

# Hills Adult Hockey League

## Rules and Regulations

### I. PHILOSOPHY

The City of Rapid City Recreation Division, the Roosevelt Park Ice Arena (RPIA), and the Hills Adult Ice Hockey League (HAHL) strives to provide its participants with an opportunity to play ice hockey in a competitive, enjoyable, and recreational environment. This program promotes the ideals of sportsmanship and physical fitness to all participants regardless of sex, race, creed, or color. Therefore, in order to control any sort of unsportsmanlike behavior, we have a **ZERO TOLERANCE POLICY- the league is a non-checking league with absolutely no fighting.** Overly-aggressive checking, fighting, and any other harmful acts intended to hurt other players will not be tolerated and will result in suspension from the HAHL program with no refund. One of the goals of the ice hockey program is to bring the community closer together through their common interest in sportsmanship, cooperation, appreciation, and respect for the game.

### II. SPORTSMANSHIP

It is expected that participants in the HAHL program display good sportsmanship, which includes but isn't limited to, respect for the officials, teammates, opponents, and the facility. The eager desire to win often allows a player and/or players to play contrary to the principles of sportsmanship and fair play. Winning is definitely a consideration but it's not the only consideration, nor is it the most important consideration. The HAHL will not tolerate such a style of play that ignores sportsmanship and fair play. Good point to remember: *It's just a game!* Players need to accept and acknowledge that opponents aren't enemies but are competitors. The City of Rapid City Recreation Division, RPIA Arena Manager and/or any HAHL director or owner will have the authority to disqualify, suspend, or remove any team manager and/or team captain, coach, player, spectator, ref, or entire team which behaves in an unsportsmanlike manner before, during, or after a game.

### III. PROGRAM ADMINISTRATION

A. **Name-** The program will be known as the Hills Adult Hockey League (HAHL).

B. **Divisions-** There will be an adequate number of divisions based upon the number and overall caliber of each team registered. If registration at the beginning of each session doesn't allow for this to occur, players will be combined and drafted in order to form respective teams/divisions within the league.

C. **Team Formations-** The HAHL isn't responsible for forming teams. It will be the responsibility of Team Managers and/or Team Captains to manage their respective team and obtain their own players. Each team must have a MINIMUM of ten rostered players for each session (including goalie), who are AT LEAST 18 years of age or older and who are fully paid at least two

weeks prior to the first games of the session starting. The Hockey Program Supervisor will coordinate free agent players onto the team(s) that do not have enough players. Free agent players are responsible to pay a league session fee of \$350. The Fee will then be credited to the team who that free agent has been assigned to. After the first four (4) session games of the team the free agent joins, the league will base the session fee on a prorated amount for the remaining games left for that team in the current session. All team, player, and player free agent fees are non-refundable. Waivers must be signed before playing. Players will not be added to any team's roster after the 2<sup>nd</sup> week of play unless approved by the Hockey Program Supervisor (free agents exempt).

**D. Schedule** - The Hockey Program Supervisor will establish the season schedule. The league will consist of 2 sessions throughout the 2025/26 season with each session lasting approximately 12 weeks. 10 weeks will be round robin play, (barring any byes), followed by a 2 week play-off round to determine a division Champion at the end of the second session. Teams must play at the time and date specified unless postponed due to weather conditions or unexpected facility operations. The HAHL reserves the right to make schedule changes as needed. Every effort will be made to evenly rotate day and times for the teams to play.

**E. Off-Ice Officials (Timekeepers/Scorekeepers)** - The HAHL will supply off ice officials. This position will be responsible for the scoreboard, stats, and overall direction of the game.

**F. On-Ice Officials-** The HAHL will do their best to provide 1 referee and 2 linesman (USAH certified) for each game. The Hockey Program Supervisor (referee and chief) will schedule officials. These officials will assess all minor, major, and misconduct penalties. They will also notify the Hockey Program Supervisor and the Arena Manager of any suspensions.

**G. Protests-** No player/team will be allowed to protest an on-ice official's call before, during, or after the game with the on-ice officials. Any player/team wishing to protest a call can do so by submitting a letter to the Hockey Director via email at [hahl.rc@gmail.com](mailto:hahl.rc@gmail.com). A hearing may be granted and will consist of the HAHL Hockey Director, ref and chief, and the HAHL BOD, and the on-ice official.

#### **IV. FEES**

Each team will have a per session fee of \$3500. Each team captain will be responsible for registering their team during the designated time period. The team fee is due at the time of individual registration. Fees must be fully collected by the first (1st) of the month in which the date of the first games of the session is scheduled. The HAHL will accept online payments through the league website or accept individual checks (returned checks are subject to a \$50 additional fee). The HAHL is also offering the option of each team to obtain sponsors to offset all or part of the registration fee if so desired. If the sponsor wishes to be recognized, a sponsorship form must be completed and the sponsorship fees must be collected by HAHL. These funds will be

credited to the amount due for the team. All sponsorship fees must be collected 2 weeks prior to the date of the first games of the session scheduled.

