

Ham Arena Hockey
Bylaws and Regulations
Adult Leagues

8/15/2000 amended 8/30/2006, 8/31/06, 9/8/06, 8/26/09
09/24/2020

1. Payments Player, Team:

- a. The maximum number of players allowed per team is 16. Broken down as follows: Tuesday and Thursday League; 15 skaters 1 Goaltender. Rosters must be turned in one week prior to game 1 and will be frozen after week 3 game for the season. Alternates must be rostered and may be used for any position including goalie, and may replace any player at any time for any reason.
- b. Summer Season 2021: is \$1200.00 per team for a 7 game season (no playoffs)
 - Summer season Players/Teams paying individually is \$120 per person
- c. Fall through Spring Seasons: Team registration fee is \$2300.00 per 1/2 season
 - Tuesday Night League season consists of 12 games per half, 24 regular season games plus playoffs
 1. 2021 – 2022 price increase to \$2500 per half
 - Thursday Night Coed season consists of 13 games per half, 26 regular season games , no playoffs
 1. 2021 – 2022 price increase to \$2500 per half
 - Winter – Spring Players/Teams paying individually is \$220 per person per season
 - If you are playing both Tues & Thur nights paying individually, \$200 per season, per league.
 - Players playing and paying one game at a time pay \$25 per game.
- d. A minimum of 50% down payment due on or before the first game. Remaining balance due on or before the 3rd game.
- e. Any individual player failing to make payment will not be eligible for any games until satisfactory payment arrangements are made with the league director. Any Team not meeting its financial commitment will forfeit all games until the commitment is met.
- f. Any game forfeit of any type will result in a 1-0 score with the goal credited to Team captain and all rostered players given attendance credit for the game.
- g. Any team wishing to recruit a non-rostered player from outside must obtain an approval of the player from the league steering committee.
- h. Each team is required to submit a completed roster which will include Team name, sponsor, team captain and two alternate captains. All players names, mailing addresses, home phone, date of birth and jersey number must also be included. Rosters must be submitted one week prior to game one.
- i. Rosters will be frozen after game 3.
 - Any “Team Ham” roster is exempt from this rule as these are building teams.

2. Player eligibility:

- a. Monday Women’s League eligibility is up to the Women’s director
- b. Tuesday League
 - Considered an over 40 league, players under 40 must be admitted to the league by a captains vote
- c. Coed League
 - **Anyone 18 and over and out of high school is eligible.**
 - **Coed is a low level / beginner league, more experienced players need to “play down”.**
 - **Unsportsmanlike conduct will be enforced for players “show boating” or taking advantage of unexperienced or lower level players.**
 - **Recruiting at the rink when you are short players, you must recruit women first.**
 - **Two women are required on the ice at a time. You can skate one women if you have to but if you have no women you can only skate 4 men unless both teams agree to 5 on 5 .**
- d. All Leagues

- At no time can any player be used as replacement that is not rostered as an alternate for the team in question.
- Players must play more than 40% of the regular season games to be eligible for the playoffs. Any player injured on ice will be eligible for playoffs regardless of the number of games he/she has played. Any player changing teams during the season must have steering committee approval and will be given attendance credit for ALL games played.

3. General Regulations:

- a. Helmets are mandatory and all straps must be fastened securely.
- b. HECC approved full protective equipment and face shield is highly recommended
- c. NO alcoholic beverages of any kind are allowed in the arena. Any player determined to be intoxicated will be suspended at referee's discretion.
- d. All players and spectators are expected to respect arena property.
- e. Team captains are required to review all rules with their players.
- f. Team captains are responsible for validating weekly score sheets!

4. Penalties and Suspensions:

- a. These leagues are no check and no boarding. Any infraction of the rules as determined by the referee will result in a 1 1/2 min minor penalty. Any major penalty will be 4 mins. Any misconduct is a 10 min. penalty. Any player receiving 4 minor penalties in any game will be given a game misconduct.
- b. Game suspensions will result in the following: 1st game suspension, player out for the remainder of the game and the next game. 2nd suspension, player out for the remainder of the game and the next two games. 3rd suspension player out for the remainder of the game and the next three games. Any player receiving 4 suspensions will be permanently barred from league play until such time that the steering committee allows reinstatement.
- c. FIGHTING: The Ham Arena enforces a strict ZERO-TOLERANCE policy for fighting in any league. If the referee determines an on ice altercation to be penalized as a fight all players involved will be immediately suspended for the remainder of the season. The Steering Committee will then meet to decide the player's future eligibility. Fighting in any league will be penalized as follows; First offense game suspension for remainder of game and next game. Second offense game suspension for remainder of game plus the next 2 games. Third offense expulsion from league, player will not be eligible for play without permission from the steering committee.
- d. A 10 penalty running time rule will be instituted and enforced. That is if any one team receives 10 penalties in any game running time will commence. Running Time will commence upon a 7 goal differential in the third period and projected allotted time (65minutes) will expire.
- e. Any player who leaves the bench during an on ice altercation will be suspended for the remainder of the game and the next game. The Referee reserves the right to impose any further penalties or suspensions at his/her discretion.
- f. There will be no contact with the goalie outside of the crease. Any infraction of this rule will result in a major penalty.
- g. Any verbal abuse of any official will result in game suspension at referee's discretion.
- h. Physical abuse of any official, on or off the ice, or any player given an intent to injure penalty, or fighting off the ice, or any player deemed to be an habitual offender will result in the immediate suspension of the player from the league for the remainder of the year. The league steering committee will determine the player's eligibility for the next year's season.
- i. All league games will employ the two referee format.

5. Regular season rules and format:

- a. Winter season will consist of 26 games in total. The season is split approximately at the half way point and registration fees will be due again. Summer season will consist of 7 games.

- b. Season standings will be determined by total points. Two points for a win, one point for a tie, no points for a loss. In the event that teams have an identical number of points at the end of the season, final season standings will be determined as follows:
 - Record versus each other during season
 - Least penalty minutes
- c. Season games will consist of a 5 min. warm up and 3 twelve minute stop time periods (Or 65 minute run time for Coed League). No overtime during regular season. Playoff games will not conclude as a tie. NHL overtime rules will be used, that is 4 on 4 for 5 minutes and then a 5 man shootout if the game is still not decided. Also an additional time out per team will be allowed.
- d. One time out per team is allowed per game.
- e. Any game appeals must be submitted in writing to the league director within 24 hours
- f. Tag up off sides is allowed and Two Line passes are allowed. No player shall have to serve a penalty for another player unless it affects the on ice strength.
- g. All players are reminded that these leagues were formed to provide exercise and fun for those of us who love hockey. Habitual offenders of our league rules will not be tolerated. Remember, all players have to work for a living and cannot afford any injury, especially when intentional.

By participating in any league you are hereby releasing West Main Rec. Corp, The Ham Arena, and any sponsors, administrators, or officials of any liability due to injuries, accidents or any costs incurred for any medical related expenses and personal injuries including death.

Ham Arena Hockey League:

Dave Woodbury - General Manager & League Director