

MCI Adult League 2021 Policies & Rules

The Medstar Capitals Iceplex (MCI) Adult Hockey League is a USA Hockey Program. All USA Hockey Official Rules are incorporated herein, except as strengthened in this document. A complete set of The USA Hockey 2017-2021 Official Rules of Hockey can be found at <https://www.usahockey.com/rulesandresources>

MCI League Philosophy:

Provide a league which offers a safe, competitive, and fun environment for each level of play in the league. We offer adult recreational hockey player teams from Learn-to-Play (LTP) through AA (most experienced). Our league follows the rules of USA Hockey and enforces them, allowing our players to play at the appropriate skill and competitive level.

Participant Requirements

- Players must be at least 18 years of age;
- Must provide the league with your current season USA Hockey confirmation number before playing;
- Must fit the requirement for the appropriate level of play, set forth by the league;
- Must follow all USA Hockey rules; and MCI Policies and league rules
- Any player that participates and/or enters the facility to participate in a MCI AHL game will be subject to the facilities waiver of liability that is provided at the end of this document.

Facility Check-In Procedures

- All players must be registered to their team rosters.
- Any player who has is not registered for a team playing or has COVID symptoms will not be permitted to enter the facility. This is for the safety of league participants as well as rink staff.
 - If you have any symptoms of COVID-19 or have been exposed to someone in the past 14 days with a suspected or confirmed case, you may not enter the facility.
- Teams will have access to locker rooms depending on availability. Rooms are recommended only for those who have been vaccinated for COVID-19.
 - Players who have not been vaccinated will have access to benches just outside of the locker rooms

Players should try and maintain as much distance as possible from each other and game personnel. We expect that players will adhere to the state guidelines that are in effect on the date of the game.

- While incidental contact is understandable and unavoidable, getting in someone's face/facewashes/face-face arguments/etc. will not be tolerated and will be subject to on ice discipline up to removal from the game and/or the league.
- If you are conducting yourself in a manner that is repetitively creating deliberate and unnecessary contact, you will be subject to removal from the game and/or league

Post-Game Procedure

After the game has concluded, players will head to locker rooms and get ready to leave the facility in a timely manner. Any post game activity other than getting changed/showering will not be allowed in the locker rooms.

- Should a player or players continue a conflict after a game, or not leave the facility in a timely manner, supplemental discipline may be imposed.

Playing Rules and Procedures

MCI fully supports and enforces the USA Hockey Zero Tolerance Policy. For the purposes of the MCI Adult Hockey League, players will be penalized an Unsportsmanlike Conduct penalty (Zero Tolerance) any time they:

- (1) openly dispute or argue any official's decision;
- (2) use obscene or vulgar language directed at the officials, players on the opposing team, in the penalty box, or loud enough for spectators and off-ice officials to hear it;
- (3) visually demonstrate any sign of dissatisfaction with an official's decision.

A game misconduct shall result if the player continues such action.

Registration, Fees and Team Rosters

All participants in our league MUST be at least 18 years old. No exceptions.

There is a 25-player limit on number of players. USA Hockey limits the number of players on the bench to 18 skaters and 2 goalies per game.

Registration procedures:

- Completion of online application by team captain.
- Full payment information submitted on registration form by required date.
- Minimum of twelve players on team roster.

- USA Hockey confirmed for at least 12 rostered players, including the team captain. USA Hockey confirmation number must be submitted through DASH
- LTP and Women's League sign up individually.

New players must be registered with USA Hockey before playing.

USA Hockey registration/membership is required for all participants. All players on each team's roster, including those players considered substitutes, must be registered with USA Hockey before playing any game. If they are not registered with USA Hockey they will not be approved for the team's roster.

USA Hockey membership provides player insurance. Everyone participating in a league game or practice must be a USA Hockey member or the coverage for all players is invalidated. All players who participate in the league must register individually on-line with USA Hockey. Participants must present their confirmation code to the MCI Adult League Coordinator before joining any league activities - games or practices.