## **V. UNIFORMS/JERSEYS**

It is required that each team have matching numbered jerseys. Teams will be responsible for providing their own jerseys. The HAHL will not provide jerseys. Matching socks are optional.

## **VI. EQUIPMENT**

It is required that all players wear a full set of USAH certified hockey equipment for safety. These include a protective cup or pelvic protector, shin pads, hockey socks (if applicable), hockey skates, elbow pads, jersey, hockey gloves, helmet, shoulder pads (optional), hockey pants/breezers (optional), facemask/shield (optional), and mouth guard (optional).

A player on the Injured Reserve list may accompany their team on the bench as long as they are wearing a helmet. Only players that are rostered on the teams playing may be on the bench.

## **VII. DIVISION OF TEAMS**

It is ideal to have separate leagues/divisions in order to accommodate skill levels of everyone participating as well as establish parity within the league. It is the responsibility of Team Managers and Team Captains to organize their teams. The goal is to make the league enjoyable and competitive. A participant may be signed up for one regular team and one substitute team, one team per level. Any C level player may play for a B2 level team as a substitute, they must be rostered on both teams. Any B2 level player may play for an B1 level team as a substitute, they must be rostered on both teams. Any B1 level player may play for an A level team as a substitute, they must be rostered on both teams. Participants are encouraged to gain confidence and continue to develop their skill level. The end goal is to move up in skill level, Players will be allowed to play down to 1 division lower, in this case, players must respect the pace of play and will be under strict supervision on game play. The Hat Trick rule will be enforced with each player playing in this situation.

## **VIII. PLAYER ELIGIBILITY**

**All players must be registered with the league with a current USA Hockey number submitted and a signed liability waiver. Absolutely no individual will be allowed to play unless these requirements have been met.** Teams may roster up to 16 players in order to ensure that they have enough players for the game on hand. In other words, 10 to 15 skaters and a goaltender are reasonable in getting adequate ice-time out of the league. **The minimum number is 10 the maximum number is 16.** By the end of the 5-minute warm-up, if a team is short players meaning (example), that they have 5 players but not a goaltender or have a goaltender but less than five skaters, they will forfeit that game. If such is the case, the teams may scrimmage to ensure that they get the ice-time that they paid for. It is the responsibility of each team to have a goalie for each game or, if acceptable, the rink made shooter boards will be used. The HAHL is not responsible for providing goalies. NO non-rostered players will be allowed to substitute in to

make up enough players to play. In C league, in only special instances and in the case both teams agree, teams can supplement players from their team to the opposing team in order to allow the game to be competitive, the game will be sanctioned and will not be considered a forfeit. This must be accepted by the HAHL director on site prior to game starting.

## **IX. INELIGIBLE PLAYERS**

Any use of an ineligible player will automatically result in a team forfeit of that game. An ineligible player is one who is not registered with the HAHL and isn't rostered with the team. Ineligible players are not allowed on any bench, penalty box, or team locker rooms. In the case of non-participating individuals (who are not active hockey players, example – Coach), they must be registered with USA hockey with a valid number in order to be on any bench, penalty box, or team locker. These individuals are not playing on the ice and are not subject to any fees.

## **X. GAME RULES and REGULATIONS**

Most USA Hockey Rules will apply unless otherwise noted.

- A. **Warm-up:** 5-minute warm-up at the scheduled start time and not when players get on the ice. **No individual is allowed on the ice until the Zamboni is off of the ice and the Zamboni gates are shut.**
- B. **Game Format:** Game time is set for 1 hour and 15 minutes. With a timekeeper, it will consist of three 15-minute stop-time periods with a 2- minute break between periods. Without a timekeeper, the game will consist of three 20:00 run time periods. Resurfacing of ice will occur at the beginning of each game or whenever needed. The HAHL Staff and the on-ice officials on duty reserve the right to make that determination. If there is a differential of 6 or more goals run time shall be imposed, run time stops once the score is within 4 goals.
- C. **Overtime:** If the score is tied at the end of regulation, there will be a 5-minute 3-on-3 Sudden Death. If the score remains tied at the end of the 3-on-3, there will be a 3-Person Shoot-Out. If still tied, it will go into a Sudden Death Shoot-Out. During the Shoot-Outs, no individual will be able to go twice unless each member of the team has gone once (if applicable). Only exemption is in a championship game, continuous OT periods will apply until a team scores.

