



City of Aspen Recreation 2023-24 Adult Hockey League Rules

Player Registration

1. League fees are determined at the beginning of each season and costs vary from season to season.
2. **USA Hockey Registration IS REQUIRED for the Winter 2023-24 Season and USA Hockey Insurance Coverage will apply to our 2023-24 Season. We will need a current, valid USA Hockey Certificate from every Player & Goalie.**
3. Captains Register their Team, and their roster must register individually to Join that Team before the Deadline on www.aspenrecreation.com.
4. The teams are confirmed in a first-come, first-serve order of who pays their fees and fills their roster. See below for Registration Instructions.
5. **Team Captains are responsible for prioritizing parity in skill level across teams in the league.**
6. **Participants are required to be residents of the Roaring Fork Valley.**

Teams and Equipment

- **All teams are required to wear matching jerseys with numbers.**
- Hockey helmet with strap snapped is required for all players. Half shield or cage is strongly recommended but is not required.
- Winter League minimum number of players is 5 and a goalie to start the game.
- Any team using an ineligible player (not on the roster, unapproved substitute, or suspended player) will forfeit by a score of 1-0 and the Captain of the violating team will receive a 1 game suspension.

Penalties *(all penalties will be USA Hockey rules unless noted below)*

- Any player who incurs 4 penalties in one game receives a game misconduct and is suspended from the team's next game (someone must serve any non-ten-minute penalties). Double minors count as 2 infractions, as do 5-minute majors' penalties.
- Any player who receives 4 penalties in one game a second time in the season will receive a game misconduct and be suspended for 2 additional games.
- If a player receives 4 penalties in a third game during the season, they will be suspended for the remainder of the season.
- If there is a Game Misconduct penalty the player is removed from their current game immediately (someone must serve any non ten-minute penalties) and is suspended for a minimum of 1 game.
- If there is a Game Match penalty the player is removed from their current game immediately (someone must serve any non ten-minute penalties) and is suspended indefinitely until the disciplinary board is convened and a ruling is given or after 30 days pass, whichever is first.
- All game misconducts are a minimum of 1 game and will be reviewed for further disciplinary action.

- Fighting is an automatic suspension for one calendar year, possible expulsion from the league (pending review), and a possible fine. There will be ZERO tolerance for fighting. No refund.
- Checking from behind is assessed as a 2-minute minor plus a 10-minute misconduct or a major, or a major plus a game, or a match penalty.

RESPECT OF OFFICIALS – Minimum 1 game suspension + review

- Disrespect of officials can result in a game suspension; disrespect can be in the forms of, but not limited to, cursing, arguing, yelling, intimidation, physical altercations, etc.
- Only the captain of each team has the privilege of discussing with the referee any question related to the interpretation of the rules that may arise during the game (the captain may leave the bench to do this but cannot leave if he is in the penalty box).
- Any other player who speaks disrespectfully to the referee may be given a bench minor, major, misconduct, or game misconduct at the referee's discretion. Cursing at the referee or scorekeeper will result in a penalty, game misconduct, and/or suspension.
- Upon second infraction of this clause, players will be immediately removed from the league.
- AIG or LIA Ice Staff have the authority to remove a player even if the referee does not.

Unsportsmanlike Conduct

Anyone who acts, commits, incites, or aids others in committing any of the following acts of unsportsmanlike conduct will be subjected to discipline. There is no appeals process for any of these unsportsmanlike conducts, and if a suspension occurs, no refund will be given.

1. Hitting, striking, pushing, or any contact deemed threatening towards any City of Aspen employee
 - a. Discipline: Immediate suspension and ban from City of Aspen recreation facilities and programs. Suspension reviewed by Hockey Commissioners, one year recommended
2. Hitting, striking, pushing, or any contact deemed threatening towards another participant, spectator, member, guest, user, etc.
 - a. Discipline: Immediate suspension and ban from the City of Aspen recreation facilities and programs. Suspension reviewed by Hockey Commissioners, one year recommended
3. Threatening physical harm or verbally abusing a City of Aspen employee, participant, spectator, member, guest, user, etc.
 - a. Discipline: Immediate suspension and ban from the City of Aspen recreation facilities and programs. Suspension reviewed by Hockey Commissioners, one month recommended
4. Causing damage to equipment or facility (i.e. spitting chew on the floor, damaging a bench, etc.)

a. Discipline: Immediate suspension and ban from the City of Aspen recreation facilities and programs. Suspension reviewed by Hockey Commissioners, one month recommended

