



### Official Rules for NoCo Adult Hockey

1. Leagues follow USA Hockey standard rules with minor adjustments (Blue Line Icing)
2. Any player with 5 or more penalties will be kicked off the ice for the remainder of that game.
3. **3 Minute warm-up.** All periods will be 14 minute stop time. There is a mercy rule in the 3rd period. If the goal differential is 6 or more goals the clock will go to a run clock.
4. Games will be curfewed if delayed for extended period of time to keep schedule on track.
5. It is the captain's responsibility to find a goalie replacement. They must be in the same level or below unless a higher-level goalie is approved to play down. If you have a goalie not on the list, contact the director and league rep to get approval. Your sub-goalie should be a similar skill as the one you have rostered. If you bring someone far better, the game may be deemed a forfeit.
6. Overtime is a 5 Minute run clock 3 on 3. Game will end in tie if no one scores. D League will be a best of 3 shootout followed by a sudden death shootout. Each team shoots the same number of times.
7. This is a **NON-CHECKING** league. Anyone checking will be given an automatic **4 minute** major penalty.
8. Any player fighting will be given a game misconduct and suspended the following game for that division with possible fine depending on severity. Any player fighting again in the same season will be tossed out of the league with no refunds.
9. Any player receiving a match penalty will be suspended for designated period of time determined by hearing between officials, director and league rep.
10. **No vulgar, abusive, threatening language to the refs at any time. If this action occurs, you will be ejected from the game and will be suspended an additional 2 games. If repeat offenders, League Directors can add more games suspended or eviction from the league. If you have a question about a call please address the ref in a respectful manner. Yelling, swearing, and threatening are not going to get you an answer back. We will be addressing the refs as well on this subject.**
  - a. **Teams will assign one team captain per game. Let the refs know who that will be before each game. The team captain can discuss calls respectfully with the ref throughout the game. Other players arguing calls with the refs will be told to talk to their team captain.**
11. Any player given a physical abuse of official will be kicked out of the league for remainder of season.
12. Any player given a game misconduct will be kicked off the ice for the remainder of the game and possibly suspended the following week after review. All games are under video surveillance
13. **NO SUBS.** Only league registered players can play. Any team with a non-rostered player with forfeit that game, and the captain may be suspended if it's a multiple offense. If questioned you will have to show a photo ID. NO EXCEPTIONS.
14. No Alcohol, illegal drugs, weapons and tobacco products are allowed within NoCo ice center
15. Any team that has a severely injured player (3 or more weeks out) may be allowed a substitute, upon approval.
16. There will be NO players added to any roster 3 weeks before playoffs start.

17. Anyone who is in a league that is under their ability and is proving this by padding their stats will be removed from that league. If there is room in an upper division they will be placed there, but if it is full they will just be out of luck with NO REFUND so play at the level you are supposed to be at.
18. No one is allowed on the player benches unless approved by officials.
19. **ALL COMPLAINTS** have a 24 hour cooling off period, no emails from the locker room.
20. NoCo Adult League is not affiliated with USA Hockey in any way but the officials use the USA Hockey Rule Book for all rules and interpretation. The league director may modify any suspensions if they see fit.