

ITHACA ADULT HOCKEY ASSOCIATION

2025-26 REGISTRATION

info@ithacaadulthockey.com

- REGISTRATION** | Registration and payment will be available at <http://www.ithacaadulthockey.com/> beginning at 9PM on Thursday, September 18th. You are encouraged to sign up for a SportsEngine account which will make future registration easier. Payment is due at registration. You can pay by credit card, debit card or checking account.
- USA HOCKEY** | You must register with USA Hockey in order to play in the league. Your 2025-26 USA Hockey Player registration number is required during the online registration process. If you are on the wait list, do not register with USA Hockey until we confirm a spot for you in the league.
- DEADLINES** | On-time registration – must be submitted by noon Thursday, September 25th.
- Late registration – after the deadline, a \$30 late fee applies for returning players.
- If spots fill up, you may get shut out even if you register before the deadline. Last year B/C was full. Check the website for updates. If this happens, please sign up for the wait list. Additional teams may be created when there are enough people on the wait list.
- PLAY TOGETHER** | You may partner with other players (maximum three in the group) by making a “We want to play together” request during registration. All players in the group must make the same request. Attempts to “draft” a teammate and uncoordinated requests, will be rejected.
- NEW PLAYERS** | All players will be assigned to a team by the IAHA.
- Answer the questions about your prior hockey experience during the registration process. To assist the Board in your team assignment, new B/C players are **required** to play in at least one pre-season game, or be of known skill level to the Board. This includes new players who wish to sub.
- PRE-SEASON GAMES** | Pre-season games will be scheduled for all B/C players. New players in B/C MUST attend at least one game. The cost is \$15 per game, payable the night of the game. All fees must be paid before you step on the ice. Players must be registered in the league to participate. Full equipment is required.
- If a game is full, sign up for the wait list. As we get closer to game day, we’ll shuffle openings between new and returning player slots to fill up any open slots. If you cannot make a game you signed up for, please cancel.

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2025-26 LEAGUE INFORMATION

info@ithacaadulthockey.com

The Ithaca Adult Hockey Association was formed during the summer of 1999 by a group of players from both the Cass Park and the Rink leagues. The primary goal of IAHA is to promote a healthy and fun recreational adult hockey league in Ithaca by providing oversight of the league administration, improving parity among teams, promoting sportsmanship, and encouraging players at all skill levels to participate.

DIVISIONS | For the 2025-26 season, IAHA will offer a B/C Division only. The B/C division is for entry level to intermediate players. Advanced players may not play in the B/C division; If you played (or could have played) high school varsity, college club or any organized hockey at a highly competitive level, you are probably an A/B player.

New players who are above the intermediate level should consider the A/B division run by the Community Recreation Center. Unfortunately, the A/B division starts a few weeks before the B/C season. While we do coordinate with the A/B group, if we determine that your skills are better suited for A/B during our team assignment sessions, there will be very limited opportunity to join that group at that late date, and you may get shut out for the season.

TEAMS | Teams will consist of a maximum of 13 skaters plus one goalie. No player will be assigned to a team until the individual has submitted an online registration, including USA Hockey registration, and made payment to the association.

If players want to be assigned to the same team (maximum of three), they must all make a "We want to play together" request during their registration session. All players who want to be paired together must make complementary requests naming the others in the group.

All players will be assigned to teams in a randomized fashion by the IAHA Board.

SEASON | Each team will play 26 regular season games, plus a minimum of 2 playoff games. The season will run from October 19, 2025 to roughly March 15, 2026. Game schedules will be distributed prior to each team's first game.

The cost for the entire season is \$535 for skaters. The fee for goaltenders is \$50. You must register separately with USA Hockey.

The deadline for registration and payment without a late fee is noon Thursday, September 25, 2025. For returning players only, there will be a \$30 late fee for any registrations submitted after this date. Remember – no registration and no payment means no team assignment.

Roster spots are filled first-come, first-served. Registration before the deadline does not guarantee a spot in the league. When all team rosters are full, a waiting list will be maintained. Additional teams will be created when there are enough people on the wait list.

USA HOCKEY | You must register directly with USA Hockey at <http://usahockeyregistration.com>. The cost is \$64 and must be paid with a credit card.

When finished, note your USA Hockey registration confirmation number. This must be entered and verified during the IAHA online registration process.

DO NOT sign up for USA Hockey if you are on the IAHA wait list.

SUBS | The fee to register as a sub player will be \$125. There is no per game fee for substitute players. Sub registration doesn't start until after teams are made.

B/C subs will be restricted to playing eight (8) regular season games total. Subs are not allowed to play in the playoffs.

Requests to register as a sub must be made by a team captain and be approved by the Board. Once approved, the player must submit a registration, including USA Hockey registration, and make full payment, before he/she will be allowed to play. DO NOT register with IAHA or USA Hockey until the Board tells you that you have been approved. There is no deadline to register as a sub, but all new players who wish to sub must have played in at least one pre-season game or be of known skill level to the Board.

