

MHL 2021-2022 RULES

Eligibility

- 1) All players in the league must be over 18 years of age or older by their first game.
- 2) All players are also required to be registered with USA Hockey and provide their USA Hockey Confirmation Number to the League prior to playing.**
- 3) All players must be on the team's roster which was submitted to the league
- 4) Every player MUST sign the score sheet before the game to be eligible to play and be counted as eligible for playoffs. No early sign ins or signing in for other people.
- 5) A player must be signed in and play in 7 games to be eligible for playoffs, being signed in by someone else if not in attendance does not count.
- 6) Games played will be tracked by the sign in sheet. If a number is on the score sheet for scoring a goal and that person is not signed in it will not be credited on their statistics, the goal will count if the player is on the team's roster. (If this frequently occurs the team will be investigated for using illegal players.)
- 7) Any player that is deployed during the season is still eligible for playoffs if the following steps are followed.
 - a) The player must have a minimum of 1 game played in the season.
 - b) The Captain of the player's team must inform the Commissioner at time of deployment.

No Show Rule

MHL No Show RULE: If a team NO SHOWS, the opposing team will receive a Forfeit win, plus can Choose 1 game off the Other team's schedule to add to their own. Ex: Team has 24 scheduled games, that said team No shows, they now will have 23 games. The opposing team will be awarded a game from your schedule of the opposing captains choosing to play in your team's place.

Rosters

- 1) All teams can roster **20** players total, including goalies.
- 2) On December 1st the roster will expand to **22** total players for the remainder of the season
- 3) A preliminary roster must be turned one week before the first game, Season begins Sept 12.
- 4) Only players on the roster are eligible to play in games.
- 5) If at any time a player not listed on the roster plays in a game, it automatically becomes a forfeit.
- 6) All rosters must be approved by the commissioner by **Thursday** each week if player is to be added for the weekend; After December 31st no more player moves.
- 7) Every team will have a free grace period until December 31st to lock in a final roster.
- 8) All player drop/adds need to be submitted by Thursday, to be eligible in the next weeks games.
- 9) Players may not touch the ice until their name is on the roster and have submitted USA Hockey information properly to the league.
- 10) Every team captain will be issued a password and login to manage their own roster online.

- 11) Captains are responsible for having the appropriate name and jersey number listed on the website, 2 weeks after the issue of passwords.
- 12) Failure to keep your roster up to date with all eligible players will result in forfeited games due to playing non-rostered players.
- 13) Any player without a USA Hockey Registration Number will not be eligible to play in the MHL.

Divisions

The league will consist of 3 divisions (A, B & C Over 35+)

“A” division is dedicated to high level players and there are no limits on playing abilities.

“B” division is dedicated to average and beginner level players with some restrictions on player abilities noted below

“C over 35+” division is dedicated to the beginner and less experienced player. There are strict roster limits in this division noted below. Over 35+ was new in the 2020-21 season

Player Rankings

A & B Level

- 1) An “A” or “B” level player is any player that is considered to be a “A” or “B” level player by the commissioner or by a captain’s vote.
- 2) Any captain may challenge any player in their league for ability status.
- 3) The commissioner may agree and remove the player from the league or send a vote to the captains to vote on the player’s ability level.
- 4) Once a player is voted on, they may not be challenged again for an entire year.
- 5) All player challenges must be submitted prior to the player in question plays his 6th game.
- 6) Players considered “A” level may not participate in the “C” division unless approved by the Commissioner.
- 7) All “B” level teams will be allowed to carry 4 impactful “A” players.