5. Playing without payment or on a different team without consent

a. Discipline: Forfeiture of game

Game Format & Playing Rules *(all playing rules will be USA Hockey rules unless noted below)*

- All games have an 18-minute running clock. If a team cannot start the game on time due to absence of a goalie or too few players, they will start with 6 players – one acting as the goaltender.
- The last 1 minute of the first two periods will be stop time as well as the last 3 minutes of the third period if the goal differential is 3 goals or less.
- If a game is running late due to a situation arising from the current game (injured player, fight, etc.) the game's 3rd period may be shortened.
- If a game starts late due to an issue with the facility, the game will be played with normal times.
- Altered game times are at the discretion of the league commissioner.

Ties

- If the game is tied at the end of regulation, there will be a 3-man Shootout.
- If still tied at the end of 3 shooters, there will be a sudden death shootout up to 5 shooters maximum.
- If still tied at the end of shooters, the game will end in a tie.

General Rules

- No body checking is allowed in any division.
- ZERO Tolerance for repeated unnecessary contact.
- ZERO Tolerance for fighting.
- **Alcoholic beverages are not allowed in the arena.** Violation of this rule will result in the suspension of the player for the remainder of the season with no refund. The Hockey Director also reserves the right to remove anyone suspected of playing under the influence of alcohol.
- No player will be allowed to play if intoxicated. No non-players allowed on benches. Violation of this policy will result in immediate suspension from the league to be determined by the league commissioner.

Season Format

The length of each season will be determined prior to the start of each season. Captains will be notified via email of the season dates, as well as the pre-season captain's meeting (if applicable).

- REGULAR SEASON
 - Will consist of 16 games between the dates of Nov. 3th and March 18th. Check with your team captain to receive your schedule, or view online on the Aspen Recreation Hockey page

- PLAYOFFS
 - To Be Determined
- REGULAR SEASON RECORD TIEBREAKER
 - Wins %
 - Head to Head
 - Total Goals Scored
 - Least Amount of Penalties
 - Coin Flip

Schedule Design

- The schedule is set up to have the teams play each other an equal number of times, if possible. If the division has an odd number of teams that may not be possible. It is also designed to try and keep the numbers of early, mid, and late games evenly distributed. The league strives to keep it as balanced as possible. The same goes for game times, one team may play more late games, but it will be a very small differential.
- Game times will alter throughout the season as there are other events that may interfere with game times.
- Games for each division will almost always occur on the same night of the week throughout the season. It is possible, however, that an occasional game (including playoff games) may be scheduled on an alternate night of the week to facilitate with rink scheduling. Schedules for the season will be available online at <http://www.aspenrecreation.com/adult-activities/hockey/>. If there are any changes during the course of the season, the team captain will be notified and it is their responsibility to disseminate the information to their team.

Playoff Format

- Single elimination will be determined prior to each season. All teams make the playoffs in the single elimination format.
- Playoff Seed Tie Breakers (in order)
 - Win %
 - Head to Head Record
 - Total Goals Scored
 - Least Amount of Penalty Minutes
 - Coin Flip
- Standings, schedules and league messages can be found online at <http://www.aspenrecreation.com/adult-activities/hockey/>
- Overtime
 - 5-minute sudden death period.
 - If the score remains tied at the end of overtime a 3-person shootout will be used to decide the game.
 - If after 3 shooters, the score is tied, it will be a sudden death shootout with each team getting an equal number of shots. No shooters can shoot twice until everyone on their team has taken a shot in the shootout.

Communication & Contact Information

- Before doing anything, talk to your captain. If the problem is team-related, he/she should be able to help. If not, contact the league commissioner (below) for guidance.
 - Lee Liebmann – lee.liebmann@cityofaspen.com

Make-Up Games/Reschedules, Refunds/Fees

- There will be NO MAKE UP GAMES OR RESCHEDULES due to limited ice availability and general COVID-19 logistical limitations.
- There will be NO REFUNDS if we reach the midway point of the season

COVID AMENDMENTS – As of December 29th, 2021

- Games already on the schedule will be played out
 - No makeup games will be added
 - An alternate season ending tournament may be considered for making up the games
- If a team doesn't have enough players due to COVID, the team will forfeit the game
- If referees are quarantined due to COVID, the game may proceed without a referee. Call your own penalties
- NO PRORATIONS for games missed
- If the league is postponed, we will cancel the league and replace with drop ins until a safer period of time