SPLITS | If you cannot play full time but are interested in splitting a spot with someone, contact info@ithacaadulthockey.com

NEW PLAYERS | Players new to the league will be assigned to a team by the IAHA. All new B/C players are **required** to play in at least one pre-season game, or be of known skill level to the Board.

WEBSITE | Check our website at www.ithacaadulthockey.com for schedules, scores, standings, and announcements.

SPONSORS | Any individual, group or business wishing to sponsor a team in the league may do so by supplying team sweaters or paying a sponsorship fee to the IAHA. Team Sponsors will be recognized on the IAHA website.

IAHA will be happy to include links to businesses and organizations on our website. Contact us if you, or anyone you know would be interested in discussing sponsorship.

BOARD | IAHA Board - board@ithacaadulthockey.com

Ray Ackerman – firstchairrec@twcnny.rr.com

Eric Cyker - eric@catcyk.com

Merri Goodrow - mgoodrow@cornell.edu

Dan Hazlitt – dan@hazlitt.ca

Ukiah Kraus – ukiahkraus@yahoo.com

Katie Mekarski - kmekarski@gmail.com

Brad Norton - bradrnorton@gmail.com

James Orcutt, Jr. – james@jamesorcutt.com

Matt Weaver - weavematt@gmail.com

ITHACA ADULT HOCKEY ASSOCIATION

2025-26 RULES

League Rules

1. No person will be allowed to participate in this league until they have properly completed the IAHA and USA Hockey registrations and have paid their registration fee.
2. You must be 18 years of age before you can play a game in the IAHA.
3. Unless a replacement player is available, no refunds will be issued after the first scheduled ice time.
4. The assignment of players into teams and divisions will be the responsibility of IAHA.
5. All players and goaltenders must wear the same color jersey when playing. IAHA will provide team jerseys.
6. Any team allowing a person to play for them who is not on their roster (or who is suspended) will forfeit that game. In addition, the captain of the team will be suspended for three games. A goalie may be replaced due to injury, illness, etc. from a pool of goaltenders kept by league officials. Each team may register three substitute players, with IAHA approval, who may fill in for missing players. Sub players must complete IAHA and USA Hockey registrations, be approved by IAHA, and pay the registration fee prior to participating in any game. Subs may not participate in playoff games. Players may not register to play – full time or sub – on more than one team. Sub candidates who are new to IAHA must play in at least one pre-season game or otherwise be of known skill level to the Board.
7. Admission to this league is on a first-come, first-served basis. Each team is limited to a maximum of thirteen players on their roster. A waiting list will be kept of additional persons wishing to join the league.
8. Injured players may be permanently replaced on a team's roster, with IAHA approval, prior to the beginning of the playoffs for the division. Requests to replace players for other reasons, must be made prior to the beginning of the team's 20th game. Prior to a team's 20th game, players on the waiting list will be given preference over a captain's request. The replacement candidate should be an existing sub or otherwise of known skill level to the Board, and, in most cases, the replacement's skill level should be comparable to or below the level of the player being replaced. The Board may assign a replacement player at any time.
9. All roster or ineligible player protests must be made in writing within 24 hours of the game played and submitted to a member of the IAHA Board. All protests and problems will be dealt with by IAHA within 10 days of its receipt; decisions will be final. On-ice judgment calls by a referee will not be considered grounds for a protest.
10. A player who consistently misses games may be replaced by a player on the waiting list at the request of the team captain.
11. Game misconducts, reports of "cheap play," unsportsmanlike or inappropriate behavior, verbal abuse, and certain other penalties will be reviewed by the IAHA Disciplinary Committee. After approval of their recommendation by the IAHA Board, the Disciplinary Committee will notify players and their team captains of suspensions. Repeat offenders, gross misconduct or intent to injure penalties may result in expulsion from the league.
12. The schedule is the schedule. Once the schedule is published by IAHA, changes will be made only for the following reasons: weather conditions, rink facility concerns, rink imposed schedule changes, health concerns, availability of officials, IAHA administrative needs. If there is a known or foreseeable event that would cause a significant number of players to miss games, email board@ithacaadulthockey.com prior to the release of the regular season or playoff schedules.

