

# 2026 C.I.A.H.L. Player Handbook



## CENTER ICE ADULT HOCKEY LEAGUE



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## PLAYER HANDBOOK

### Center Ice Adult Hockey League

#### 2026 Season

This handbook has been assembled for the participants of the Center Ice Adult League. The rules, regulations and policies herein have been reviewed and approved by the CIAHL Commissioner. The team representatives also voted on many of the items to shape and reflect the spirit of the league their teams are seeking: a fun, challenging and safe adult hockey recreation program.

#### **INTRODUCTION**

Center Ice Adult Hockey League welcomes you to an exciting and unique brand of adult recreational hockey programming for players of all skill levels ages 18 and older.

It is our goal to exceed your expectations and provide you with a highly energized atmosphere for teamwork and quality hockey development.

**While we encourage all players to read this handbook. The team captains will be responsible for reading, comprehending, and enforcing these policies and procedures.**

#### **CIAHL STAFF**

**Chad Norman – [cnorman232@gmail.com](mailto:cnorman232@gmail.com)**

As Commissioner, I will be responsible for the overall operation of CIAHL. These operations include program development game and ref scheduling, game operations, team parity, disciplinary actions, rules, regulations, and league correspondence.

#### **CIAHL on the WEB**

For access to all CIAHL information, including league schedules, division stats, standings, team rosters, upcoming leagues, and all other important CIAHL information, please visit [www.CIAHL.com](http://www.CIAHL.com)

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## Disciplinary Committee

The Disciplinary Committee will consist of the CIAHL Commissioner. In resolving disputes, a witness of the incident will participate in the review. This could include a referee, scorekeeper, or another member of the staff.

## Team Representative

- Each CIAHL team is required to name one team representative per team each season.
- The team rep is required to attend any meetings scheduled by the CIAHL staff.
- Team reps shall actively engage in all correspondence with the CIAHL Commissioner.
- Player questions or concerns **MUST** first be directed toward the team rep before they are brought to the attention of the CIAHL staff.
- Team captains are responsible for notifying all players of the league rules. The CIAHL Commissioner reserves the right to make any determination with regard to any rule or situation or to change and/or amend the rules and regulations, at his sole discretion without prior notice.

## USA Hockey Membership

In addition to league fees, all CIAHL participants are required to register with USA Hockey. USA Hockey provides accident insurance for covered medical expenses. The membership is valid for all USA Hockey sanctioned leagues and programs from Sept 1 through Aug 31 each year.

**YOU MUST HAVE CURRENT USA HOCKEY REGISTRATION IN ORDER TO PARTICIPATE IN GAMES. NO EXCEPTIONS.**

Players are required to turn in copy of USA Hockey registration card to CIAHL Commissioner. The Commissioner will keep the records on file each season.

## Registration

- Team payments
- Team payments will be due upon registration paid by the captain.

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- Team captain must have a minimum 12 players registered before season starts or will have players assigned to the team by the commissioner.

## Refund/Credit Policy

There will be no refunds once dues are paid. If you need help finding a replacement player, please see the Commissioner.

## Rosters/Substitutes

- All players must be 18 years old to be eligible to participate in the CIA Adult League. **(THERE WILL BE NO EXCEPTIONS TO THIS RULE)**
- Players may be asked to show a photo I.D. by the League Director or Referee(s).
- Each player is required to sign the score-sheet before stepping on the ice. All players on the ice must be signed in and accounted for. **DO NOT SIGN IN FOR YOUR TEAMMATES UNDER ANY CIRCUMSTANCES.**
- If you are late to a game you must check in with the scorekeeper so sign in.
- A final list of players must be submitted to the league commissioner before the first game. There will be no changes to the roster after that time
- **In 16 game seasons, a player must participate in 8 games in order to be playoff eligible.**
- Players not listed on the roster will NOT be able to play in a game.
- Only players listed on a roster can participate in games.
- If you need a substitute goalie, it will be your responsibility to get a goalie if your goalie is unable to play.
- If a team needs to use a sub goalie in the playoffs **the goalie must be approved by the CIAHL Commissioner.**
- Sub goalies can only play for 1 team in the playoffs

## Ineligible Players

- Any team participating in a CIAHL game and is found using a non-rostered player or players determined to be ineligible due to

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disciplinary reasons, shall forfeit games said player participated in.

- The team captain may also be issued an automatic 3-game suspension.

## CIAHL Rules and Regulations

### Playing rules

- USA Hockey rules shall govern game play of all sanctioned CIAHL games at CIA.

### Game Times

- All CIAHL games consist of 70 minutes of ice time.
- Slots consist of a 5 minute warm up and three 14 minute stop time periods.
- Due to scheduling efficiency, all games will start and end in accordance with the daily facility schedule.

