

Hills Adult Hockey League (HAHL)

Rules and Regulations

I. PHILOSOPHY

The City of Rapid City Recreation Division, the Roosevelt Park Ice Arena (RPIA), and the Hills Adult Hockey League (HAHL) strive to provide participants with the opportunity to play ice hockey in a competitive, enjoyable, and recreational environment. This program promotes the ideals of sportsmanship and physical fitness for all participants regardless of sex, race, creed, or color.

To control unsportsmanlike behavior, the league enforces a **ZERO TOLERANCE POLICY**. The HAHL is a **non-checking league with absolutely no fighting**. Overly aggressive checking, fighting, or any other harmful acts intended to injure 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 a shared interest in sportsmanship, cooperation, appreciation, and respect for the game.

II. SPORTSMANSHIP

Participants in the HAHL program are expected to display good sportsmanship, including—but not limited to—respect for officials, teammates, opponents, and the facility.

The desire to win can sometimes cause players to act contrary to the principles of sportsmanship and fair play. While winning is a consideration, it is not the only consideration, nor is it the most important one. The HAHL will not tolerate styles of play that disregard sportsmanship or fair play.

A good point to remember: **It's just a game**. Opponents are competitors, not enemies.

The City of Rapid City Recreation Division, the RPIA Arena Manager, and/or any HAHL Director or Owner have the authority to disqualify, suspend, or remove any team manager, team captain, coach, player, spectator, referee, or entire team that behaves in an unsportsmanlike manner before, during, or after a game.

III. PROGRAM ADMINISTRATION

A. Name

The program shall be known as the **Hills Adult Hockey League (HAHL)**.

B. Divisions

An adequate number of divisions will be established based on the number and overall caliber of teams registered. If registration numbers at the beginning of a session do not allow for appropriate divisions, players may be combined and drafted to form teams and divisions.

C. Team Formation

The HAHL is not responsible for forming teams. Team Managers and/or Team Captains are responsible for managing their teams and recruiting players.

- Each team must roster a **minimum of ten (10) players**, including a goalie.
- All players must be **18 years of age or older**.
- Players must be fully paid **prior** to the first game of the session.

The Hockey Program Supervisor will coordinate free-agent players to teams that do not have sufficient roster numbers.

- Free-agent players are responsible for their designated team **session fee**, which will be credited to the team they join.
- After the first **four (4) games**, the league may prorate the session fee based on remaining games.
- All team fees, player fees, and free-agent fees are **non-refundable**.
- League Waivers must be signed before playing.
- Players may not be added to a team roster after the **second week of play**, unless approved by the Hockey Program Supervisor (free agents exempt).
- Player must play a minimum of 3 league session games with a team to be eligible to play playoffs with that team.

D. Schedule

The Hockey Program Supervisor will establish the season schedule.

- The league will consist of **two (2) sessions** during the calendar year.
- Each session will last approximately **12 weeks**:
 - 10 weeks of round-robin play (barring byes)
 - 2 weeks of playoffs to determine a division champion (end of second session)

Teams must play at the scheduled time and date unless postponed due to weather or unexpected facility operations. The HAHL reserves the right to adjust schedules as necessary and will make every effort to rotate days and times evenly.

E. Off-Ice Officials

The H AHL will provide off-ice officials responsible for the scoreboard, statistics, and overall direction of the game.

F. On-Ice Officials

The H AHL will make every effort to provide **one (1) referee and two (2) linesmen** (USAH certified) per game. Officials are scheduled by the Hockey Program Supervisor (Referee-in-Chief).

On-ice officials will assess all minor, major, and misconduct penalties and notify the Hockey Program Supervisor and Arena Manager of any suspensions.

G. Protests

Players or teams may not protest an on-ice official's call directly before, during, or after a game.

Formal protests must be submitted **in writing via email** to the Hockey Director at **hahl.rc@gmail.com**. If granted, a hearing will include the Hockey Director, Referee-in-Chief, H AHL Board of Directors, and the on-ice official.

