

Apex Adult Hockey League



The Apex Adult Hockey League (AAHL) is dedicated to providing a safe, environment and enjoyable recreational experience for participants and officials. Positive sportsmanship towards opposing players, officials, and staff is expected at all times. Players will be removed if they do not act accordingly.

ZERO TOLERANCE POLICY TOWARDS RINGERS, NEGATIVE BEHAVIOR AND ABUSE OF OFFICIALS OR LEAGUE STAFF.

USA Hockey registration is required and certified USA Hockey referees and rules will be used.

Rules and Policies

Game Format:

- 5-minute warm up, 20-minute run clock for 1st and 2nd periods, and 15-minute stop 3rd period.
- The warm up clock starts at the scheduled game time unless the captains from both teams agree to start it early.
- If a team is leading by 5 or more goals during the third period, it will be run time and the clock will not pause during stoppages.

Overtime:

- During the regular season and playoffs, games that are tied at the end of regulation will go to a 5-man shootout. If the game is still tied after five shooters, the shootout goes to sudden death until there is a winner. Each team receives a point in the standings for the tie, and the winner of the shootout receives an additional point.
- Championship games that are tied at the end of regulation will go to a 5-minute, 5 vs. 5 overtime period. If still tied after the overtime period, the game will go to a 5-man shootout. If the game is still tied after five shooters, it goes to sudden death until there is a winner.
- Players serving a penalty at the end of regulation are not allowed to participate in the shootout during the regular season and playoffs.

Sub Policy/Player Eligibility:

- All participants must be registered through TeamSideline and have a current USA Hockey registration number. It is the Team Captain's responsibility to ensure that all players are registered, on the team roster, and eligible to play.
- If a team uses an ineligible player, it will result in:
 - Automatic forfeiture of the game in question
 - 1-game suspension for the Team Captain, served the next game

- Suspension of the ineligible player
- Rosters will be finalized after the 5th game of the regular season. After this point, teams may not add players. Goalies may be substituted after the 5th game with permission from the Hockey Director. Exceptions may be made on a case-by-case basis.
- Participants must play in a minimum of 3 regular season games to be eligible for playoffs.

Fighting:

- A fighting major penalty will result in:
 - Ejection from the current game
 - A five-minute major penalty (to be served by a teammate)
 - 2-game suspension
- A second fighting major penalty in the same season will result in expulsion from the League. Decisions are final and there are no appeals or refunds.
- Any player that is the “Third Man-in” during an altercation will face:
 - Ejection from the current game
 - A minor penalty (to be served by a teammate)
 - 1-game suspension

Verbal Abuse/Unsportsmanlike Conduct:

- Verbal abuse by a player of an on-ice official or off-ice official/league staff will not be tolerated. A game misconduct for verbal abuse will result in:
 - Ejection from the current game
 - 1-game suspension
- A second offense will result in expulsion from the League. Decisions are final and there are no appeals or refunds.

Excessive Penalty Rules:

- Players will be ejected from the game if they receive **three** penalties. Major penalties count as two. A teammate will serve the third penalty in the ejected player’s place.

- A second ejection for this offense during the same season will result in a 1-game suspension.
- Players that receive a Game Misconduct penalty for any reason will automatically be suspended for 1 game, served the next scheduled game. This may be waived at the Hockey Director's discretion.
- Any player that receives a total of 50 penalty minutes during the Fall season, including playoffs, will receive a 1-game suspension. If a player reaches 65 penalty minutes during the Fall season, including playoffs, they will be suspended for the remainder of the season.

Ringers:

- If a player is determined to be ineligible for a division based upon playing ability, the Hockey Director will notify that player and the Team Captain. The AAHL will do its best to find an appropriate division for that player, or the player will receive a prorated refund for the games left in the season. The Team Captain may replace that player with a player of appropriate playing ability. The Hockey Director's decision is final.

Team Captains:

As the liaison between the league and their team, the Team Captains responsibilities include:

- Attend all captains meetings, or designate a replacement if they cannot attend.
- Make sure all players are properly registered, and all fees are paid.
- Ensure that all players are 18+, have a current USA Hockey number, and are eligible to play in their division.
- Provide a tentative roster before the first game of the season and notify the league of any roster changes throughout the season.
- Make sure all players have dark and light jerseys with the same number on each.
- Provide the league with current player numbers for the game sheet.
- Communicate all league rules, season information, and schedule changes to the players on their team.
- Uphold a high level of professionalism and leadership when dealing with officials, league staff, and opposing players, especially during stressful situations.