### Running Time

- In the event a game is in jeopardy of not completing within the allocated time slot, the facility scorekeeper shall inform the referee and the team rep that the game will proceed using the run time format.
- Scorekeepers are also instructed to run the time clock due to unnecessary delays.
- The Scorekeeper will start the warm up clock at the start time.

### Ties/Overtime

- If the score is tied at the end of regulation play during the regular season, teams will play 3 on 3 for 5 minutes of running time.
- If the game remains tied after the OT period, a shootout will begin with each team selecting 1 player to alternately attempt a penalty shot.

### Playoffs

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- If the score is tied at the end of regulation play during the PLAYOFFS, 3 on 3, five minute run time, sudden death overtime period will commence.
- If the game remains tied after the OT period, a shootout will begin with each team selecting 3 skaters to alternately attempt a penalty shot.
- The visitor will begin and the home team will have the opportunity to answer a goal.
- If the game remains tied after the initial shootout, each team will select and rotate shooters who have not attempted a shot until one team scores an unanswered goal and is declared the winner.
- If a player is in the penalty box at the end of regulation play and has not served the full penalty, that player will not be eligible to participate in the overtime during the regular season or the shootout during playoffs.

## Forfeits

- In the event a team is forced to forfeit a game for any reason, the opponent shall receive an automatic 1-0 victory.
- The opponent shall have the opportunity to utilize the allocated ice time for scrimmage.
- Referees and scorekeepers will not be available.

## Player Equipment

- In accordance with USA Hockey rules and enforced by the game referees, all CIAHL players must wear full equipment including an HECC certified helmet.
- All Helmets must have original manufacturing specifications, any alterations or modifications made will cause the equipment to be illegal.
- Helmet Chin Straps must be fastened at all times In addition to a certified helmet, all players must wear Shin Guards, Elbow Pads, Gloves, Protective Cup and Hockey Pants.
- **HELMETS MUST BE WORN AT ALL TIMES ON THE BENCH AND DURING WARMUPS.**

## Jersey Policy

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- All participants must wear matching jerseys with numbers. Player numbers must be readable at all times.
- Player numbers must correspond with the score sheet.
- If a player does not have a matching jersey, a 2 minute minor penalty will be handed out to start the game by the commissioner or the referee.
- If there is a sub player, it is the team Captains responsibility to make sure the player has a matching jersey.
- Teams are required to have matching home and away jerseys with matching numbers
- Home teams wear Black/Dark Jerseys away team wears White Jerseys

## Referees

- At no time shall a CIAHL player confront a referee following a game.
- This includes but is not limited to accessing the referee's room.
- Any player who violates this rule shall be subject to an immediate disciplinary hearing and suspension from CIAHL.

Note: Although you may not agree with every call made (or not made) by the referees, it is important to remember that as a player in CIAHL, you are responsible for conducting yourself in a professional and appropriate manner (see player conduct). CIAHL also has a zero tolerance for abuse of officials (see zero tolerance).

## No Referees Present for Game

- In the event no referees are present for a scheduled game, the game will be scheduled at a later date.
- Teams may utilize the ice for half ice practice or scrimmage.
- Teams will be expected to monitor themselves during these times and may be subject to disciplinary action if incidents occur.
- If there is one referee, the game will proceed as scheduled.

## CIAHL Roster Approval & Placement

- For parity, CIAHL reserves the right to place individual players and teams in the appropriate skill division. If a players skill level is

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higher than the top division that player will not be allowed to play in the CIAHL.

- During the season, the commissioner will evaluate individual and team performance.
- When necessary, the commissioner will meet with team reps to discuss potential team or player relocations for the upcoming season.
- The commissioner will make recommendations to the team rep regarding roster adjustments (for competitive balance) and will give him ample time to determine what adjustments the team will make.
- Upon notice, the commissioner will directly inform any player who will be relocated with the CIAHL.
- Ringer Clause – Players are going to carry the following penalties for the team captain.

First Offense – Warning

Second Offense – One (1) game suspension

- The CIAHL commissioner has final authority on all player eligibility and any other matters relative to the CIAHL.

## **Penalties:**

### **4 Penalty Rule**

- Players committing any (4) penalties in one game shall be removed from the current game.
- Additionally, the player will be subject to further suspension pending review of the penalty infractions by the CIAHL commissioner.
- During each season, players with multiple infractions of the 4 Penalty Rule are subject to more severe game suspensions and possible league expulsion pending review by the Disciplinary Committee.

Note: A double-minor for the same infraction in the same incident is considered (1) penalty.

