

RDV Sportsplex Ice Den House Hockey League Rules 2020 Seasons

USA Hockey

All players and coaches are responsible for ensuring they register with USA Hockey using USA Hockey's online registration process. Visit to www.usahockey.com to register. Every player and coach must be registered for the current season in order to participate. A copy of every player and coaches current USA Hockey registration confirmation must be on file with the RDV Sportsplex Ice Den.

Coaching Requirements

Coaches must ensure they have completed the following requirements in order to be on the ice for practices or the bench for games.

- a. Current USA Hockey Registration (required every year)
- b. SAHOF background check (required every year)
- c. Safe Sport online module (required every two years)
- d. Age Specific Online Module
- e. Signed Current Season Code of Conducts
- f. Current CEP - have until Dec 31 to update CEP

USA Hockey Helmet Rule

Per USA Hockey, Coaches MUST wear helmets on the ice for practices at ALL TIMES. A coach who is on the ice without a helmet on will be suspended for 30 days for each offense. There are no warnings and no appeals when it comes to the USA Hockey suspension for not wearing a helmet on the ice when coaching.

Equipment

Referees have the right to have a player leave the game if his/her equipment is deemed unsafe.

- If a player's HECC helmet sticker is expired, referees may inspect the helmet during warm-ups to determine if the player is allowed to wear the helmet.
- Mouth guards are required per the USA Hockey rule book
- Neck guards are not required, but are recommended

Locker Room

Electronic devices (used for anything other than music) will NOT be permitted in the locker rooms. No horseplay, bullying or hazing will be tolerated in the locker rooms. Locker rooms should ONLY be used for changing and Coaches "Chalk Talk". Players may not hang out in their team locker room any earlier than 30 minutes prior to or any later than 30 minutes after a practice or game, unless directed by the team coaches, in which case locker rooms MUST be monitored during all times that coaches require players to be in the locker room. Players shall only be in THEIR assigned team's locker room. **Coaches must ensure locker rooms are being properly monitored according to SAHOF and USA Hockey locker room policies.**

Game Format

3 minute warm-up

Period:

- 10U Squirt, 12U Peewee, 15U Bantam and 18U Midget games will be 15 minute **RUN** clock periods
- Last minute of 1st and 2nd periods will be stop clock
- If the game score is a 4 goal differential or less at any point during the last 5 minutes of the 3rd period, then the 3rd period will be stop clock.
- Delay of Game Penalties – during penalties, teams will have 10 seconds to decide whether they want to make a shift change or they can be assessed a delay of game penalty if they take too long to change.

END OF GAME TIMES

- Any ties at end of regulation go straight to a 3 on 3 (3:00 minute stop clock) OT. If regular season games are tied after 3 on 3, then the game will end in a tie and each team will receive 1 pt in the standings. Winning team in OT will receive an extra point (2 total points), while losing team in OT will receive 1 total point. If playoff games end in a tie, teams will play a 5:00 minute stop clock OT, followed by a 3 on 3 shootout and sudden death shootout, until a winner is decided.

PLAYOFFS

- All house teams will make the playoffs. Seeding for playoffs will be determined by final regular season standings with below tiebreakers in place

END OF SEASON TIE BREAKERS

1. Points
2. Head to Head
3. Wins
4. GA
5. Goal +/-
6. GF
7. PIM
8. Coin toss

Teams will receive 3 points for a regulation win, 2 points for an OT win, 1 point for an OT loss and 0 points for a regulation loss.

RDV SPORTSPLEX HOUSE LEAGUE PLAYING RULES

USA Hockey

All players must be USA Hockey registered. It is now the player's responsibility to register on-line. Proof of registration is required to play at RDV Sportsplex.

Zero Tolerance Rule

Zero Tolerance Policy, as indicated in USA Hockey Rule Book, will be enforced at all times!

Helmets

All players must keep their helmets on **until they leave** the ice.

Curfew

All games will have a strict 1-hour curfew. The time will start when the warm up clock starts.

* If needed games will continue running time to fit in the allotted game time.

Warm ups

Scorekeepers will place three minutes on the clock for warm ups. Players may not enter the ice surface until the Zamboni doors are shut; at which time the warm up begins.

Time out

Each team is allowed **one**, one-minute time out per game.

Non-Checking

RDV Sportsplex House league is a non-checking league.

Penalties

10U Squirt, 12U Peewee, 15U Bantam and 18U Midgets

Minor Penalty = 2:00 (if penalty expires on stoppage, player waits for puck drop)

Major penalty = 5:00

Four penalties in a game by same player will result in dismissal from that game only.

