

The purpose and mission of the Five Star Hockey League is to maintain a level (parity) playing field from team to team and division to division with captains of teams and our player rating system as the driving force to ensure this goal. We wish to have the best level of play AND most enjoyable league for all stakeholders of the league. We will operate under USA hockey adult rules as spelled out in the current rules book and will follow the USA hockey NO TOLERANCE objectives, except as amended below.

RULES

Amended August 2014

B, C1 and C2 Divisions

Players

Eligibility-

Must be 18 years of age

Must have current USA hockey registration.

Must have all player fees due and payable in a "current" status

Must have a league/division "rating" (as may be set forth by the league)

Must be listed on a team roster OR accepted on the League Substitute list

Must not be suspended or expelled from Five Star Hockey League or another league for any reason

Teams

Player minimums and ratings

1. A player's rating is equivalent to their average points per game and is based on the previous two winter seasons per the respected division.
2. A rating of 1.0 or higher will count against your teams' total point allowed for the respected division.
3. A minimum of six games in a division is required to establish rating.
4. Players' ratings will be established as of August 1st each year for the following winter season.
5. Ratings are carried August 1st to August 1st. In the event a player does not have a rating, they will be required to attend a rating session and be evaluated to establish a player rating.
6. The league office must approve all new players and they **must be USA hockey registered prior to playing**. Any player inactive for two winter seasons or more must be rated again before team assignment can be made.

**A season equals all games on an official Five Star Hockey League schedule. A season does not include playoffs.*

Team Points Allowed per division:

B - 12

C1 - 6 (2.5 max per player)

C2 - 5 (1.95 max per player)

7. A player moving down a division who does not have a rating for that respective division must add a 0.75 to the rating the player had in the higher division.

8. A player moving up a division in which he has no rating subtracts 0.75 from the rating the player has in the lower division.
9. Both of these actions will be used until a new rating is established at the end of the player's first winter season in the new division (six game minimum). The league office must also approve these actions.
10. No player from the B division with a rating greater than .75 may play at the C2 level.
11. Each team may roster a maximum of twenty-five (25) players. You are required to have one (1) goalie on your twenty-five (25) player roster. A team is required to identify a captain, a maximum of two (2) alternates, and all goalies. It is recommended that each team roster two (2) goalies. Only players on your official roster and score sheet may participate in any game and there shall be no exception(s) to this rule.
12. The maximum number of players permitted to play in a game, excluding goalkeepers, shall not exceed nineteen (19).
13. If a player is called into question by the captain or alternate captain of a opposing team, the following procedure will be followed:
Prior to the game beginning, the "questioning captain" may ask a referee to have the player in question show picture ID to validate his name and roster spot. Not properly rostered players are required to leave the ice immediately. If "illegal player" leaves the ice prior to game beginning (period 1 initial puck drop), the remaining properly rostered players may continue the game to its' end.
If during a game (after initial period 1 puck drop) a player is in question, a timeout must be taken by the questioning team (if time out not previously used. IF time out is used, the captain may address the issue at the first available stoppage of play). If during play it is found a not properly rostered player was playing the game, the game will be cancelled at that point, all player stats will be cleared and the game will be scored as a 1-0 forfeit by the offending team. NO further game play may continue. The remainder of the ice time may be used as a stick and puck session with full gear required.
In any instance, if the officiating crew can identify the players in question, a picture ID will not be required.
Other league sanctions, after review of the circumstances, may be issued.

JERSEY REGULATIONS

1. All players are required to wear the **same primary color** as the rest of their team. It is preferred that ALL players have matching jerseys!
2. Every player must wear a readable number on their jersey at all times, according to USA Hockey rules. Only one player, per number, per team.
3. All player numbers must correspond with the team roster and score sheet.
4. Any player who does not comply with the jersey regulations shall not be able to participate in the game until the player complies
5. In the event the referee decides both teams have same (or similar) jersey color, it is to the home team's discretion to choose their jersey color. If the home team decides not to change their jersey color, the visiting team will have to do so. Goaltenders may not wear a jersey similar to or identical in color to the opposing team. Referees may not start the game until the goaltender in question has switched jerseys. Failure to change jerseys will result in the goaltenders removal from the game or a forfeit by the offending team. It is recommended that all goaltenders carry at least two jerseys to comply with this rule.

