

HAM ARENA 2023-2024 Tuesday Night Hockey League Bylaws

ARTICLE I. Adult League Seasons and Liability, Official Rosters, and Payments:

Section 1. Fall/Winter Session and Winter/Spring Session. The Tuesday Night Hockey League will consist of (20) games for the year, (10) games per session, with an official playoff at the end of the season. Adult League players agree to play/compete at their own risk and are required to sign a Waiver of Liability, prior to the start of a season. The Ham Arena does not assume any liability for potential player injury. All Adult League players are expected to follow all rules of the Ham Arena on the playing surface, in locker rooms, and in any common areas of the facility. Any unsafe player conduct is subject to review by the League Director Committee which consists of 2 captains from each team, and General Manager of the Ham Arena, and may result in formal sanctioning of a player and/or ejection from the building.

Section 2. Total cost per team is \$2,000 for the session if paying as a Team. Teams paying as individuals pay \$200 per player per session. A minimum amount of \$1,200.00 per team will be due prior to the start of Game 1. Total balance of \$2,000.00 per team will be due prior to the start of Game 3. Any player paying for one game will pay \$20.00. **All payments are to be made to the General Manager of the Ham Arena or via our payment portal.** Any team that does not meet their financial commitment to the Ham Arena before the official deadline, may be forced to forfeit games and/or be restricted from league play, until either their financial commitment is met or reasonable arrangements have been made with the General Manager of the Ham Arena.

Section 3. Official Rosters are required to have a minimum number of (8) players, and can have a maximum number of (16) players. Official rosters may consist of up to (15) Skaters and (1) Goaltender. Each team will be permitted a maximum number of (3) protected Alternates. Official rosters, including all protected alternates, must be submitted by Game 1. All official rosters will be frozen for the season after Game 3. Players added after game 3 are not playoff eligible unless voted in by League Director Committee.

Section 3 (a). Alternates must be formally listed and can only be protected by one official roster. In the event an official roster consists of a minimum number of (7) skaters, but consists of less than the maximum number of (15) skaters allowed, alternates may be used at any time during the regular season to fill an open spot on the roster that officially protects them. In the event an official roster consists of the maximum number of (15) skaters allowed, an alternate must then replace a player during the regular season that is scratched from the official roster that protects them. Teams can get alternates from team with by week.

ARTICLE II. Game Times and Format, Recruiting and Eligibility, and General Regulations:

Section 1. Adult League games will be held on Tuesday nights and are expected to begin at the time(s) listed on the Ham Arena Master Schedule. Adult League teams will be provided with a 3-minute warmup, with official warmup to begin at the discretion of the League Official(s) for that game. Adult League regular season and playoff games will be (3) 12-minute, stop-time periods.

Section 1 (a). Any regular season game with a goal differential of (6) goals or more, after (2) full periods of play, will result in running-time. Running-time will remain in effect for the 3rd Period of play until the losing team cuts the goal differential to (5) goals or less. Should the losing team bring the goal differential to within (5) goals at any time during 3rd Period of play, the game will return to a stop-time format immediately following the determining goal; conversely, the return to a running-time format will be reinforced at any time during the 3rd Period of play, should there be a return to a (6) goal differential. Running-time format will only be enforced during regular season games and will not apply to playoff games.

Section 1 (b). Any regular season game that is tied at the end of regulation, will remain a tie in the standings.

Section 1 (c). Any team that engages in the game-night recruitment of players from another team, will automatically forfeit that game and a 1-0 loss will be officially recorded with the league. If a team has (7) players or less, and chooses to recruit any player(s) from another team, the recruiting team will be allowed to recruit any number of players at no cost up to the 8th player. If a team recruits beyond the 8th player, a fee of \$25.00 per additional player is to be paid to the

General Manager of the Ham Arena. Goaltenders will be exempt from game-night recruiting rules during regular season play. During playoff play, goaltenders may not be recruited by any team without the approval of all Team Captains and the League Director.