IAHA RULES CONTINUED

Playing Rules

1. USA Hockey senior rules will be used during league play except as otherwise modified in the league rules.
2. All players, without exception, will be required to wear an HECC approved helmet model and facemask (half-shields are allowed), with a properly fastened chinstrap. Expiration dated HECC stickers are not required. All players will wear only approved ice hockey equipment. Equipment must fit and be worn properly. A game referee or league Board member may expel from the game any player who violates this rule. A player caught wearing or using improper equipment a second time in the same season may be expelled from the league.
3. All games are scheduled for a time period of one hour and 15 minutes. This will consist of a 5-minute warm-up, three 20 minute, running time periods, and 2 minute rests in between periods. Games may end in ties. No overtime will be allowed except in the playoffs.
4. Slapshots are prohibited. Raising the blade of the stick above the plane of the waist, in either the wind-up or follow-through, shall be considered a slapshot. Violation of this rule shall result in play being stopped and the ensuing face-off held by the end zone spot of the offending team.
5. If, at the discretion of the referee, a player uses or attempts to use a slapshot or any other action to intimidate an opponent, a minor, major, misconduct or game misconduct penalty may be called. A game misconduct penalty using this rule shall only be for the current game.
6. Due to the nature of this league (recreational), there will be no body checking or excessive contact allowed. A violation of this rule shall result in a minor or major penalty at the discretion of the referee.
7. The duration of all penalties shall be set forth in USA Hockey rules unless otherwise noted herein: minor 2 minutes, major 5 minutes, etc.
8. Any player, who receives four penalties in the same game shall be immediately ejected for the remainder of the game with no further suspension, except as discussed in the Disciplinary Policy.
9. If a fight occurs, the participant(s) in the fight will be immediately expelled from the game and must also sit out their team's next five (5) games plus any additional penalties assessed by the Disciplinary Committee and Board.
10. Any player who receives 2 game misconduct penalties during the season may be suspended or expelled from the league at the IAHA Board's discretion.
11. Timeouts will be allowed if the referee determines there is sufficient time remaining. Timeouts must be called prior to lining up for a face-off. When a timeout is called, the referee will make note of the time on the clock and adjust the game time to the time noted.
12. With two minutes or less remaining in the game, and a two goal or less differential, if a penalty is called on the team leading (or either team if the game is tied), the clock will be reset to the time at which the play was stopped. If play is already stopped when the clock reaches 2:00, the clock will be stopped and reset to 2:00 until play is resumed. The clock will not be stopped or reset if a player on the losing team is the only player penalized.
13. IAHA reserves the right to modify these rules at any time. All decisions of the IAHA Board are final.

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2025-26 DISCIPLINARY POLICY

The Disciplinary Committee is commissioned by the IAHA Board to set guidelines, review incidents, and recommend appropriate disciplinary action to the full board.

The Committee members are:

James Orcutt, Jr., IAHA Board, Disciplinary Committee Chair, james@jamesorcutt.com

Brad Norton, IAHA Board, Disciplinary Committee, bradrnorton@gmail.com

Eric Cyker, IAHA Board, eric@catcyk.com

Mike Judd, Disciplinary Committee Member, juddmd31@gmail.com

Tara Bricker, FLHOA Official, swagdog113@gmail.com

A review will be initiated whenever a game sheet indicates any game ejection or misconduct penalty. A review can also be requested by any league participant when he or she feels a player has acted too aggressively or in an otherwise inappropriate manner, even if no penalty was recorded. To request a review, email a committee member. Include details of the incident and the names of others who can corroborate your complaint. Anonymous reports will not be reviewed. Accused players will be given an opportunity to comment. Referees are contacted to obtain their perspective of each incident. Reviews are handled primarily via e-mail.

We understand this is not a complete list of the infractions. We have classified these into several degrees of seriousness. As necessary, we will add to the list. We have chosen these actions as inappropriate in our league. We feel they simply are not part of the sport of hockey and do not belong in our adult league.

The suspensions listed are guidelines we will use. We will review each incident individually. We feel it is unlikely that it will be appropriate to reduce a penalty below what we have listed; hopefully it won't be necessary to lengthen a suspension. But we are retaining the flexibility to do either.

Suspensions will carry over into the following season, when necessary.

If a substitute player is involved, rather than trying to figure out when the player would have played again, we will simply double the total suspension (USA hockey + additional suspension).

All recommended penalties listed are in addition to any required USA Hockey suspensions:

No Additional Suspension

- Third player interfering with a fight, if the involvement does not cause the fight to escalate.

Additional One Game Suspension:

- Fourth and subsequent players interfering with a fight, if the involvement does not cause the fight to escalate.
- Third and subsequent game ejections because of four penalties in one game.

IAHA DISCIPLINARY POLICY CONTINUED

Additional Two Game Suspension:

- Sucker Punch
- Flagrant Two-Handed Slash
- Fight Instigator
- Third and subsequent players interfering with a fight, if the involvement causes the fight to escalate.
- Leaving the bench during a fight
- Leaving the crease to join a fight

Additional Three Game Suspension:

- Hit-from-Behind into the Boards or Net
- Spear
- Butt End
- Kick
- Head Contact Major
- Charging or body-checking a goaltender. Making unforced significant contact with a goaltender, including by choosing a skating path that does not clearly avoid the goalie's position.

Additional Four Game Suspension:

- Fighting

Season Suspension - Player must meet with the Board to request reinstatement prior to submitting an application for the next season:

- Wayne Maki/Marty McSorley type stick swinging
- Flagrant Intent to Injure
- Injury to a Player or Official as the result of any of the above infractions, if the action is deemed deliberate or reckless
- Second penalization for any of the above infractions in the same season. The Board may impose a season or extended suspension for repeat offenses that occur over multiple seasons.

Abuse of Official

- Mild Verbal Abuse – no additional games
- Continued abuse after being given ample time to settle down – one additional game
- Threatening or making contact with Official – three additional games