C Level 35 & Over

- 1) Any captain may challenge any player in their league for ability under 35yrs old.
- 2) The commissioner may agree and remove the player from the league or send a vote to the captains to vote on the player’s ability between 30 and 34 yrs. of age.
- 3) Once a player is voted on, they may not be challenged again for an entire year.
- 4) All player challenges must be submitted prior to the player in question plays his 6th game.
- 5) Absolutely no “A” league rostered players allowed in the “C” division, regardless of age!
- 6) All “C” teams will be allowed to have 4 impactful “B” players over 35 on their team.
- 7) All new players must be over the age of 35, with league approval a very weak or new player to ice hockey under the age of 35 may be added to a team.
- 8) Any player under 35 can be removed at any time if they are deemed to impactful.
- 9) During the season any under 34-year old player above a 2.01 PPG average over a 3 game sample will be removed from the division.
- 10) Grandfather rule – As of April 1, 2020 a player in the league between ages of 30-34 may play but they must not be impactful and have under 2.01 PPG, any player with 2.01 PPG or greater has been removed

Captains

Every team must designate a captain. Team captains are responsible for having the correct team roster information on the score sheet. This includes each player's name, number, and signature. Every captain is required to sign the score sheet after the game under their team's roster. Failure to do so waives all rights to protest. Captain is responsible for all players having their updated USA Hockey Registration number. Team forfeits all games if payment obligation schedule is not met.

Goalies

Every team may roster two goalies. If a team needs to use an emergency goaltender they must notify the commissioner before the game. (email, voicemail, face-to-face) A substitute goalie should be appropriate to the division or closest level. Rostered team Goalies must wear a matching colored jersey of their team. Goalies must circle their names on the score sheet. Any substitute goalie used in the playoffs must be approved by the commissioner 48 hours prior to the game. Goalies must play in 7 games to be eligible for playoffs. If you do not have an eligible goaltender on your roster for the playoffs you **MUST** use a goalie from the approved emergency goalie list or have the goalie approved by the commissioner or captain's vote. Teams may use goalies from other teams in the same division for playoffs if theirs is not eligible or injured but they must get approval from the opposing team's captain.

Equipment

All players are required to wear a certified ice hockey helmet with unaltered eye protection. Acceptable pieces of protection are a full cage, cat eye cage, full shield, or half shield. No cages or shields may be altered in any way. All player's helmet must follow USA Hockey Regulations. Any player that takes the ice at any time without proper eye protection will receive a **GAME MISCONDUCT** penalty issued immediately. This will eliminate the player from the current game and the next game. Game time is described as the start of the ice slot including warm-ups.

Jerseys

All teams must have **MATCHING** uniquely numbered jerseys. **MATCHING** will be defined as the general color along with a similar or old logo of the team they are playing for. If any player does not have a matching jersey after October 1, they will serve a 2 minute penalty at the start of the game. If a player enters the game after it has begun and he is in violation of the jersey rule he is to be issued his penalty at the next stoppage of the game. This rule is waived when a team must wear pinnies, due to teams having the same colors

Penalties

Any player receiving **4** penalties in a game will receive a game ejection. If a player receives 5 penalties in a single game they will receive a game suspension. **There are no 10 minute misconduct penalties.** All misconducts are either an ejection or a game misconduct. A game misconduct constitutes a game suspension. Any team receiving 15 penalties in a game will result in the team forfeiting that game. In addition, the team captain will be suspended for the following game. Any player that receives an intent to injure will be suspended for the rest of the season and possibly life. All other rules will follow USA Hockey standards. Checking is **NOT** permitted in any of our divisions. All USA Hockey suspensions are issued by the league, **NOT** by division. Player's must serve their suspension in the division in which it was received prior to returning to

any team in the league. For example, if a player plays in both the C and B division and the player receives a 3-game suspension in the B division that player may not play in the C or B division until he/she serves the 3 game suspension in the B division.

Fighting

Fighting will not be tolerated. Any player receiving a fighting penalty will receive the following: 1st fight- 3 game suspension, 2nd fight- 10 game suspension, 3rd fight- suspension for the rest of the season, including playoffs. Any player receiving an instigator penalty for a fight will receive an 2 additional game suspension. Any player removing their own helmet in a fight will automatically receive a 5 game suspension. Fighting suspensions may be adjusted in playoffs. To coincide with USA Hockey rules any player involved in an altercation where a player's helmet comes off that player will receive a game misconduct and be suspended for the following game. A player dropping his gloves but not engaging in a fight will receive a 1-game misconduct.