Refund Policy:

MCI does not offer refunds. Team refunds will not be granted regardless of the matter. **Individual Player Refunds are not done by the rink.** They are an internal matter to be handled within each team. LTP and Women's Leagues will be able to get an individual refund with the authorization of the MCI Hockey Director, as they sign up individually.

Team refunds will not be granted regardless of the cause.

Schedules, Standings, Statistics:

Game days:

Sunday: AA and A

Monday - Friday: Lower/Upper B, Lower/Upper C and Women

Saturday: LTP

*All game times and days are subject to change based on the MCI schedule

Schedules:

Schedules are posted by team for the entire season on the MCI DASH website. Web site schedules are the official schedule, paper copies are not.

Schedule Changes:

Schedule changes will be made only to accommodate games that cannot be played due to rink equipment failure and the closing of the rink due to inclement weather.

Teams that have conflicts with published schedule times have two choices.

1. Show up and make the best of the game, noting USA hockey rule stating that there will be no less than 6 players to start the game. If the team drops down to less than 4 players it will result in a forfeit to the team; or
2. Not show up and forfeit.

Any team that fails to appear for three consecutive games will be removed from the schedule and will not receive a refund.

Postponement of games due to inclement weather or equipment failure:

Notice of any games postponed due to inclement weather or equipment failure will be immediately posted on the web site. Every effort will be made to contact the team captains by the quickest means available (phone, email, etc.) It is important that each team captain set up some way of rapidly communicating with their teammates. Each player is encouraged to monitor MCI's website for such notifications. It is also critical that the captain and alternate captains of each team keep their contact information updated with the League Office. We will work to reschedule these games as soon as possible, depending on the available MCI ice schedule. If necessary, the start of the playoff schedule will be delayed to accommodate the make-up games.

Standings: MCI's DASH League page will be the official site for standings.

Tie breakers for teams with equal place points:

1. Most overall wins;
2. Points awarded in head-to-head competition;
3. Goal differential in head-to-head competition;
4. Total goal differential;
5. Fewest penalty minutes;
6. Coin Toss

Statistics

Game scores, and penalty statistics will be kept by the score keeper. All captains and players are responsible for checking in with the scorekeepers. Captains will have 48 hours after a game is completed to contact the MCI Adult League Coordinator with any discrepancies on their roster.

Playoff Procedures/Schedules:

All teams qualify for the playoffs. All rostered players must have played a minimum of 5 regular season games to be eligible to play in the playoffs. There is no minimum game requirement for a goalie to play in the playoffs, however only goalies who are approved by league management prior to the game will be eligible to sub. Single elimination playoffs will be used to determine division champions. If the division has an odd number of teams in it, the first playoff game will be a qualifier between the last place team and the next-to-last place team. All other playoff games will be first place vs. last place, second place vs. next to last place, etc. The playoff schedules will be posted on the league schedule page at the conclusion of the season.

Overtime/tie breakers during playoffs (for Regular Season, see below in document):

During playoffs the following procedures will be followed: 4-on-4, 5-minute "sudden death" overtime period; 3-player shoot out; team shoot out. Any player whose penalty has not ended when the overtime period is over is not eligible to be one of the players selected to participate in any shootout procedure(s). Championship games will be a 10-minute OT followed by the shootout.

Alcohol Policy

Alcohol is not allowed in the building. The rink Manager On Duty (MOD) will confiscate any alcohol found.

Following Season - Promotion/Relegation

The MCI Adult League Management reserves the right to move teams up and down divisions to ensure teams are playing at appropriately competitive levels.

The MCI Adult League Management additionally reserves the right to remove players from teams if the players are found to be playing on a team not appropriate to the players' ability.

Penalty minutes

Penalty minutes will be monitored throughout the season by MCI Adult League Administration. MCI reserves the right to discipline players who are assessed an abundance of penalties, as they deem necessary. Should a player accrue 50 penalty minutes in a season, their eligibility will be subject to review.