GOALTENDERS

1. In the event that a team does not have a goalie present and dressed for a game, an emergency goalie may be used. The emergency goalie must currently be registered in the Five Star Hockey League AND Approved at the division level.
2. Every goalie must be registered with USA Hockey and on the Five Star Hockey League goalie list.
3. If a team does not have a goalie dressed for a game, the team may elect to put in a sixth skater.
4. The Referees must be notified if the player is a sixth skater or a designated goalie. A sixth skater will not get a shot on goal count.
5. A goalie may play one division lower than their rated division but may not play two divisions lower than their rated division.

MISCELLANEOUS

1. No one under the age of 18 is allowed in the players' bench or on the ice before, during or after any Five Star Hockey event. Only rostered, non-suspended players are allowed on the bench.
2. Waiver: All players who play on a Five Star Hockey League team agree to abide by the Waiver of Liability, Release, Assumption of Risk and Indemnity Agreement for USA hockey.
3. Players shall provide a PHOTO I.D. when asked by the League Administrator or his designate, any league official, including but not limited to the referee(s) or scorekeepers.
4. All of our on ice referees should be goodwill ambassadors of the game. If you have any legitimate problems with any official, advise your captain to contact the league office.

Playing Rules

1. Player warm up will be 5 Minutes in length and will begin upon the referee taking the ice.
2. Games will be 24 minutes running time per period with 1-minute intermissions. The last 5 minutes of periods Two and Three will be stop time, **UNLESS** they is a 6 goal separation. IF the teams are separated by 6 goals or more run time will continue.
3. The Five Star Hockey League plays blue line icing. Face-offs after an erroneous icing call will occur at center ice face-off dot.
4. If a "season game" is tied at the end of regulation **with time remaining** in the 90-minute time slot, a 5 man" shoot out" will take place. Each captain must assign 5 players, in order, to the referee and scorekeeper. IF still tied after 5 shooters from each team, each team will send 1 more player out until the tie is broken. A player that has shot, may not shoot again until all players on the bench have shot. IF the 90 minutes slot time expires prior to breaking a tie, the game will end and a tie will take place. No timeouts can be called during overtime. All players **MUST** be ready to go as time consideration is paramount. (see play-offs #3 as to process)
5. If an injury is a game stopping injury, the following will apply: If EMTs are needed to remove the player from the ice, the period ends. If stoppage occurs in the first period, the period ends. When the play is resumed, the time remaining will be divided into two equal periods to the end of the rink time allotted for the game. If stoppage occurs in the second period, the period ends. When play is resumed, the time left will be adjusted into the third period. In some cases it may be more than the normal 24:00 minutes, in others it may be less. If stoppage occurs in the third period, the game is over. All stats at the end of the game are considered an official game. The time assignment will be the responsibility of the referees who will inform the captains of their ruling.

This ruling is not open for debate. Only the referees of that game make the ruling (not the captains or the players).

