



AAHL Open League Rules

Edited: August 31, 2018

1. Game Rules

League games will be played using the current rules as set forth by USA Hockey for adult non-check ice hockey as a guideline. Exceptions and highlights are listed below as well as in the AAHL Special Rules document (available at <https://www.AtlantaHockey.org>).

2. Clocks/Time

Games consist of a five (5) minute warm-up, and three twenty-five (25) minute periods of running time with two (2) minutes between each period to change ends. The ice will be resurfaced before each game. The final five (5) minutes of all games will be stop time. In the event there is no scorekeeper at any particular game, the third period will be twenty-seven (27) minutes running time.

3. Time-outs

Each team in will have one (1) sixty (60) second time-out which can be used at any time.

4. Ties

Games ending in a tie in will be followed by a five (5) skater shoot-out, "Guest" team shooting first. Any skater serving a penalty when the final buzzer sounds at the end of regulation time, is totally ineligible to participate in the shoot-out. The winning team will receive two (2) points and the shoot-out loser one (1) point. Games still tied after each team has attempted five (5) penalty shots will be determined a tie with each team receiving one (1) point.

Playoff games still tied after the shoot-out, will proceed to a sudden death penalty shot shoot-out. All players (except players ineligible due to penalty status at the end of regulation) are eligible in the sudden death shoot-out, but once sudden death commences, the team must exhaust it eligible players before a player can shoot a second time in sudden death. Home team gets a chance to tie if Guest makes the first shot

5. Helmets

Helmets approved for hockey must be worn by all players at all times during the match, including on the ice, on the bench, or in the penalty box. Except for the AAA, all players' helmets must have eye protection approved for hockey. Special rules apply to goalie helmets and masks, and goalies should direct inquiries to their league Vice President for specific information.

6. Checking

No checking is allowed at any time during any game.

7. Goalie Protection Area

An area outlined by a box to extend from the center of each face-off circle straight back to the end-boards and between the face-off circles. If the goalie is in the confines of this area, he cannot be interfered with and must be allowed freedom of movement.