Game Misconduct

Players receiving a game misconduct penalty are suspended for the remainder of that game and the next game. All game misconducts receive a minimum one game suspension and upon review may include additional games up to and including removal from the league for the entire season. This is a USA Hockey penalty and can not be overruled or overturned by the RDV Ice Den management.

Three Strike Policy

Any major penalty, game misconduct, or excessive off-ice displays will be considered a strike. Three strikes in any one season will result in a suspension, without refund, for a minimum of the remainder of the season.

- Please note that USA Hockey will begin enforcing rule 411 (page 88 in the USA Hockey rulebook) regarding "Progressive Suspensions." To sum up the rule, each time a player receives a major penalty; it will be entered into USA Hockey's player database. If a player receives a third major penalty, regardless of what league or what rink he is playing in, he/she will receive an additional suspension from USA Hockey. Further violations will result in longer suspensions. Please refer to USA Hockey's rule book for further details regarding this rule.

Unsportsmanlike Penalties for Swearing, Trash Talking & Taunting

Referees will assess an unsportsmanlike penalty to any player who is "witnessed" by an official as displaying Foul Language, Trash Talking or Taunting Type behaviors towards opponents, teammates, coaches, officials or spectators. Taunting can include verbal and/or non-verbal behaviors. If behavior continues or is severe, referees may call a game misconduct. Players who display these types of behaviors can also be subject to additional discipline from the RDV Sportsplex Ice Den Disciplinary Committee, up to including removal from participation in the RDV Ice Den House Leagues. The focus of this league should be on player development and FUN. Main point is to always show respect for others which includes opponents, teammates, coaches, officials and spectators.

Suspensions

Fighting will not be tolerated and will result in an automatic 2 game suspension for first offense and an additional 3 game suspension for second offense. **Player will need to appear before Disciplinary Committee for any fighting game misconducts.** Intent to injure will result in a 3-game suspension with possible expulsion. Referee physical abuse will result in a 3-game suspension with possible expulsion.

These are minimum guidelines. RDV Hockey Department may be lengthen as needed.

Excessive Celebration Penalties

Referees will assess an unsportsmanlike penalty to any player who displays excessive (choreographed) celebrations during game play. The focus of this league should be on player development and not individual displays of celebration. We encourage players to come together in a huddle to celebrate, as they do in the professional leagues. The main point is to always show respect for your opponent. Hockey is a team sport, not an individual sport.

Bench Minor Penalties under USA Hockey Rule 601

All 2-minute bench minor penalties assessed to a coach under USA Hockey rule 601 (Abuse of Officials), will result in the coach having to leave the bench and rink area for the remainder of the that game. Coaches may remain inside the building as long as they are in the lobby. If a coach refuses to leave the bench or rink area, Officials may assess a game misconduct, which will result in the coach missing the following game as well.

Abuse of Minor Officials

Coaches, players or parents who are witnessed to be verbally abusing minor officials who are under the age of 18 will be suspended from attending games for a period of at least 2 weeks and a suspension could be longer, as determined by the RDV Discipline Committee.

Subs

In order to ensure the safety of the players, Coaches can choose to use subs when their team has 8 or less skaters to start a game, in which case, teams will be allowed to sub up to a max of 10 skaters; HOWEVER, no team can earn a WIN in the standings with subs playing (unless the opposing Head Coach and Youth Hockey Coordinator both agree to and approve the subs). If subs play, and it is not approved by the opposing Head Coach and Youth Hockey Coordinator, then the game will result in a forfeit win in the standings for the opposing (non-offending) team. *The only exception would be in the case of a sub goalie being used. A team can still earn a win with a sub goalie; however, the team can't earn a win if the sub goalie is rated higher than the team's regular full-time goalie. A team may use any alternate player from their own team to play goalie, without it resulting in a forfeit.

If the opposing Head Coach and Youth Hockey Coordinator agree to allow subs to play in a non-forfeit situation, then subs MUST be of equal or lower skill level to the player they are subbing for and goals scored by sub players will not count in the final score count. If a team has at least 9 players available and they use a sub, the game will result in a forfeit in the standings and NO exceptions will be allowed, even if the opposing head coach agrees to the substitutions. Any team that uses a sub for playoff games will automatically forfeit their game, no exceptions.

Contested Games and Video Review

All house league games will become final once the game is officially completed by USA Hockey sanctioned officials. Games may not be contested at a later date and video review from parents will not be utilized to review goals at any point during or after games. The only thing that video review can be utilized for is by the SAHOF Discipline Committee or CFHO to review game misconducts, match penalties or dangerous behaviors displayed on the ice during games and/or practices.