

Welcome to Extreme Ice Center, Home of the Center Ice Adult League! The Center Ice Adult League (CIAL) is an adult recreational hockey league. It has been designed to emphasize sportsmanship, mutual respect, fair play for all players, and to provide enjoyable year-round adult recreational hockey. Every effort has been and will continue to be made to ensure that the CIAL is a fun and safe league in which to play, and it is our goal to provide clean, competitive yet recreational hockey for all our players. We encourage team captains to work with our staff to ensure that this goal is met. In this way, we can respond to the needs of all players and provide a satisfying experience while improving the quality of play. This league rule book is a step toward meeting our objectives. Our rules are the same as USA Hockey's rules. In some instances, these rules have been modified to suit the needs of the CIAL and it is for this reason that we have published our rules for all participants. At the end of each season, we evaluate our rules and your feedback is welcome. Any new rules or rules that have been modified are bolded below. We hope that you have a great season and sincerely thank you for your support and participation in the Center Ice Adult League.

Tyler Lashomb

Adult Hockey Director

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Section 1 – The Arena

1.1 Alcohol

Alcoholic beverages are not permitted in the playing area of the facility. This rule applies to the dressing rooms, playing surface, common & public areas, parking lot and grounds of the facility. Alcoholic beverages must be served by Center Ice Tavern bartenders and consumption must be confined to Center Ice Tavern. Any displays of drunkenness, on or off the ice, will result in suspension from the league and forfeiture of any deposits or payments made. Any team caught with alcohol in unlicensed areas of the facility may be suspended and could forfeit payments made for the league season.

1.2 Dressing Rooms

The staff and management of Extreme Ice Center will not be held liable for any lost or stolen property. All teams are responsible for securing their dressing rooms. Teams will be responsible for any willful damage caused in the dressing rooms or any other part of the arena.

1.3 League Information

All players are encouraged to visit the CIAL league page www.xicenter.com for all league information, including schedules, standings, rules and more.

1.4 Ice Resurfacing

For the safety of all participants, teams must remain off the playing surface while the Zamboni is resurfacing the ice and the doors are open. Failure to comply will result in a minor penalty to the offending team. Repeat incidents may result in suspensions to the team captain. After games, all teams must leave the ice area in a timely fashion so the Zamboni can begin the maintenance of the ice and so as not to delay the program.

Section 2 – Teams

2.1 Rosters

- All players must be at least 18 years of age to play in the Extreme Ice Adult Hockey League.
- All players and goalies are required to register with USA Hockey and must have current registration any time they play in the league.
 - Online USA Hockey registration is available at USAHockeyRegistration.com and is valid from September 1st of the calendar year to August 31st of the following year.
- All players must register online via “Dash” and join each team on which they are playing, BEFORE stepping on the ice.
 - This ensures that each player has provided their USA Hockey registration confirmation number. Individual player registration instructions are provided on the CIAL League page at www.xichockey.com
- Rosters are to be a maximum of 20 players including a goalie
 - One goalie must be rostered on your team. Any sub goalie does not have to be rostered, but must be rink approved for that given league.

- Must be approved by the Extreme Ice Center hockey department prior to the start of the season.
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- Players cannot play on more than two teams within the same division.
 - Once someone plays for your team, that player is locked onto that roster.
- Rosters are locked immediately following the 4th game of the season.
 - No players are to be added after this point or it will result in forfeiture of the games in which the player(s) played.
 - No one can be added to the roster after week 4. No exceptions. Make sure your players are registered through Dash and Sports engine by week 4.
- Teams must ensure that only properly registered players play in any game throughout the season, meaning that they are rostered and approved by the hockey department.
 - If a team disregards this rule by using an in-eligible player, their game is automatically declared a loss and up to a 5-game suspension may be given to the team captain.
 - Suspended players are also considered ineligible players and may return once their suspension has been served.
- Policing of team roster and detection of illegal players is primarily the responsibility of the individual teams. The league may declare a game a forfeit under the following circumstances, but is not limited to these.
 - (1) The Name of an illegal (non-rostered) players, defined as any player who does not have complete paperwork on file, plays or appears on scoresheet;
 - (2) A suspended player dresses while under suspension;
 - (3) League or game officials recognize an illegal player on the ice.
- In cases where a player's identity is in question, the protesting team has the right to require that said player produce a valid photo I.D. Any player unable to produce valid ID will automatically be declared illegal, unless a league or game official is present who can vouch for his identity. In the absence of any such verification, a forfeit declared in favor of the protesting team may occur after the game.

2.2 Sign in Sheets

- All participating players must sign in on the team sign-in sheet prior to each game. Player names can only be added to sign-in sheets by league administrators and will only appear on sign-in sheets once said players have been properly registered online. Player names may not be handwritten on sign-in sheets by team members.
- Adult League sign-in staff and Extreme Ice management reserve the right to ask for photo identification for any players signing in to play in the league.
- Sign-in sheets must be signed by each player to ensure that the roster is an accurate reflection of who is playing
 - If the Scorekeeper notices more players on the bench, then signed, that team may be asked for photo Id.
- If late players do not sign in with the scorekeeper before getting on the ice.