Penalties

1. We will be using the “in place” USA Hockey rulebook. These rules may deviate from those USA Hockey rules for the enjoyment of the League and may be amended at any time by the League.
2. Accumulation of thirty (30) penalty minutes in a season will result in a one game suspension with probation the following season. An accumulation of fifty (50) penalty minutes will result in expulsion from the league.
3. Any player that averages 3.0 penalty minutes or higher will result in league expulsion. Any player that averages 2.0 penalty minutes or more per game for a season is on probation for the following season. Any player on probation is on the following schedule:
 - 10 penalty minutes - one game suspension
 - 20 penalty minutes - two game suspension
 - 30 penalty minutes - league expulsion
4. A fighting penalty results in removal from the current game, and a suspension for a total of the next 3 games. Two fighting penalties in one season are cause for immediate expulsion from the league. Any penalty seen as intent to injure will also result in league expulsion. Retaliatory penalties and fighting will not be tolerated.
5. All minor penalties as outlined in the USA hockey rule book can be called as double minors.
6. Game suspensions are served with the respective team. Players expelled from the league are expelled from all divisions. All suspensions begin and are carried through the next regularly scheduled games. Players and their captains are ultimately responsible for all player suspension. (Notifications are only sent as a formality to the captain and the player). All suspensions continue until served.
7. The league office reviews all ten-minute penalties and if a suspension is deemed as warranted the league will notify the captain of the offending player team of said suspension outlining all games the player is suspended from.
8. Any player accumulating two major boarding or two checking from behind penalties will result in a league expulsion.
9. All retributions from penalties at the end of a season will be carried forward to the next season of play. For the playoffs, however, everyone will start at zero to insure all eligible players and teams are at full strength. However, if a major, game misconduct or match penalty is called at or near the end of the regular season the suspension will be carried into the play-offs. If a multiple game suspension is given and the player or team plays less than that number of games in the play-offs, the suspension will carry over into the next regular season that player participates in. If a misconduct penalty is called and a suspension is handed out by the league, that suspension will also be carried over into the play-offs and if a multiple game suspension is being served and the team or player plays less than that number of games in the play-offs the suspension will carry over into the next regular season that player participates in.
10. In the playoffs, each player will be allowed 16 PIMs (penalties in minutes). For teams that averaged 7.50 PIMs or greater during the season, each player will be allowed 12 PIMs. Any fighting altercation will result in expulsion from the playoffs. Playoff penalties do not carry over to the next season.

11. Failure to serve a suspension will cause original suspension to double and forfeiture of any game played while on suspension.
12. All penalties will be "stop time" except for "coincidental" penalties.
13. **All Minor, Major penalties will go on the board in a "stop time" event (start and stop on whistles and an actual 2 minutes of play time elapses). Coincidental penalties will release AFTER the 2 minute run time has expired AND a stoppage of play. Misconduct time will begin after minor/major penalty has expired.**

SUSPENSIONS

1. **"Ahole rule"--** Any player receiving a MISCONDUCT penalty will Automatically serve a 1 game suspension (the following scheduled game). Any player receiving 2 misconducts in a season will serve a 5 game suspension (will carry forward to other seasons). Any player assessed 2 GAME MISCONDUCTS will be EXPELLED from the league, no fee refunds and future seasons will be reviewed. Each of these penalties are without recourse or discussion....
THERE IS NO REASON FOR EITHER OF THESE CALLS TO HAPPEN IN ADULT HOCKEY!
2. Any misconduct penalty given due to abuse of referee will result in a minimum three game suspension depending on the severity of the abuse to be determined by the league office.
3. Any team that allows an ineligible player to skate will forfeit that game and after a review may not be eligible for the playoffs.
4. Two "eligibility issues" occurrences during a season will result in team expulsion from the league. If a team is lacking players there is an option to make a game official by switching players from the opposing team if the captains so desire. If there can't be an agreeable situation between captains, the game will be a forfeit and used as a Five Star Hockey practice period in which only rostered players (for those two teams) are the only people on the ice.
 - a) A scorekeeper will stay to make sure this rule is being fulfilled.
 - b) Only one referee is required to stay to officiate and monitor any scrimmage or practice that takes place from a forfeit. Referees are not able to participate as players in this practice period.
 - c) Any team that accumulates three forfeits in regular season will not be eligible for playoffs and may be dropped from the League.
5. Five Star Hockey League reserves the right to deny/expel any person(s) or player(s) that have shown misconduct/action on or off the ice for any reason seen unfit by the league. Expelled players are expelled from all games in all divisions, including playoffs.
6. There will be no refunds for players or teams suspended or expelled from the league, or players that leave for any reason.
7. Punishment for using illegal players may include but is not limited to one or more of the following; suspension of the player(s), removal of any goals scored or assisted goals, forfeit of the game and suspension of the Captain of record.
8. No player is allowed to play on any team in the league while on suspension from another team.
9. Any player that is substance impaired may be prevented from playing or removed from the game.
10. Players may not play for any team in the league until he has finished serving a suspension for the team with which the suspension was received. A player playing on multiple team risks missing multiple games.

11. Players who are deemed to be continually dangerous, unruly or unsportsmanlike may be suspended at the sole discretion of the League.
12. Suspension from the regular season will carry over to the playoffs and future seasons.
13. Failure to serve a suspension will cause original suspension to double and forfeiture of any game played while on suspension.