Section 1 (d). In order to be eligible for Adult League play, a player must be at least 18 years of age and no longer participating in a sanctioned high school hockey program. Any player that is not officially rostered or listed as a protected alternate, is not permitted to play in playoff play under any circumstances; an exception to this rule may be made for regular season play only, following consultation with team Captains and League Director approval, and would automatically result in the requesting team forfeiting the game in question. In order to be eligible for playoffs, a player must be officially rostered and have played in at least (5) regular season games, and an alternate must have played in at least (3) regular season games. Any officially rostered player or alternate that is injured during a regular season game, where injury impacts the player's ability accrue number of required games for playoff eligibility, player will automatically be eligible for playoff play. If a player wishes to formally petition the league to change teams after official rosters have been frozen they may do so. Requests to change teams will take into consideration the positions of all team Captains, and will require formal review and authorization from League Director.

Section 1 (e). Team Captains are required to review all General Regulations with their players. Players will be made aware by team Captains, and through personal review of the bylaws posted on the Adult League website, that failure to follow any of the General Regulations may result in play being restricted. Teams are required to wear either team jerseys, or at a minimum, solid same-color jerseys and white jerseys, depending on the team's Home/Away status (ex: **White means White**, and **NOT** White/Gray, White/Light Gray, White/Tan, White/Off-White, etc.) (ex: **Solid same-color means Black, Blue, Navy Blue, Red, Green, etc.**, and **NOT** Black/Light Blue, Dark Green/Blue, Red/Orange, etc.). If both teams have dark color jerseys, they must be clearly distinguishable from one another, or the official may require the Away Team to change jerseys. An individual player may be required by the official to change their jersey should it be determined indistinguishable and/or a distraction during play. Helmets are mandatory for all games and chinstraps must be fastened securely. Full, HECC approved protective gear and face shield are strongly encouraged, but not mandatory. If an official suspects a player might be intoxicated and/or creating a safety-risk related to alcohol consumption, that player may be suspended for the game at the official's discretion. Team Captains are responsible for validating and signing-off on all weekly score sheets, to account for fair and accurate recording of player attendance.

Section 2. Playoffs and Playoff Eligibility

Playoff eligibility is 40% of total games and must be paid in full

Breakdown is as follows and played in at least...

50% of one session and 30% of the other (5 of 10 and 3 of 10 games)

40% of one session and 40% of the other (4 of 10 and 4 of 10 games)

Eligible players cannot have 80% of one session. (basically the ringer rule)

All players also need to be **paid in full**. Any player injured on ice will be eligible for the playoffs regardless of the number of games played. Any objections made about player eligibility is subject to a vote by League Director Committee.

Playoff Format. Playoff format will be a best of 3-Game Series for both Semi-Final and Finals. With 5 teams in the TNHL, matchups will be as follows:

Play in Game: **4th Seed vs 5th Seed one game playoff**

Semi-Finals: **1st Seed vs 4th Seed (A)** and **2nd Seed vs 3rd Seed (B)**

Finals: **Winner of (A) vs Winner of (B)**

During playoff play (with exception of a Game 3 in the Finals), if a game is tied at the end of regulation, a (5 vs 5), 5-minute, sudden-death overtime period will be played. If game remains tied at the end of the 1st overtime period, a 2nd (3 vs 3), 5-minute, sudden-death overtime will be played and the Additional Player Principle would apply if a team is penalized. If game remains tied at the end of the 2nd overtime period, teams will go to a Penalty Shootout: (3) shooters per team. If not decided at the end of 1st Round of penalty shootout, teams will alternate one shooter at a time until a winner determined. Every player on team must shoot once before a shooter is repeated.

Game 3 of Finals: If score is tied at the end of regulation, teams will play standard (5 vs 5), 12-minute, sudden-death overtime(s) until a goal is scored and officially counted.

