

MHL 2022-23 RULES

1. ELIGIBILITY

- a. All players in the league must be over 18 years of age or older by their first game.
- b. All players are also required to be registered with USA Hockey and provide their current playing season's USA Hockey Confirmation Number to the League prior to playing.
- c. All players must be registered with the rink, via a Captains invite, and on the team's roster prior to the start of the season.
 - i. Players can become eligible to play if the team captain emails and/or texts the new players name and current playing season's USA Hockey registration number no later than 1 hour before game start time to the league Commissioner. Team captain must also notify opposing team no later than 1 hour before game start time. This player is subject to the following review to be fully eligible to play any further games:
 1. Said player must register and supply current playing season's USA Hockey registration number with the rink, via Captain's invite before he plays another game.
 2. All team captains in that division must approve player before his next game is played.
- d. Games played will be tracked by the sign in sheet.
 - i. Every rostered player **MUST** sign their Team's Game Sign In Sheet before the game to be eligible to play and be counted as eligible for playoffs.
 1. **No early sign ins or signing in for other people.**
 - ii. 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.**
 - iii. If a rostered player scores a goal and that player is not signed in, the team will be credited for the goal, but player's statistics will not.
 1. Player must sign in at the scorekeeper's box right after scoring goal
 - iv. If a rostered player gets a penalty and that player is not signed in, the team and player will be assessed the penalty
 1. Player must sign in at the scorekeeper's box right after receiving penalty
 - v. If a **NON-rostered player** gets caught playing in a game; the game will end immediately and that team will be assessed a forfeit.
- e. Any player that is deployed during the season is still eligible for playoffs if the following steps are followed:
 - i. The player must have a minimum of 1 game played in the season

- ii. The Captain of the player's team must inform the Commissioner at time of deployment.

2. CAPTAIN/Manager

- a. Every team must designate a captain.
- b. Team captains are responsible for having the correct team roster information on the score sheet.
 - i. This includes each player's name, number, and signature.
- c. If league is using hand written scoresheets
 - i. Every captain is required to sign the score sheet after the game under their team's roster.
 - ii. Failure to do so waives all rights to protest. Captain is responsible for all players having there updated USA Hockey Registration number.
- d. Team forfeit's all games if payment obligation schedule is not met or they let an illegal player play for their team

3. ROSTERS

- a. Any player without a current season's USA Hockey Registration Number cannot be rostered in the MHL
- b. All teams can roster **20** players total, including goalies.
- c. On December 1st the team roster can expand to **22** total players for the remainder of the season
- d. A preliminary electronic copy of the team roster must be turned in one week before the team's first game.
- e. Captain's must invite his team players, via an invite email, before their first game.
 - i. Players must follow thru with accepting team invite, registering with rink and supplying Current season's USA Hockey Registration number before they can play their 1st game.
- f. Only players on the roster are eligible to play in games
- g. If at any time a player not listed on the roster plays in a game, it automatically becomes a forfeit
- h. All rosters must be approved by the commissioner by the Start of the season and the Thursday of each week a new player is to be added for the weekend
 - i. After December 31st no more player moves or additions
- i. Every team will have a free grace period until December 31st to lock in a final roster.
- j. All players drop/adds need to be submitted by Thursday, to be eligible in the next weeks games
- k. Players may not touch the ice until their name is on the roster and have submitted USA Hockey information properly to the league
- l. Every team captain will be given a link to set up his team's account to manage their own roster and payments online with the rink
 - i. They will also be issued a password and login ID to manage their own roster online for Point Streak till Dec 31st

- ii. Captains are responsible for having the appropriate name and jersey number listed on Point Streak prior to their next game
 - 1. There will be no duplicate jersey numbers allowed.
 - a. One of the players with a duplicate number will not be allowed to play in game. Team captain to decide who
- m. Captain's Failure to keep his roster up to date with all eligible players will result in forfeited games due to playing non-rostered players