**Penalties:** Penalties will be assessed according to the USA Hockey Standard of Play. If a player exiting the box does not shut the door, a delay of game penalty shall be assessed.

Any player who receives 4 penalties in a single game will be ejected from the game and a player on the ice will have to serve the current penalty. **The Official may hand down game suspensions in an effort to ward off any type of unsportsmanlike behavior throughout the league.**

D. Icing shall be waived off for lower level teams when short-handed. To encourage player development.

E. **Fighting:** Will not be tolerated in this league. Therefore, in order to enforce this, the following policy has been implemented:

F. **First Offense**-Ejection from the game. Suspended from play for next 2 games. **A \$100 fine for instigation of the fight will be applied and must be paid before resumption of hockey privileges will occur.** In the case of there being no clear instigator, the \$100 fine will be assessed to all players involved in the fight.

G. **Second Offense**-Immediate ejection for session. If a player who has paid for a session receives two game-misconducts within that session, they will be suspended from play for the rest of that session with no refund. If it occurs in the middle of the session or beyond, that individual will be suspended for the rest of that session, and the first four games of the next session.

H. **Third Offense or Match Penalty**-Banned from H AHL for a minimum of one year. **A \$300 fine will be assessed to the player and must be paid before possible resumption of hockey privileges.** The player will have to meet with the Program Director, H AHL BOD, and the Ref In Chief to determine eligibility to play again in the H AHL

K. **Hat Trick Rule:** Upper division hat trick rule does not apply. Middle division team captains may choose to forego the hat trick rule, but both captains of the opposing teams must agree. Lower division one player may only score 3 goals per game. If a subsequent goal is scored the offending player will be assessed a 2-minute penalty and the goal will be disallowed.

L. **B Players in the C Division:** Each team will be allowed 2 – B players, who will act as mentors to their teammates and will be defenseman, they will not be allowed to score any goals. If they score a goal, it will be disallowed. B Mentors will be identified to the referee and the Scorekeeper before the game is started.

M. **C League Slap Shot(s):** Full slap-shots and Fake slap-shots are now allowed. A slap-shot is defined as having the backswing above the waist as estimated by the referee. The player who takes a slap shot is still fully responsible for this stick. A high-stick penalty can be called if an infraction happens, a minor penalty of 2:00 minutes.

N. **HIGH STICKING RULE:** High sticking is the action where a player carries the stick above the normal height of the opponent's shoulders and makes contact with the opponent. A player must be accountable for being in control of their stick at all times. A high stick penalty will be assessed as the result of a wind-up or follow-through of a slap shot motion.

## XI. **USA Hockey ZERO TOLERANCE POLICY**

The City of Rapid City and the H AHL have opted to follow this policy in an effort to make ice hockey a more desirable, rewarding, and safe environment for those participating as well as for those who are spectators. Sportsmanship is the key emphasis within this policy in order to make the league successful.

Accordingly, there are certain points that need to be adhered to. The following applies to players and/or coaches:

A minor penalty for unsportsmanlike conduct shall be assessed whenever the individual(s):

- 1) Openly disputes or argues any decision by an official.
- 2) Uses obscene or vulgar language at any time, including any swearing even if it's not directed at a particular individual.
- 3) Visually demonstrates any sign of dissatisfaction with an official's decision.

If such actions continue, game misconducts will be assessed.

Officials are required to conduct themselves in a business-like, sportsman-like, impartial, and constructive manner at all times. Actions that incite players are strictly prohibited. Officials are ambassadors of the game and must always conduct themselves with this responsibility in mind.

Spectators who display inappropriate and disruptive behavior may offend other spectators and disrupt the game leading to a stoppage of play. The on-ice officials have the right to identify these violators and have them removed from the premises so that play can resume. Violations include those offenses mentioned above plus the throwing of any object within the viewing area, players bench, penalty box, or on the ice surface in any manner that would potentially injure anyone or create a safety hazard.

Any violation of the Zero Tolerance Policy will result in a \$100 fine and a one game suspension. Additional violations will result in a \$200 fine and a minimum 1 year ban from the league.

## **XII. LOCKER ROOMS**

Locker rooms will be assigned according to the season schedule. The H AHL will do its best to assign locker rooms in which is of best interest to all teams playing during scheduled game times.

***The City of Rapid City, RPIA, and the H AHL are not responsible for any lost or stolen goods.***

Remember, since the RPIA is a public facility, alcoholic beverages and tobacco products are strictly prohibited.

An effort must be made to keep the locker rooms and shower rooms clean before and after use. Each locker room has a waste container. Please use them and please refrain from spitting on the floor mats as it creates poor hygiene and a lack of respect for the facility. It will be the team's responsibility to see to it that it is left the way it was when they arrived.  
*Please respect the facility.*