ARTICLE III. Referees, Penalties and Suspensions, and Rules/Format

Section 1. The Ham Arena will guarantee (1) Referee per game, and will make every effort to provide (2) Referees per game whenever possible. Referees are paid officials, however, any form of abuse towards an official will not be tolerated.

Section 2. Adult League is no-check league and any/all infractions will be determined by the league officials during play. Infractions of the rules will result in **(1:30) Minor Penalties, (4:00) Major Penalties, and (10:00) Misconduct Penalty.** Any player that receives **4 Minor Penalties** in a game, will be given an **automatic Game Misconduct.** 1st Game Misconduct, will result in the player being ejected from game and ineligible for the next game. 2nd Game Misconduct, will result in the player being ejected from the game and ineligible for the next (2) games. 3rd Game Misconduct, will result in the player being ejected from the game and ineligible for the next (3) games. 4th Game Misconduct, will result in the player being ejected from the game ineligible indefinitely, following League Director review and authorized reinstatement. Any player who receives a 4th Game Misconduct, should not assume reinstatement for that season is guaranteed. All reviews and determinations will be based on the nature of infraction and player history. Any team that receives (10) minor penalties in one game, will result in running-time being enforced for the remainder of the game regardless of the score. Any intentional contact with a goaltender outside the crease may result in Major Penalty. Any verbal abuse of an official may result in being ejected from the game and suspended for the next game. Any physical abuse of an official, on or off the ice, any player given an intent to injure penalty, on or off the ice, any fighting off the ice, or any player determined to be a habitual offender, may result in immediate suspension from the league followed by League Director review to determine player eligibility in the future. All Misconducts are subject to League Director's and Official's further review, and a player can be sanctioned additionally due to the degree of egregiousness of the offense.

Section 2 (a). Fighting will not be tolerated in Adult League play. Any player(s) determined by the officials to be involved in a physical altercation, where serious injury could occur, will be immediately ejected from the game and suspended for the following game at a minimum. Any player(s) determined by the officials to be involved in a second physical altercation, where serious injury could occur, will be immediately ejected from the game and suspended for the remainder of the season. Fighting may involve punching, head-butting, elbowing, or biting another player when squared-off or in the clinch, or kicking another player while either player is down on the ice. Any player who spits on another player will be treated the same as being involved in a physical altercation. Any player involved in multiple physical altercations that result in game suspensions will be required to meet with the League Director, and officials, to determine the player's future eligibility. Any player who leaves the bench during a physical altercation, or is determined to be the 3rd man in to a physical altercation, will be ejected from the game and suspended for the following game.

Section 3. Adult League Standings will be determined by points. (2) Points for a Win, (1) Point for a Tie, and no points for a loss. An overtime time win during the regular season is treated a win worth (2) points. In the event that multiple teams have identical points standings at the end of the regular season, the tiebreaker will be as follows: Head to head record, then least amount of penalty minutes. Each team is allowed (1) Timeout per game. If a game goes to overtime, each team will be provided (1) Timeout per overtime period during the playoffs only. Games will be played with tag-up offside, red line Icing, icing permitted on the penalty-kill, and 2-line passes permitted. All appeals to the League Director must be submitted via email within 24-hrs of the chief complaint.

Players are reminded that that these Adult Leagues were formed to provide exercise and fun for those who love hockey. Habitual offenders in the league will not be tolerated. Remember, all players have to work for a living and cannot afford to get injured, especially intentionally. By participating in the Adult League, you are hereby releasing West Main Recreation Corporation, The Ham Arena, and any sponsors, administrators, or officials of any liability due to personal injuries, accidents, or any costs incurred for any medical related expenses and personal injuries including death.

League appeals and inquiries should be sent via email to: skatemail@hamarena.com

TNHL Director Committee: Justin Frechette, Chris King, Todd Frechette, Rich Vargus, Brian Sawyer, Jeff Hatch, Jason Hodgkins, Chris Morrison, Connor Tofflemoyer and Colby Hall

Ham Arena General Manager: Dave Woodbury