

Ice Palace Hawaii Adult Hockey League - House Rules

*It is the responsibility of all players to know and to abide by all in-house
rules along with USA Hockey rules* *Updated February 2023*

General Overview

The Ice Palace Adult Hockey League is a non-contact, non-checking, non-slap shot, USA Hockey sanctioned league with up to 10 teams in three divisions. The league is designed so all players can have fun while offering participation to the maximum number of players. Our adult league plays year round, with a Fall and Winter/Spring Season, which runs from September thru May and Pick-up Hockey throughout the year.

Who May Participate / Evaluations

Players with average skating ability or experience may participate in the league. All new players MUST attend an evaluation session to determine their individual skills. This evaluation will enable the league to place new players onto teams who will best utilize their skills. Evaluations are held during scheduled pick-up games. Cost per pickup is \$21.00 which must be paid in advance. All players must register with USA Hockey before being evaluated. Proof of membership is required. Full equipment must be worn for all hockey games which includes a HECC approved helmet with face shield and a mouth guard.

League Fees

The season fees will be based upon the number of games during each season. Each season will consist of up to 16 regular season games. All payment and registration is done online which incurs an online processing fee. There will be no exceptions to this rule.

We are sanctioned by USA Hockey - all players must register online at www.usahockey.com. The registration fee is \$45.00 per year. Membership is valid from September 1st – August 31st. Players without proof of membership may not participate in any Ice Palace Hockey functions.

Equipment Requirements

All players are required to wear full protective equipment, including a HECC approved helmet with a half or full face shield in addition to the equipment listed below. Players will be assessed a delay of game penalty if he/she is not properly equipped while on the ice surface.

Required Equipment

Ice Palace League Jersey (for league games only)	Hockey gloves with wrist protection
Regulation Hockey pants and socks (no sweat pants)	Shoulder pads (optional)
HECC approved helmet with a half or full face shield	Elbow pads
Protective Supporter Cup	Shin pads
Mouth Guard (must be colored not clear)	*Ice Palace League Jerseys are required for all league games

Playing Rules

House rules will supersede any USA Hockey Official Handbook rules. The Ice Palace Hawaiian Adult Hockey League plays full USA Hockey 2020 - 23 rules in addition to our house rules, including automatic icing.

Number of Players

Each team will have a maximum of 15 players and must dress a minimum of 5 (five) skaters and one goalie for each game. Failure to dress the minimum number of players will result in a 1-0 forfeit, and the game will be played as a scrimmage. **Dressing non-team players is not permitted.**

Number of Games

- Any player who misses 4 (four) consecutive games will be dropped from the team's roster unless notification is given in writing of upcoming absences.
- Dropped players who wish to re-join the league at a later date will be placed as space allows.
- Players must dress for at least 50% of a season to qualify for playoffs. Exceptions may be made in case of injury, work scheduling and/or players placed onto teams late in the season.

Refunds/Pro-rated Fees

- Refunds will only be allowed for injuries with a valid doctors note, or work relocation.
- Each refund will be evaluated individually.
- Refunds will NOT be given for games missed due to suspensions.
- New and returning players may enter the league at mid-season if space is available.

Alcohol / Illegal Substances

Alcoholic beverages / and use of illegal substances will not be permitted or tolerated in the building. Any player caught carrying or consuming alcoholic beverages in the Ice Palace **will be subject to a minimum mandatory 30-day suspension** from the facility. Suspensions will encompass all hockey activities. Players who are **under the influence** of alcohol / illegal substances will not be allowed to participate in any hockey activities including league games, practices, pick-up games, classes (youth or adult), or special events. **THIS RULE WILL BE STRICTLY ENFORCED!!**

Length of Games

All games will be played with three, 20 minute running time periods.

- Regular season games that are within two goals will be played stop time during the last two minutes of the third period.
- The clock will begin stop time either at the first whistle into the 2 minute mark or at the 2 minute mark if said mark is reached during a stoppage of play. Total game time:
 - 5 minute warm-up
 - Three, 20 minute periods
 - A two-minute break between each period.
- Regular season games that end in a tie will play a five minute 3 on 3 sudden death overtime, with the last 2 minutes stop time.
- Penalties incurred during the overtime will add one player to the non-offending team.
- There is no Icing during the overtime.
- Games still tied at the end of the overtime will remain tied.
- Penalized players at the end of the regulation time will continue to sit until their penalty time has expired then may enter the game if playing time remains.
- There will be a 1-minute rest between period 3 and the overtime.
- **Per game schedule, all "HOME" teams will wear league RED jerseys and will sit on the bench closest to the scoreboard. The "VISITOR" team will wear league White jerseys and will sit on the bench closest to the office. Team listed on the schedule first will be the HOME team. Ex: sharks vs tigers, sharks are home and tigers are visitors.**

Playoffs

During playoff games, in the event of a tie after the conclusion of the third period, a five (5) minute run-time sudden death period will be played after a 1 minute rest between periods. If, after this five minute period the game is still tied, a sudden death shootout will occur. During the shoot out all players must shoot before a team member may be repeated.

Non-Contact Rules

All games will be non-contact/non-checking. As incidental contact cannot always be avoided, the referee's decision is final. At the discretion of the referee, a player can be assessed a MINOR or MAJOR penalty for blatant abuse of the non-contact rule.