Play-offs

1. To determine the final standings for winter season and the top seed for playoffs, the Five Star Hockey League Win/Loss point system and tie breaker will be used in order as follows:
 - a) Most points in a season
 - b) Most wins
 - c) Head to head wins
 - d) Most goals head to head
 - e) Lowest team penalties in minutes (PIM)
 - f) Coin toss (if all else fails)
2. The team leading at the end of regulation time is the winner and will advance in the playoffs.
3. In the event there is a tie at the end of Play-off regulation, we must determine a winner. If any playoff game ends in a tie, there shall be one overtime period. The Play-off Overtime shall be Eight (8) minutes running time, the last one (1) minute will be stop time. If the game is still tied after overtime, a shoot out (5 players) shall commence immediately according to the following procedure.
 - a) The visiting team shall shoot first.
 - b) The penalty shots are taken alternately by the teams.
 - c) If, before five shots are taken, one team has scored more goals than the other could score, even if it were to complete its five shots, no more shots are taken.
 - d) If, after both teams have taken five shots, both have scored the same number of goals, or have not scored any goals, shots continue to be taken in the same order until one team has scored one goal more than the other team from the same number of attempts.
 - e) If it is still tied after the fifth player of the home team has shot, it will go to a sixth, seventh, etc., until a winner is determined. Both teams will have the same amount of chances.
Example: If it goes to a seventh player and the visiting team scores, the home team still has a chance to have their seventh player tie it up and continue.
 - f) Each shot is taken by a different player and all eligible players must take a shot before any player can take a second shot.
 - g) When a team finishes a game with a greater number of players than its opponent, it shall reduce its numbers to equate with those of their opponent and inform the referee(s) of those players excluded and those players subsequently eligible to take the penalty shots.
 - h) Before the start of the penalty shot shoot out, the referee(s) shall ensure that only an equal number of players from each team participate in the penalty shot shoot out and shall identify same.
4. Any goalkeeper rostered for the game, dressed and on the players bench may participate as a goalkeeper in the penalty shot shootout.

5. Any player still serving his penalty when overtime expires may not participate in the penalty shot shootout. However, a player serving a penalty for a bench minor, for another player or whose penalty time has expired before the expiration of the overtime may participate in the shootout.

Facilities

All players must comply with each individual rink's rules and regulations. Any fines or damages charged to the Five Star Hockey League will be billed to the team(s) responsible.

- (a) In the event assessed damage is not resolved to the satisfaction of the rink and/or Five Star Hockey, scheduled games will be cancelled until resolved. These games will be considered a forfeit.

USA HOCKEY level of play criteria

NOVICE D

This player is a beginner in the truest sense of the word. He/she has begun playing the game as an adult and may only have one to five year of playing experience. The basic skills of the game i.e. skating, shooting, and passing are in their infancy and are the main focus of their development.

ADVANCED NOVICE D to C2

This player may have three or more years of playing experience mainly as an adult. He/she is showing improvement and comfort with the basic skills of the game. Forward skating has improved, but transitions are still uncomfortable i.e. crossovers with some ability to skate backwards.

BRONZE C 2

This player is considered a "C" level player which can be broken up into two levels (example: C1 and C2). He/she may be a less experienced adult recreational player with some youth hockey playing experience up to the Bantam house level. The player has limited understanding of where they should be positioned on the ice. Forward and backward skating may be somewhat strong, but maneuverability and transition still needs work.

INTERMEDIATE C 1 to B

This player is a C+ or B- level player. He/she might be an experienced adult recreational player and may have played up to midget or high school in a non-traditional hockey area for these levels.

SILVER A to B

This player is an advanced level adult player with high level basic hockey skills. He/she also has a very high understanding of team play and where they should be positional on the ice. Forward and backward skating skills are strong with good maneuverability and transition. They may have played at the high school varsity level in Minnesota or the non-varsity college level (ACHA).

GOLD A

This player has mastered the basic skills of the game and would be considered an elite level adult player. He/She probably has played at the highest levels of organized hockey i.e. professionally any where in the world or division I and III college hockey. Also, in this category would be junior players from the United States and Canada.

The League Administrator has the final authority on any and all matters of player eligibility and any other matters relative to the league.