## **Zero Tolerance**

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- CIAHL enforces a Zero tolerance policy for abuse of officials and scorekeepers.
- Abuse includes verbal, physical or otherwise.
- Abuse of officials will result in an immediate and indefinite suspension, pending a review by the Disciplinary Committee.
- Pending the outcome of this review, CIA and CIAHL reserves the right to impose lifetime expulsion from activities at CIA.
- The Zero Tolerance rule will also apply to all fans and patrons watching the games.
- CIA management or security will ask any disruptive visitor to leave the building immediately.

## Game Misconduct Penalty

- In accordance with USA Hockey, any player receiving a game misconduct is ejected from the current game and must also miss the next scheduled league game.
- The CIAHL Commissioner will automatically review the penalty and determine if it warrants a Disciplinary Committee meeting wherein the committee has the ability to impose further game suspensions and or other disciplinary action.

## Match Penalties

- According to USA hockey, any player receiving a gross or match penalty shall be ejected from the current game and automatically suspended for 30 days or until a meeting is held and a ruling made by the CIAHL Disciplinary Committee.
- The committee also has the right NOT to meet within the 30 day time period. If this occurs, the player is reinstated after the 30<sup>th</sup> day.
- Gross misconducts and match penalties may result in league expulsion.

## Fighting

- In an effort to protect our players, CIAHL has adopted a strict fighting policy.
- The CIAHL Disciplinary Committee will support the on ice decision of the referee calling the game.

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- The Disciplinary Committee will also review all fighting incidents and will determine if further game suspensions and or any other disciplinary action including league expulsion is warranted.
- If the gloves are dropped by any player, that player will receive a 5 and a 10 minute penalty and be removed from the remainder of that game. Further suspensions will be given out by the Commissioner.

## Suspensions

- Any player that is suspended will not be allowed to play for any other team in the league while they are suspended. This includes all Divisions. **The League Director has final say on player eligibility**

## Playoffs

- Each CIAHL season ends with playoffs.
- The playoff format, dates and times for each season will be determined by the CIAHL Commissioner and will be distributed to the team reps and posted on the website.

## Game Cancellations

- Although alterations to the schedule are avoided at all costs, Center Ice Arena reserves the right to cancel or alter any CIAHL game due to facility malfunction or other circumstances.
- In the event that a game must be canceled, facility management will notify the CIAHL commissioner immediately.
- The CIAHL Commissioner will then notify the team reps as well as post messages on the website.

In the event a CIAHL game is canceled, the facility shall reschedule the game prior to the season ending.

## Team request to change game

- If a team needs to reschedule a game for any reason, the team rep must contact the CIAHL Commissioner to see if the game can be moved.
- In order for a game to be moved, a team must have a request in writing no less than 14 days before the original game day.

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- The opponent also must agree on the game change as well as ice being available to make the change.
- Before the schedule is published, the team rep should note any days/time in which a team cannot play games.
- Although it's not guaranteed, the CIAHL Commissioner will do his best to fulfill all requests.
- After the schedule is posted, teams reps are encouraged to once again make sure the team can make all the games scheduled.

## Player Code of Conduct

- All members of CIAHL are required to conduct themselves in a professional and appropriate manner both on and off the ice while at Center Ice Arena.
- Violators may be subject to Disciplinary Committee review.
- The following guidelines are to be adhered to at all times while at Center Ice Arena:
  1. Foul language will not be tolerated
  2. Players are to treat all facility employees with respect
  3. Players are to dress in the locker rooms only
  4. Hockey of any kind is to be played on the rink only
  5. Ice access is not allowed until the start of your game
  6. No access to the ice until the Zamboni doors are closed
  7. Players are to treat the facility with respect – damage to property will not be tolerated and may include fines.

## Alcohol Policy

**Consumption of alcohol in the locker rooms, parking lots or other locations at Center Ice Arena is prohibited. Any Player(s) seen with alcohol, or under the influence of alcohol, will be asked to leave the premises.**

## Drug Policy

Drug abuse at Center Ice Arena is strictly prohibited and violators will suffer expulsion from CIAHL and will be subject to prosecution.

## Locker Room Policy

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Locker rooms will be assigned for all teams. It is strongly recommended that you do not leave valuables in the locker rooms. Center Ice Arena is not responsible for any lost or damaged items.

## **Vandalism Policy**

Center Ice Arena is regarded as a first class ice facility. As members of CIAHL, you are required to keep it this way. Any player/team found vandalizing any area or component of Center Ice Arena will be suspended immediately and indefinitely and subject to a Disciplinary Committee review and may suffer expulsion from CIAHL. In addition, violators will be responsible to pay for all damage sustained.

## **Security & Video Cameras**

Center Ice Arena is equipped with cameras throughout the interior and exterior of the facility. These cameras along with on-site security personnel and facility employees are at the disposal of facility management and CIAHL. These options will be utilized when applicable in the event of an incident and to also monitor general conduct.