IV. FEES

- Each team will pay a **\$3,500 per session** fee.
- Team Captains are responsible for registering teams during the designated registration period.
- Fees are due at the time of individual registration and must be fully collected by the **1st of the month** in which the session begins.

Payment options:

- Online payments via the league website
- Individual checks (returned checks subject to a **\$50 fee**)

Teams may obtain sponsors to offset all or part of the registration fee.

- Sponsorship forms must be completed for recognition.
 - Sponsorship funds must be collected by the H AHL and will be credited to the team balance.
 - All sponsorship fees must be collected **prior** to the first scheduled games of the session.
-

V. UNIFORMS / JERSEYS

All teams must have matching, numbered jerseys. Teams are responsible for providing their own jerseys. The H AHL does not supply jerseys. Matching socks are optional.

VI. EQUIPMENT

All players are required to wear a full set of **USAH-certified hockey equipment**, including:

- Protective cup or pelvic protector
- Shin pads
- Hockey socks (if applicable)
- Skates
- Elbow pads
- Jersey
- Gloves
- Helmet

Optional equipment includes shoulder pads, hockey pants/breezers, facemask/shield, and mouthguard.

Players on Injured Reserve may sit on the bench if wearing a helmet. Only rostered players may be on the bench.

VII. DIVISION OF TEAMS

The league aims to create divisions that accommodate skill levels and promote parity and enjoyment.

- Players may register for **one regular team and one substitute team**, one per skill level.
- Substitution rules:
 - D-level → C
 - C-level → B
 - B-level → A

Players must be rostered on both teams and are subject to each team fees.

Players may play **down one (1) division** but must respect pace of play and will be closely monitored. The **Hat Trick Rule** applies in these cases.

VIII. PLAYER ELIGIBILITY

All players must:

- Be registered with the H AHL
- Have a valid USA Hockey number
- Sign a liability waiver

Teams may roster **10–15 (17 if grandfather rule applies) players total**, including a goalie.

If, after the 5-minute warm-up, a team does not have:

- A goalie, or
- At least five (5) skaters

The game will be forfeited. Teams may scrimmage for ice time.

The H AHL does not provide goalies. Non-rostered players may **not** substitute.

In C League only, with approval from both teams and the on-site H AHL Director, players may supplement the opposing team to ensure competitive play. The game will remain sanctioned and not considered a forfeit.

IX. INELIGIBLE PLAYERS

Use of an ineligible player results in an automatic forfeit.

An ineligible player is anyone not registered or not rostered with the team. Ineligible individuals are not allowed on benches, in penalty boxes, or locker rooms.

Non-playing individuals (e.g., coaches) must be registered with USA Hockey to be present in these areas. No fees apply to non-playing personnel.

X. GAME RULES AND REGULATIONS

Unless otherwise stated, **USA Hockey Rules apply**.

A. Warm-Up

A 5-minute warm-up begins at the scheduled start time. No one may enter the ice until the Zamboni has exited and gates are closed.

B. Game Format

- Total game time: **1 hour 15 minutes**
- With timekeeper: three (3) 15-minute stop-time periods
- Without timekeeper: three (3) 20-minute run-time periods
- Ice resurfacing occurs before games or as needed

If the goal differential reaches **6 goals**, run time will be enforced until the margin returns to **4 goals**.

C. Overtime

- 5-minute 3-on-3 sudden death
- If still tied: 3 round shootout (must be different shooter until all players on the team have gone)
- If still tied: sudden-death shootout

In championship games only, continuous overtime applies.

D. Penalties

USA Hockey standards apply.

- Players receiving **four (4) penalties** in a game will be ejected.
- Officials may issue suspensions as needed.

E. Icing

Icing is waived for short-handed lower-level teams to encourage development.

F. Fighting (Zero Tolerance)

- **First Offense:**
 - Game ejection
 - Two-game suspension
 - \$100 fine (instigator or all involved)
- **Second Offense:**
 - Session ejection
 - No refund
 - If mid-session: suspension through remainder of session and first four games of next session
- **Third Offense / Match Penalty:**
 - Minimum one-year ban
 - \$300 fine
 - Review required for reinstatement

G. Hat Trick Rule

- Upper divisions A: no rule
- Middle division B & C: optional by mutual captain agreement
- Lower division D: maximum three (3) goals per player

H. C Players in D Division

Each team may roster **two (2) B-level mentors**, who must play defense and may not score goals.