League Modifications**Player Identification**

All players who have properly registered with USA Hockey and the league will appear on the team roster on the website. Any player who does not appear on the team roster on the website and/or printed score sheet will not be permitted to play. The MCI Adult League Coordinator will address any issues regarding player eligibility. The MCI Adult League Director's decision will be not subject to protest. There will be random sign-in/ID checks through the season.

Players:

Printed score sheet rosters: - No one may make pen-and-ink changes except the MCI Adult League Coordinator or the score keeper.

Sub Goalies: A goalie on a team's roster may substitute for any team one level above or below his/her registered level. There is no minimum games requirement for a goalie to play in the playoffs, however sub goalies must be approved prior to playoff games. The use of any goalie that is "playing down" more than one level will result in a 2-0 forfeit by the offending team for use of an illegal player. For more information on illegal players, see below under "Knowingly Using an Illegal Player" in this document.

Illegal player

An illegal player is any player who:

- (1) Participates in a pre-game warm-up or a game while suspended;
- (2) Is not properly registered with the League; or
- (3) Is not on the team roster.

Substitute players

There will be no outside players allowed. No exceptions. Any team using a substitute player that does not conform to the requirements shall be deemed an illegal player. Discipline will be determined pursuant to paragraph below, Knowingly Using an Illegal Player.

Using an Illegal Player

A legal player is defined as a player that is on the official USA Hockey Roster and MCI AHL roster, any other players are deemed illegal and ineligible to play. It is the responsibility of all team captains to be aware of eligible players for their teams. Any illegal player, as defined above, who plays, will be suspended a minimum of 1 game from all other teams in which he/she is registered with at MCI.

In addition, the Captain of the team that the player has illegally played for will be suspended a minimum of 2 games from all other teams in which he/she is registered with at MCI.

The MCI Adult League Management will review and record instances in which illegal players are used and enforce the appropriate suspensions. Should a team have multiple instances of using an illegal player, MCI Adult League Management reserves the right to increase the length of the suspensions.

Mercy Rule

If at any time during the 1st or 2nd period the difference in the score reaches 7 goals, or a 5 goal differential in the 3rd period, the referee shall instruct the score keeper to change the game time to running clock. If the difference in the score later drops to 4 goals the game time shall return to stop clock. Unlike the running clock in other situations, the last two minutes of the game will NOT be stop clock.

Team jerseys

All players and goalies on the same team *must* have the same colored jerseys. The jersey for each player and goalie of the team must have a unique number heat pressed on the back of the jersey. This requirement is in effect from the opening day of the season. If a player is wearing a different number on their jersey than what is on the website roster, the captain must notify the scorekeeper of the number change before the game starts. The Capitals' team store can heat-set black or white numbers.

Captains should keep two extra team jerseys of the same color with unique numbers for substitute players as needed.

Composition of Teams

The maximum number of players on a roster is limited to 25, with 18 skaters and 2 goalies dressed for each game. Players may skate on multiple teams as long as the teams are not in the same division and the teams are only one level apart.

Identification of Captains

Team captains and alternates will wear a "C" or "A" on their jersey. They are the only players who may discuss game situations with the officials. If none of the team captains, or alternates, are present, the team will appoint a bench captain for the game and notify the officials of this before the start of the game.

Goalies may not act as a team captain. Goalies who have acted as captain (organizing the team, making registration payments, etc.) must appoint an on-ice captain during games.

Equipment

All players are required to wear full hockey equipment (mouth guards are strongly recommended). Players not wearing the required equipment will be assessed a minor penalty and will not be allowed to play until the proper equipment is in place.