Slap Shot

There will be NO SLAP SHOTS allowed in either league play OR DURING WARM-UPS. A slap shot shall be ruled whenever a player's stick is above the ankle in an attempt to hit the puck toward the goal or in clearing the puck. In the event of a ruled slap shot (or "faked" slap shot), play will be stopped, and the ensuing face off will be held at the offending team's defensive zone face off dot. A MAJOR Penalty will be assessed to any player who injures another player as a result of a slap shot.

High Sticking

High sticking shall be ruled anytime a player attempts to or makes contact with the puck above the normal height of the shoulder. A MINOR penalty shall be assessed to any player who makes contact with an opposing player's helmet with their stick. Other high sticking infractions shall result in a face off held in the offending team's defensive zone.

**ALL PLAYERS MUST KEEP THEIR HELMETS ON AT ALL TIMES
EVEN WHILE AT THE PLAYERS BENCHES.**

MINOR Penalties – All penalties will be Stop Time

- Any player assessed a MINOR penalty will be ruled off the ice for two minutes, beginning when the puck is dropped after the stoppage of play.
- Players serving penalties must remain off the boards (with both feet on the floor) until completion of his/her penalty time.
- Coincidental penalties, both teams will play short one man. Players will wait until the first whistle after the penalty expires.
- If there are more than one penalty on going, penalties will expire in a first in, first out system.
- Any player that receives three penalties in a game may receive an additional one game suspension. UNLESS incurred within the last 5 minutes of a game. Also 3rd penalties incurred in the 3rd period may be considered for “detrimental play” and an added game suspension may be reviewed & assessed.
- Abusive players who are ejected from a game will be asked to leave the Ice Palace/Stadium Mall premises immediately. Suspended /ejected players are not allowed in the team bench areas.

MAJOR Penalties

Any player assessed a MAJOR penalty will be immediately ruled off the ice for the duration of the game. Another player will serve the 5 or 10 minute penalty, during which time the team will play short-handed. This penalty will not expire upon a goal being scored. All MAJOR Penalties incur an additional 3 game suspension plus any other penalties assessed by Ice Palace Admin which may include suspension of all hockey events up to one year or expulsion from the league. The Ice Palace will have 30 days in which to assess any additional penalties and suspensions. The suspended player may continue to teach youth hockey with consent from Corinne Beck and/or Austin and Carrie White. Any player assessed 3 major penalties in one season will be suspended for not less than one year from all hockey activities.

MATCH (penalties deemed attempt to injure)

Any MATCH penalties will be assessed an immediate suspension from the league. The suspended player will not return to the league until further disciplinary action or clearance from the rink management, which may include suspension of all hockey events up to one year or expulsion from the league. The Ice Palace will have 30 days in which to assess any additional penalties and suspensions. The penalized team must sit a man in the penalty box for 5 or 10 minutes. This player may be substituted with other players during this time.

FIGHTING

Fighting of any kind will not be tolerated. Any player assessed a “FIGHTING” penalty will receive **AN IMMEDIATE** a mandatory 90-day suspension from all hockey activities. A FIGHTING penalty will be assessed to any player who in the course of an altercation throws any number of punches, regardless if he is the attacker or the defender in the situation. *USA Hockey rules state that by dropping your gloves, players will be given a fighting penalty. HOHI/IPHAHL Board reserves the right to review each situation and to institute a penalty or overrule the referee if deemed necessary in extreme cases. Referees will not be eligible to referee while suspended from the league. Coaches for youth hockey may continue to coach with the approval of Austin or Carrie White.

Damage to the Facility

Damaging or attempting to damage this facility will result in an automatic ejection from the building for not less than one year. Attempting to “damage” will include punching, hitting, swinging sticks or equipment at walls, Plexi-glass, doors, machines, etc.

Pick-up Hockey – call a head for availability

Games are offered when time is available for this season (Jan – May 2023). The cost is \$22.00 per player, which must be paid prior to game time. All players must be current members of USA Hockey. All league rules will apply during pick-up games. All equipment is required as stated in the league rules. Games are filled on a first pay, first play basis. We do not “hold” spots or have a standby list. No refunds or credits are allowed for pickup hockey. You may sell your “game” to another player if the player is a current USA Hockey member, in good standing with the rink and you call to notify the rink of the change. If you will be late, please call the rink to notify them of your tardiness. “No Shows” that are not called in may be resold by the rink to ensure that enough players are scheduled. All players must check in with the front office when you arrive. Players not checked in by the start of game time may have their space sold to waiting players by the Ice Palace.

General Information about the Ice Palace...

The Ice Palace opened its doors in September of 1982. When the rink was originally planned, hockey was not factored into the building stages. We hosted our first Old-timer’s Tournament in January of 1984 with 28 teams from Canada and the mainland. Hockey was such a success the Hawaiian Hockey League followed soon after.

Our adult league began in February of 1984 with 108 players broken down into 8 teams. The beginning level of play was mostly recreational. Since then, we have hosted teams from Japan, Finland, Germany, Australia, Canada, Korea, California, New York, Alaska, Minnesota, ex-professional players along with recreational players. If you need further information, please contact us at (808) 487-9921, email to info@icepalacehawaii.com or view our website at www.icepalacehawaii.com/sportngin.com.