I. Slap Shots (D League)

Slap shots and fake slap shots are permitted. Players remain responsible for stick control. High-stick penalties apply.

J. High Sticking

High sticking occurs when the stick makes contact above shoulder height. Players are responsible for controlling their stick at all times.

K. Players Playing Down – Two-Mark Rule

- **Mark 1:** Official warning - If an individual player is judged—by consensus of the referee, both linesmen, and the Director of Hockey Operations—to be playing above their division skill level, the player will receive an official **warning**.
- **Mark 2:** Mandatory division change - If the same player continues to play above their division skill level, they will be **required to move up** to a more suitable division. At that point, the player will **no longer be eligible** to participate in the division where the marks were issued.

X. CALL-UP PLAYERS

Eligibility

Teams may “call up” players from the division directly below them when short on rostered players.

1. Limitations

- A call-up player may only play a **maximum of three (3) games** for any team in a higher division during a season.
- After the third game, the player is officially considered “too skilled for the lower division” and must either:
 1. Move permanently to the higher division, or
 2. Stop playing as a call-up for that division.

2. Restrictions

- Call-ups must be **approved by league staff prior** to the game.
 - Call-ups are **not allowed during playoffs** unless special approval is granted due to extreme circumstances.
-

XI. ROSTER SIZE

- Roster size for each team at each level is **15 players**, including a goalie.
- A **grandfather rule** applies for teams who participated in the **2025 Fall H AHL session**, allowing a maximum of 17 players (including goalie).

Examples:

- If a team had 16 players in the Fall 2025 session, they may have 16 players in the next session.
 - If that same team has only 15 players in the Winter 2026 session, they lose eligibility for the grandfathered maximum of 16.
 - The same applies for teams that had 17 players in Fall 2025.
 - Roster number must be met by the first league game of each session in order to keep the grandfather rule.
-

XII. USA HOCKEY ZERO TOLERANCE POLICY

The City of Rapid City and the H AHL follow this policy to create a **safe, rewarding, and sportsmanlike environment** for players, coaches, and spectators. Sportsmanship is the central focus of this policy.

Player and Coach Guidelines

A **minor penalty for unsportsmanlike conduct** will be assessed for any individual who:

1. Openly disputes or argues with an official's decision.
 2. Uses obscene or vulgar language at any time, including swearing, even if not directed at a specific individual.
 3. Visibly demonstrates dissatisfaction with an official's decision.
- Continued violations may result in **game misconducts**.

Officials must conduct themselves in a **business-like, sportsmanlike, impartial, and constructive manner** at all times. Actions that incite players are prohibited. Officials are **ambassadors of the game** and must always uphold this responsibility.

Spectator Conduct

Spectators displaying inappropriate or disruptive behavior may:

- Offend other spectators
- Disrupt the game, causing stoppages

On-ice officials have the authority to remove violators from the premises. Violations include:

- Any behavior described above for players/coaches
- Throwing objects in the viewing area, player benches, penalty boxes, or on the ice that could injure anyone or create a safety hazard
- Verbal abuse or language.

Penalties for Violations

- **First violation:** \$100 fine and one-game suspension
 - **Additional violations:** \$200 fine and a **minimum one-year ban** from the league
-

XIII. LOCKER ROOMS

- Locker rooms will be **assigned according to the season schedule**. The H AHL will attempt to assign rooms fairly for all teams.
- The City of Rapid City, RPIA, and the H AHL are **not responsible for lost or stolen goods**.
- Alcoholic beverages and tobacco products are **strictly prohibited**, as RPIA is a public facility.

Cleanliness and Respect

- Teams must keep locker rooms and shower rooms **clean before and after use**.
- Waste containers are provided—use them.
- Spitting on floor mats is prohibited.
- Teams are responsible for **leaving the facility as it was upon arrival**.

Please respect the facility.