Required equipment: (all equipment must be approved for ice hockey use)

Helmet

Elbow pads

Mid-section protection - hockey pants or girdle/shell

Gloves

Knee/shin protectors

Ice Skates

Optional, but strongly recommended equipment

Mouth guard

Shoulder/chest protector

LTP, Women's league and Lower C must have full face protection (full cage or full clear view shields). Upper C must wear at least a half shield. Lower B and higher are not required to wear face protection.

Misconduct Penalties (Excessive penalties):

Any player who receives four penalties in a game will be excused from the remainder of the game with no game suspension.

Any player who receives five penalties in a game will receive a game misconduct and a one game suspension.

If a team receives 15 penalties in a game, the game will be terminated. If the offending team is losing, the score will be recorded as the final game result. If the offending team is winning or tied, the score will be recorded as a 1–0 loss for the offending team.

Supplementary Discipline

MCI Adult League Management, at their discretion, will investigate any incident that occurs in connection with any game and may assess additional suspensions for offenses that may occur before, during, or after the game, whether or not the offense has been penalized by the referee.

Abuse of Officials

Any player who physically or verbally abuses, or threatens physical abuse, of any league official, the referees, or score keeper, shall be *permanently* expelled from the league. Threatening physical abuse includes, but is not limited to: chasing the official, making verbal threats towards the official, bumping the official, touching or grabbing the official, or acting in any way that would make the official fear for his/her safety. Permanent expulsion means the player has a lifetime ban on playing adult hockey at MCI.

Other Misconduct

Any player who verbally threatens another player (as noted above) shall be permanently expelled from the league. This includes threats made before, during or after the game.

Fighting or Fisticuffs

Zero Tolerance, No fighting allowed. Any player given a fighting penalty will be suspended indefinitely by the league and will be reviewed by the MCI Adult League Coordinator.

1. Punching, or attempting to punch another player. Physically hitting or striking the player is not a requirement.
2. Any quarrel, wrestling, or shoving between players that requires stoppage of play or disruption in the game to resolve or break up.
3. The player who initiates the altercation shall be deemed the aggressor and assessed a fighting penalty with the associated suspensions. The official has the discretion to assess harsher penalties if the player continues the altercation.

Start of Game and Periods

If the start of a game is delayed by events that are not the responsibility of the teams participating in the game, e.g., the ice is not resurfaced on time, an earlier game runs over the allotted time slot, etc., then the game curfew time shall be adjusted so that the full one hour and 10 minutes is allowed. Any questions regarding game curfew times shall be referred to the MCI Adult League Coordinator or MOD before the game starts. When the ice resurfacing bay doors close, the score keeper will start the three minute warm-up time. At the conclusion of the warm-up, the score keeper will sound a double buzz. All players must immediately clear the ice and the game will start.

No players or player equipment are allowed on the ice or on the boards while the ice is being resurfaced. Players may be on the benches during that time. Failure to comply will result in a 2 minute bench minor at the start of the game. Continued disregard for this rule will result in increasing penalties and a meeting with League officials and MCI Adult League Management.

If the start of a game is delayed by a team failing to appear on the ice promptly, the situation shall be addressed under Rule 633B of the USA Hockey Rules, Refusing to Start Play, pg. 81.

Time of Match

All MCI Adult League games shall consist of three 15-minute, stop-clock periods. The ice will not be resurfaced between periods. All games must be completed in the 70 minute curfew time. The last 2 minutes of games will always be stop clock, should the game score be a 2-goal differential or fewer. Timeouts may only be called during stop time. Timeouts will not be permitted while the game is in run time.

Tied Games

If the score is tied at the end of regulation the game will proceed to a shootout. The shootout will consist of three shooters from each team. If still tied after three rounds, the shootout will move to sudden death rounds.

- Shootouts will be a max of 5 rounds total. If no winner is determined after 5 shooters from each team have gone, the game will end in a tie.