Suspensions

The league commissioner will administer the suspensions. All protest must be made in writing, to the league commissioner in an email within 48 hours of the incident under protest. For all protest, the league commissioner's decision is final. The Centre Ice Arena is committed to providing a safe adult league. As a result, we reserve the right to suspend, expel, or otherwise prevent any player from playing in the league. The Centre Ice Arena also reserves the right to refuse or deny the application of any prospective player that it determines, in its sole discretion, to be detrimental to the safe operation of the league. Officials or rink employees may ask any player to leave the ice that they believe is a danger to themselves or other players. The Centre Ice Arena reserves the right to change its rules or guidelines at any time. Teams and players are encouraged to check the league website for updates. ***All players in the league are able to be removed by the league by a captain's vote prior to their twelfth game. If the Captains in any division feel that a player is detrimental or dangerous to the other players in the league the Captains in that division may take a vote to remove that player from the league. The vote must be unanimous by all Captains in that division, the Captain of the player's team in question does not receive a vote.***

Ice Time

The game slot starts at the scheduled ice time. There will be a 3 minute warm-up. If a team does not have 6 total players on the ice at the scheduled game time they forfeit the game. The ice then belongs to the team that did not forfeit. If neither team has 6 total players on the ice at the scheduled game time both teams forfeit the game and the ice belongs to neither team with no replacement game arranged. Zero points are rewarded for the game. There will be no make-ups for forfeits. The game will consist of three 15 minute, stop time periods, with the exception being the 6 goal running clock in the third period. Each team is granted one 60 second time out each game. After 2 periods, or at any point in the 3rd period, if a team is trailing by 6 or more goals, a running clock rule will be in effect. The clock will run until the differential is less than 6 goals. The clock will not run in the finals even if there is a 6-goal differential.

Overtime

In regular season play if the game is tied at the end of the third period there will be a 4-minute sudden death 4 on 4. If a team scores the game is over and the winning team receives 2 points for the game and the losing team receives 0 points for the game. If no team scores at the end of the 4 minutes, a 5-man 1 round shootout will occur, where the loser will receive 1 point for the game.

In all playoff games, if necessary, there will be a 10 minute, sudden death 5 on 5 overtime period. During overtime periods teams will NOT switch sides. Teams will continue to defend the net they did in the third period. If the game is still tied, there will be a 5 round shoot out. Each team will select 5 separate players to shoot. If the game is still tied after the 5 rounds the shoot out will become sudden death. Each team will shoot one player at a time until one team scores and the other team fails to score. Players may not shoot again until every player on the team has shot once (to equal player count).

Regular Season Tie Breakers

1. Head to head between teams that are tied. (does not apply if three or more teams are tied)
2. Goal Differential Quotient
(Goals For / Goals against) of games between tied teams (highest total moves on)
3. Goal Differential Quotient of all games played
4. Least amount of penalty minutes in all games played
5. If still tied (2 teams only)- one game play in.
6. If still tied (3 or more teams)- Goals for of games between tied teams
7. Flip a coin

MHL Playoffs

The top 4 teams will qualify for playoffs in a 6 team division.

In a five team division 4th place will play 5th place in a play in game. The 1st seed will play the now 4th seed. The 2nd seed will play the 3rd seed.

In an 8 team division, 1st and 2nd seed will get a first round bye, 3rd will play 8th seed, 4 vs 7, 5th vs 6th. Then re-seed and another single game elimination will be played.

The finals round will be a best of three series between the winners. For all playoff games, we ask that each player show up 45 minutes before the start of the game. The scorekeeper will be checking roster and I.D.'s for eligibility.

MHL Champions

The winning teams will be presented with the MHL CUP.

If teams wish to take the cup out of the building for celebration, please contact me for further details at the end of the season **MHL Payments**

\$500 by Sept 7th

\$1,000 by Second Game

\$1,500 by October 15th

\$1,500 by December 1st

\$1,200 by January 15th

Any team that has an overdue balance will forfeit every game until they are paid to date.