

DMAHA Policies

The Des Moines Adult Hockey Association operates all leagues with the following policies, and is subject to change.

- Des Moines Adult Hockey Association (DMAHA) reserves the right to deny any player registration at any time, for any reason.
- Game times are running 18-18-18, 20 minute 3rd period if within one goal after the 2nd period.
- No player can score more than 3 goals in a single game. If a player scores additional goal(s) unintentionally there will be no penalty and the goal will not be counted, if a player intentionally scores additional goal(s) the goals do not count and the player will serve a minor penalty for the first offensive.
- If one player receives 3 penalties in a single game, the player will be asked to leave the ice and the captain or assigned player will sit and serve that player 3rd penalty.
- Fighting is an automatic game ejection. Incidents will then be reviewed based on available video, officials write up, and outside recommendations to make final disciplinary decisions.
- Any players under the age of 21 must have an immediate family member to vouch for them or they must get 2 good standing members within the same league to vouch for them. If that player gets a suspension the vouching members must also serve those suspensions.
- If an unregistered player is played in a game, the captain of the team the player played on is subject to a 1 game suspension.
- Teams must have a minimum of 13 skaters and are capped at 18 skaters.
- The use of the "Slap Shot" is prohibited in the DMAHA. If a player, in the process of making a forehand or backhand shot/pass, raises the blade of the stick above the waist as part of the backswing it is considered a slap shot.
- If a player is involved in an incident that requires a USA Hockey game report that player is subject to USA Hockey disciplinary action or waiting period before being cleared to play in any DMAHA events. In addition DMAHA reserves the right to apply our own disciplinary action in addition to any USA Hockey judgment.
- If you have been suspended from play within DMAHA in the last 24 months you can not run for an DMAHA elections.
- Officials in the DMAHA are permitted to wear helmet cameras during games.