4. LEAGUE DIVISIONS

- a. The league will consist of 3 divisions (A, B & C Over 30+)
 - i. "A" division is dedicated to high level players and there are no limits on playing abilities.
 - ii. "B" division is dedicated to average and beginner level players with some restrictions on player abilities noted below
 - iii. "C over 30+" division is dedicated to the beginner and less experienced player. There are strict roster limits in this division noted below.
- b. Player Rankings (A & B Levels)**
 - i. An "A" or "B" level player is any player that is, considered to be, an "A" or "B" level player by the commissioner and/or by a captain's vote.
 - ii. Any captain may challenge any player in their division for ability status
 - 1. The commissioner may agree and remove the player from that division or send a vote to the captains to vote on the player's ability level
 - 2. Once a player is voted onto a team, they may not be challenged again for an entire season
 - 3. Any player challenges must be submitted prior to the player in question playing his 6th game
 - 4. Players considered "A" level may not participate in the "C" division unless approved by the Commissioner and/or C division team captains
 - 5. All "B" level teams will be allowed to carry 4 impactful "A" players
- c. C Level 30 & Over**
 - i. Any C division captain may challenge any player in this division for ability under 30 yrs. old
 - 1. Any player can be removed if they are deemed to be impactful (i.e., A level player ability or over the allotted four (4) B level player impactful rule)
 - a. The commissioner and/or division team captains may agree and remove any player from the division on the player's ability
 - 2. Once a player is voted on, they may not be challenged again for an entire season
 - ii. Any player challenges must be submitted prior to the player in question playing his 6th game

- iii. Players considered “A” level may not participate in the “C” division unless approved by the Commissioner and/or C division team captains
- iv. All “C” teams will be allowed to have 4 impactful “B” players over 30 on their team
- v. All new players must be 30 or over,
 - 1. With league approval a very weak or new player to ice hockey under the age of 30 may be added to a team with division captains and/or commissioner’s approval
- vi. **During the season any under 30-year-old player above a 2.01 PPG average over a 3 game sample will be removed from the division**
- vii. 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

5. JERSEY

- a. All teams must have MATCHING uniquely numbered jerseys.
 - i. No duplicate numbers
 - ii. MATCHING will be defined as the general color along with a similar or old logo of the team they are playing for.
- b. **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.**
- c. **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.**
 - i. **This rule is waived when a team must wear pinnies, due to teams having the same colors**

6. GOALIES

- 7. Every team may roster two goalies.
 - a. Rostered team Goalies must wear a matching-colored jersey of their team
- 8. Goalies must circle their names on the score/sign-in sheet
- 9. Goalies must play in 7 games to be eligible for playoffs.
- 10. If a team doesn’t have an eligible goaltender on their roster, they MUST use a goalie from the approved emergency goalie list and have the goalie approved by the commissioner and/or division captain’s vote.
- 11. If a team needs to use an emergency goaltender from the emergency goalie list for a game in regular season play, they must notify the commissioner before the game. (text, email, voicemail, face-to-face,)
 - a. the substitute goalie should be appropriate to the division or closest level.
- 12. Any substitute goalie used in the playoffs must be approved by the commissioner and/or opposing team Captain no later than 48 hours prior to the game.
 - a. If this goalie is needed for more than one game he must be approved by the commissioner and/or division team captain’s vote.
 - b. Teams may use goalies from other teams in the same division for playoffs if their goalie is not eligible or injured but this goalie must get approval from the opposing team’s captain and/or commissioner

13. RINGER RULE (C Division only)

- a. To help keep games clean and competitive a 3-goal cap per player will apply
 - i. This applies only if the team has 9 or more players on the bench.
 - ii. if player scores a 4th goal it will not count, and player receives 2-minute penalty for un-sportsman like conduct

14. EQUIPMENT

- a. All players are required to wear a certified ice hockey helmet with unaltered eye protection.
 - i. Acceptable pieces of protection are a full cage, cat eye cage, full shield, or half shield.
 - 1. No cages or shields may be altered in any way.
- b. All player's helmet must follow USA Hockey Regulations.
- c. Any player that takes the ice at any time without proper eye protection will receive a GAME MISCONDUCT penalty issued immediately.
 - i. 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.

15. PENALTIES

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

16. SUSPENSIONS

- a. The league commissioner will administer the suspensions.
- b. All protest must be made in writing, to the league commissioner in an email within 48 hours of the incident under protest.
 - i. For all protest, the league commissioner's decision is final.