2.3 Playoff Eligibility

- To be eligible for playoff participation, each player must have participated in a minimum of 6 games during the regular season (Fall 2022). This will be counted based on the sign-in sheets, NOT SportsEngine.
- Any team using an ineligible player during the playoff season will forfeit that game and may be disqualified from further playoff participation.
- GOALIES in Playoffs – If a team's rostered goalie cannot play, **any sub goalie used must be appropriate for that division and must be cleared by the hockey department.**
- Any player who has not received the minimum number of games and are requesting to play in playoffs due to work or travel must be discussed with Director by Week 8.

2.4 Captains

Each team is permitted one captain and one assistant captain. Only players with this designation will be permitted to discuss judgment calls with the on-ice officials. Team captains are the only persons permitted to discuss issues with the league director following any league game. All inquiries are to be reported through the team captain or assistant captain, including suspension appeals. Team captains are responsible for making players on their teams aware of league rules.

2.5 Suspended Players

- Any player suspended for a game must serve that penalty for his team before he/she can play on any other team. Even if you are rostered on more than one team.
- If a player receives a suspension on one of their teams, they will sit the required number of games for that team. If that player plays on multiple teams, they cannot play for the other teams while they are on that suspension.

- Any team dressing a suspended player will forfeit the game in which the suspended player plays. The suspended player will continue to serve his or her original suspension and may be suspended for additional games up to the remainder of the season. The team captain of the suspended player is subject to the same suspension as the player for allowing to player in question to play. Suspensions incurred at the end of a season will carry over to the following season, or the next season in which the suspended player appears.

2.6 Appeals

- Some suspensions may be appealed. A formal written appeal must be submitted to the league director, Tyler LaShomb within 24 hours following the game in which the infraction occurred.
- Team captains are the ONLY persons permitted to submit appeals on behalf of any team member. NOTE: Match penalties and fighting infractions are not eligible to be appealed, and offending players may be required to attend a disciplinary hearing in addition to serving a suspension before being reinstated to play.

2.7 Payments

- All balances must be paid in full before the first game
- Any Fees not paid will make that team ineligible for the next season allowing a new team to enter the league.
- Captains will need to ensure that all fees have been paid.

Section 3 – Equipment

3.1 Team Jerseys

- The league expects all teams to dress as a proper team with matching jerseys. For clarification, “Matching Jerseys” will mean that each player’s jersey has the same design and color scheme; the jersey does not necessarily need to have a matching crest on the front of the jersey. Jerseys must have proper numbers (sewn, screen-printed or heat-pressed numbers that are legible); using paint, hockey tape or other materials on a jersey in place of a real number is not permitted.
- After game four any player who does not have a matching team jersey with a proper number will not play again until compliant with the jersey rule. The League Director will address the issue with the captain.
- Any team who cannot abide by this rule will be ineligible for the following season.

3.2 Proper Equipment

- All players must have full hockey equipment for their protection. Equipment must be functional, including but not limited to: Secured chin straps on helmets, full padding, etc. Full hockey equipment consists of (but is not limited to): Helmet; Skates; Hockey Stick; Hockey Pants; Jockstrap; Hockey Gloves, Shoulder Pads, Elbow Pads, Shin Guards, Neck guard, etc.
- Although not mandatory, the League highly recommends that players wear helmets with FULL CAGES as well as mouth guards. 911 will be called anytime an emergency with a shot to the face, concussion.
- The safety of all participants is of the utmost importance, so players must adhere to this policy or they may be asked to leave the ice.

Section 4 – Penalties

4.1 Body Checking Penalties

- All league divisions are NON-CHECKING.

4.2 Fighting

- Fighting will not be tolerated in the league.
- A fight will carry a mandatory 3 game suspension for the offending player, and said player may not participate in league games in any division until the suspension has been served.
- Third man in during a fighting or non-fighting altercation will carry a one to five game suspension as decided by the league administrators based on the severity of the altercation.
- If a player receives two fighting suspensions in the same season, the player will be expelled from the program for the remainder of the season and may be subject to additional discipline including permanent expulsion from league play. (NO REFUNDS)

4.3 Game Misconduct

- Any player receiving a game misconduct penalty during a game will be ejected for the balance of the game, and receive an automatic 1 game suspension from that league.
- Four penalties in a single game will result in the player being ejected for the remainder of that game.
 - If a player receives 4 penalties in a game more than twice during a season, he or she will be subject to additional discipline by the league.
 - A player receiving 4 penalties in a game for a third time during a season will be ejected for the remainder of that game and will also receive an automatic one-game suspension for the next game
- Any player receiving an Instigator penalty during a Fighting Major will be assessed a GAME MISCONDUCT.

