding abuse of official by any player.

Physical / Verbal Abuse of Officials

1. At any point if a player touches a referee in what the referee and PPHL believes is an aggressive manner, they will automatically be suspended indefinitely, forfeiting any refund of fees. Any games missed due to misconduct will not count towards eligibility for playoffs.
2. Verbal abuse of a referee will result in on ice penalties. If an infraction occurs, referees will remove the player from the ice. These occurrences will also be reviewed by PPHL and may be subject to further penalty.

Verbal abuse (arguing calls) (Must be during same altercation):

Penalties to be called if situation arises:

- **Warning #1** – Referee warns player to skate away & stop verbal abuse
 - Minor Penalty Assessed – Unsportsmanlike Conduct (2:00 minutes)
 - **Warning #2** – Referee warns player to stop
 - Misconduct – Abuse of Official (10:00 minutes)
 - **Warning #3** – Referee warns player to stop
 - Game ejection, or Game Misconduct – Abuse of Official (10:00 minutes)
 - **Match** – A player who refuses to get off the playing surface after receiving a game misconduct will receive a match penalty and suspended indefinitely
-

Rule 601(f) – Use of Tobacco, Alcohols, Drugs

The PPHL recognizes that adult men’s league hockey often involves the presence of alcohol and tobacco products in and around the arena. We simply ask that all players, officials, and fans at any PPHL-sanctioned event **respect both arena policies and league policies at all times.**

Drugs:

The PPHL maintains a strict **zero-tolerance** policy regarding any illegal drugs or controlled substances consumed before, during, or after games, or anywhere on arena property. If contacted by law enforcement regarding a player, the PPHL will fully cooperate with all legal requests.

Alcohol:

No player is permitted to consume alcohol prior to participating in any PPHL game. Period. Any player found to be under the influence will be removed from the game and subject to discipline by the Department of Player Safety.

Arena Conduct:

All players, officials, and spectators must respect every arena facility—especially locker rooms and bathrooms. These rinks are a privilege to use, and violations of facility rules can and will result in removal of rink access for teams or individuals.

Penalties Per Policy During Game

(f) The use of tobacco products or alcoholic beverages by any player or team official is prohibited in the rink area, including the bench areas and off-ice official area. ~~A warning shall be issued by the Referee for the first offense by any participant and any subsequent violations by the same team shall result in a bench minor penalty being assessed.~~

- **1st Offense** – stop game and remove tobacco/alcohol and receive a minor penalty for delay of game
- **2nd Offense** – results in player (or captain) receiving standalone Game Misconduct; regardless if new player prior from first offense
- **3rd Offense** – Game officially stopped, results in a forfeit of the game by the team.

Repeat Offender: Any player continuously abusing alcohol or tobacco throughout a season will be suspended immediately and indefinitely and will be scheduled for a meeting with the PPHL Department of Player Safety. Player will not be eligible to play until meeting results are determined and player has been served a decision.

Rink Policies: If a rink has a policy for no alcohol and a team is reported to PPHL staff for breaking this rule, the team will be liable for any arean damages and suspended as follows:

- **1st Offense:** Team is suspended for 1 game
 - **2nd Offense:** Team is suspended for 30 days
 - **3rd Offense:** Team is suspended for the remainder of the season
-

Rule 604 – Body Contact / Checking

Body Checking *is NOT allowed!*

- Intentional body checking will result in:
 - 2-minute + 10-minute Misconduct for Body check using Rule 604(c)
-

Rule 612 – Face-Off Locations

Face-offs after penalties – In defensive zone of team that committed the infraction.

- Icing on delayed penalty will not bring faceoff outside
-

Rule 624 - Icing

Hybrid Icing will replace Automatic Icing

- *Defending Team **Blue Line** determines Icing (not the Red Line).*
-

Rule 629 – Leaving the Players Bench or Penalty Bench

Section (a) – Automatic Game Misconduct

- *If a player leaves the player bench or penalty bench at any point - regardless of whether they enter the altercation – the officials and/or the Department of Player Safety reserve the right to assess a **Game Misconduct penalty**.*

POINTS OF EMPHASIS

Rule 615 - Fighting

Fighting is not allowed at any time during a PPHL game. A fight is defined by PPHL as players being involved in throwing punches, regardless of whether a punch lands. PPHL uses the Live Barn app, game official reports, and captain interviews to review any and all reported fights. Referees are not obligated to break up any fights. However, if they deem it a fight the players must leave the ice immediately; failure to do so may result in extra suspensions or ban up to at least 1-year.

Any player involved in two fights in one season will be suspended for the remainder of that season. If any player is involved in 3 fights in one calendar year, they will automatically be suspended from all PPHL leagues for 365 days (1 year), and will need to apply for reinstatement.

Conduct in Facilities

1. Alcohol - Any player caught outside of a locker room with alcohol will be suspended 1 game. These are our rink rules as well as our liability rules. Alcohol is sometimes permitted in the locker rooms (follow each rinks' policies) and not to be abused or we will lose that privilege.
2. Tobacco - Any player caught spitting tobacco on the ice, floor, showers, or anywhere besides a bottle. will be suspended 1 game.
3. Rink Employees - Any player who is found to be abusive towards any rink employee will be suspended as necessary. No player should abuse any employee. If you have an issue with a rink employee notify your captain so management can address it.

Off-Ice Conduct

1. Any player or players who engage in off-ice altercations will be reviewed by the PPHL and may result in or up to an indefinite suspension from all PPHL activities.
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PPHL ROSTER SHEET

TEAM:

GAME DATE:

G #

G #

F / D #

CAPTAIN

F / D #

NOTES