- c. 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.
- d. 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.
- e. Officials or rink employees may ask any player to leave the ice that they believe is a danger to themselves or other players.
- f. The Centre Ice Arena reserves the right to change its rules or guidelines at any time.
 - i. Teams and players are encouraged to check the league website for updates.
- g. ***All players in the league are able to be removed by the league by a captain's vote prior to their twelfth game.***
 - i. ***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.***
 - ii. ***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.***

17. FIGHTING

- a. Fighting will not be tolerated.
- b. Any player receiving a fighting penalty will receive the following:
 - i. 1st fight- 3 game suspension,
 - ii. 2nd fight- 10 game suspension,
 - iii. 3rd fight- suspension for the rest of the season, including playoffs.
- c. Any player receiving an instigator penalty for a fight will receive a 2 additional game suspension.
- d. Any player removing their own helmet in a fight will automatically receive a 5-game suspension.
- e. **Any player removing another player's helmet in a fight will automatically receive a 10-game suspension.**
 - i. **Suspended player will also have a hearing with the commissioner**
- f. 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.

18. ICE TIME

- a. The game slot starts at the scheduled ice time.
- b. There will be a 3-minute warm-up.
- c. The game will consist of three 15 minutes, stop time periods, with the exception being the 6 goal running clock in the third period.
- d. Each team is granted one 60 second time out each game.

- e. 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.
 - i. The clock will run until the differential is less than 6 goals.
 - ii. The clock will not run in the finals even if there is a 6-goal differential.
- f.

19. FORFEITS/NO SHOWS

- a. If a team does not have 6 total players on the ice at the scheduled game time, they forfeit the game.
 - i. The ice then belongs to the team that did not forfeit.
- b. If neither team has 6 total players on the ice at the scheduled game time both teams forfeit the game and the ice can be used by the players who did show.
 - i. No Game will be rescheduled
 - ii. Zero points are rewarded for the game.
- c. If a team captain knows a head of time that he does not have at least 6 players making game he must notify the commissioner and opposing team and head referee as soon as he knows thru text, email, phone and/or face to face.
 - i. This team captain may pull players from the emergency player list that are marked as his Divisional play or lower.
 - ii. Game will be deemed a forfeit for that team
 - 1. Game can still be played (referee discretion) combining players from both teams
- d. If a team NO SHOWS with no prior notification as noted above that team will be credited a 2-game forfeit and the opposing team will be assign one of the forfeited team's future games.
 - i. The non-forfeiting team can still use the ice
 - ii. The future added game will not count in the standing for this team
 - iii. The future added game will be a 1 -0 win for the other team
- e. There will be no make-ups for forfeits.

20. OVERTIME Regular season

- a. During overtime periods teams will NOT switch sides. Teams will continue to defend the net they did in the third period.
- b. If the game is tied at the end of the third period there will be a **4-minute** sudden death 4 on 4.
- c. 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.
- d. 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.
 - i. If no one scores in the 5 man shoot game stays as a tie with both teams getting 1 point

21. OVERTIME Playoffs

- a. During overtime periods teams will NOT switch sides. Teams will continue to defend the net they did in the third period.
- b. If the game is tied at the end of the third period there will be a 5-minute, sudden death 4 on 4 overtime period.

- i. If no one scores there will be a 5-minute, sudden death 3 on 3 overtime period.
 - c. If the game is still tied, there will be a 5 round shoot out.
 - i. Each team will select 5 separate players to shoot.
 - ii. If the game is still tied after the 5 rounds the shootout will become sudden death.
 - iii. Each team will shoot one player at a time until one team scores and the other team fails to score.
 - iv. Players may not shoot again until every player on the team has shot once (to equal player count).

22. REGULAR SEASON TIE BREAKER

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

23. MHL PLAYOFF FORMAT

- a. The top 4 teams will qualify for playoffs in a 6 team division.
- b. In a five team division 4th place will play 5th place in a play in game.
 - i. The 1st seed will play the now 4th seed.
 - ii. The 2nd seed will play the 3rd seed.
- c. In an 8 team division,
 - i. 1st and 2nd seed will get a first round bye,
 - ii. 3rd will play 8th seed, 4 vs 7, 5th vs 6th. Then re-seed and another single game elimination will be played.
 - iii. The finals round will be a best of three series between the winners.
 - 1. 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

24. MHL Champions

- a. The winning teams will be presented with the MHL CUP.
- b. 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

25. MHL Payment

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