- Any player coming off the bench and getting involved in an altercation will receive an automatic one-year suspension.
- Any player receiving a total of 4 “4 and out” penalties in one season (i.e. game ejections) will result in an automatic game suspension.
- Any player receiving 40 penalty minutes in a 10-game season or 48 minutes in a 12-game season will receive a 1 game suspension. If it occurs during the last game of the season, the suspension will carry over to the following season.
- Any player receiving 50 penalty minutes in a 10-game season or 58 minutes in a 12-game season will result in a 2 Game suspension and a Disciplinary Hearing. The player must attend the hearing before being allowed to return to play. If it occurs during the last game of the season the suspension will carry over to the following season.
- Any player receiving 2 Game Misconduct penalties in the same season will incur a MANDATORY LEAGUE SUSPENSION AND BE REQUIRED TO ATTEND A DISCIPLINARY HEARING.
 - Player CANNOT resume play in any XI League until the hearing is held.
 - Hearing MUST be completed no later than 30 days from the date of receiving the 2nd Game Misconduct. If the hearing has not occurred by this timeframe, the suspension will be considered completed and the player will be allowed to return to play

All SUSPENSIONS and DISCIPLINARY issues will be reported to other local league for reciprocation.

4.4 Talking to Referees

If your team has a question about a call that a referee makes, then please have your captain address the referees at an appropriate time. If you are called for two minutes, please go directly to the box before it escalates to a 10-minute misconduct or to a game misconduct. If there is a question and it is a potential heated call, the captain will need to wait until after the game and contact the league director.

Section 5 – Game Flow

5.1 Game Times

- 3-Minute Warmup
 - Time starts as soon as the Zamboni doors close
 - If teams are not ready for puck drop, they can call their timeout at the beginning of the game. If the team does not have 6 players by the end of the 30 second timeout.
- 20-Minute Periods-running time
 - If the game is within 2 goals during the last 2 minutes of the 3rd period, the game will become stop time.

5.2 Game Scheduling

- All games will be played at the date and time shown on the team schedule. Cancellation and rescheduling of games due to weather or other conditions is at the sole discretion of the league.

Playoff games do not have to be scheduled on the normal game night(s) for each league. Any requests to reschedule a game must be made by a team captain ONLY and must be made AT LEAST 72 hours before game time.

- Emails or phone calls must be made to Tyler LaShomb or email: adulthockey@xicenter.com. The league may or may not be able to accommodate such a request on short notice.
- Forfeits- Teams must forfeit 72 hours in advance for referee scheduling. If a team forfeits a game with less than 72 hour notice, the forfeit will be counted a loss. Once the rink learns of a forfeit within 72 hours we will post the open slot to be used as practice ice or will help to try and facilitate a scrimmage.

5.3 Substitutions and Tardiness

- Teams must have five players and one goalie to start a game.
 - If an insufficient number of players are on the ice at the start of the game, but there are enough players in the dressing room, the team must take their timeout.
 - If there are still insufficient numbers, the clock will begin running and the team will be assessed a 2-minute delay of game penalty when sufficient players are available.
- If a team does not have a goalie, that team has the option to play the game with six skaters or forfeit the game.

5.4 Overtime

- Regular Season – If a game is tied at the end of the 3rd period, a three man shoot-out will be held to determine a winner. If after the three shooters, the score is still tied, a sudden death shoot-out(one skater each) shall continue until a winner is determined.
- Players that are serving a penalty at the end of the game will not be allowed to shoot in the shootout, no matter how many rounds.
- Playoffs – If a game is tied at the end of the third period, a 5 minute run time, 4 on 4 overtime period will be played.
- If the game remains tied, then a 3 man shootout will commence. A sudden death shootout will commence until a winner is determined.
 - Uneven rosters during shootouts: The team with the smaller roster must use up all of its players before returning to the top shooter if necessary; the team with the larger roster may decide either to return to its top player after using the same number of shooters OR use the rest of its roster.

5.5 Standings

Standings will be recorded on league website so that seeding can be established for post season play.

The following will be the format used to break ties during the regular league play:

- A. Head to Head record
- B. Most Regulation Wins
- C. Goal Differential
- D. Fewest Penalty Minutes
- E. Coin Flip

5.6 Playoff Qualification

*Regular season seeds will remain in that seed for the entire playoffs. For example, if you are the 8th seed and beat the 1st seed in the first round, you will play the next HIGHEST ranked team in the second round! Consolation brackets will be scheduled at the league's discretion and if ice is available so that most teams in the league would have at least one playoff or consolation game.

Officials

- During the game, the on-ice official's decision is final. Abusive language will not be tolerated. Zero tolerance will be observed. The game officials, in the event of abusive or foul language or racially motivated behavior toward any official, player or other party, will assess a game misconduct penalty. Subsequent game suspensions may apply based on referee report and recommendation.

(CITHL League Rules) – last updated 9/1/2022