Suspensions

Suspensions will be posted to the website after the MCI Adult League Management has been notified by the referees regarding the infraction and a decision has been made by MCI Adult League Management. If a hearing is required the MCI Adult League Management will make every effort to insure the hearing is held within 14 days of the offense. Penalties assessed for violation of Rule 601g of the USA Hockey Rules - Inflicting harm to a game Official in any manner, or attempting to do so- requires a hearing that is the responsibility of our local USA Hockey governing body, The Potomac Valley Amateur Hockey Association. They are responsible for setting the date for and conducting the hearing.

Suspended players may not be in or near the player's bench, penalty boxes or scorekeeper's bench area.

Carry-over suspensions - Game suspensions assessed but not served before the end of a season will be served at the beginning of the next season in which the player participates.

Protests and Complaints

Recognizing that a vital objective of league play is development of concepts of sportsmanship, in general protests are not favored. We support the rules of USA Hockey and the referees that enforce them. Protest which are submitted shall be handled in the following manner.

Protests must be submitted in writing by the team captain to the MCI Adult League Coordinator within 48 hours on the completion of the game. Emails are acceptable. Protests submitted by any other team member *will not* be considered. The MCI Adult League Coordinator will respond to the protest within 72 hour or receipt (unless more prompt response is needed).

All referees judgmental decisions are final and are not subject to protest, appeal or review. A situation may occur that would not be appropriate for protest, but with respect to which a team wishes to complain. In such a case, the same basic procedures as for a protest shall be followed. The result of a complaint will have no effect on a game's result, but may serve to clarify league, club, team or individual membership actions and policy.

WAIVER

RELEASE OF LIABILITY, WAIVER OF CLAIMS, INDEMNIFICATION, IMAGE RELEASE, AND ARBITRATION AGREEMENT

Notice - By signing this document you may be waiving certain legal rights, including the right to sue.

Release and Waiver of Claims

In consideration of being allowed to participate in Skating (the "Activity") at the MedStar Capitals Iceplex (the "Facility"), the Participant, and the Participant's parent(s) or legal guardian(s) if the Participant is a minor, do hereby agree, to the fullest extent permitted by law, as follows:

- 1) TO WAIVE ALL CLAIMS that they have or may have against the Facility arising out of the inherent risks of engaging in the Activity;
- 2) TO ASSUME ALL RISKS INHERENT in the Activity; and
- 3) TO RELEASE the Facility, its owners, affiliates, officers, directors, employees, agents, and shareholders, from all liability for any loss, damage, injury, or expense that the Participant (or his/her next of kin) may suffer, arising out of the inherent risks of participation in the Activity;
- 4) TO INDEMNIFY, DEFEND, AND HOLD HARMLESS the Facility from any and all loss, cost, claim, expense, cause of action, loss of use and liability by reason of injury (including death) to persons (including the Participant) or damage to property arising out of the Participant's participation in the Activity.
- 5) TO GRANT PERMISSION TO USE THE PARTICIPANT'S LIKENESS to CRP Management Group Inc., Lincoln Ballston LLC, Lincoln Hockey LLC, Monumental Sports Network LLC, the National Hockey League and their respective affiliates, designees and licensees. Such permitted use includes the exhibition, display, distribution, publication, broadcast, sale, license, transmission, or other use of photographs, images, recordings, audio and/or video, or other record taken of the Participant at the Facility for use or re-use for any commercial or non-commercial purpose, in any manner and by any mode of delivery, in any and all media whether now known or developed later including, but not limited to, in printed materials such as brochures and newsletters, videos, and digital images, without further notification, authorization or compensation. Participant

acknowledges and understands that the Facility is monitored by video cameras for security, safety and commercial purposes.

REFUND POLICY For questions about refunds, contact finance via email @
Finance@MedStarCapitalsIcplex.com.

I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I MAY BE WAIVING CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. By visiting our facility, you voluntarily assume all risks related to exposure to COVID-19. I understand that I may be screened at the time of arrival with a temperature check. I understand that I will be required to wear a face covering while in the facility.

Parents or Guardians must also sign if the Participant is UNDER 18. Participant's

Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____