# Addison Adult Hockey League

# Rules, Regulations and Registration Handbook 2025/26

(The League 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 its sole discretion without prior notice)

The Addison Ice Adult Hockey League is a NON-Checking, NON-fighting hockey league, designed to be a fun, safe and competitive program for players and hockey officials in a recreational environment.

It is expected that all participants in the Addison Adult Hockey League program exhibit good sportsmanship, which includes, but is not limited to respect for the officials, teammates, opponents, scorekeepers, the facility and the game! Addison Ice practices and adheres to all AAI-IL "Zero Tolerance" rules for abuse and misconduct,

## LEAGUE:

1. ALL players must register sign a rink waiver form.
2. Each team is allotted up to 25 players on their roster, which includes goalies.
3. ALL players must be 18 years of age.
4. Each Captain must submit a roster for their team before the first game. If any updates or changes are made, a new roster must be submitted right away, along with any added players USA membership registration form and Addison Ice Waiver Form. All rosters will be frozen and final by December 1, 2025.
5. The Team Captains are solely responsible to make sure all of his/her players are on the official roster and each individual has signed and turned in the Addison Ice Waiver Form. Anyone without this proper form turned in before the first game will not be allowed to play or be rostered. Any violations throughout the season will result in an automatic suspension, and possibly a permanent one. The Team Captain is the only one allowed to speak with referees. Any inappropriate behavior will result in a penalty.
6. AAI-IL "Zero Tolerance" Rules must be abided by, followed and respected by all players, officials and spectators.
7. Teams that have less than 5 rostered skaters, and/or no goalie at the beginning of a game will receive a forfeit.
8. All players must sign in at the front desk on the score sheet before each game.
9. Addison Ice League coordinator will establish the schedule for the season. Teams must play at the time, place and date specified.
10. The Fall/Winter Session will start September 8th , 2025 and conclude around April 18th, 2025
11. Each team will play 18 regular season games plus at least 1 playoff game.
12. The team that wins the championship in their division will receive $100.00 off for the 2026 summer session.

## TEAM FEES:

1. The team fee for the Fall/Winter 2025-26 Season is $3,895.00 per team, with the first payment of $1,299.00 due by Friday September 1st, 2025.
2. - Payment 2 of $1,299.00 due Sunday October 1st , 2025
   - Payment 3 of $1,297.00 due Wednesday November 1st , 2025
3. The team captain is responsible for collecting all payments from its players and turning in the ONE payment for each payment on or before the above scheduled dates. NO individual player payment plans or partial payments are allowed within a team fee payment structure. If payments are not received in total by the payment structure dates above, the delinquent team will not be allowed to play and will have their scheduled games considered a forfeit until all monies due are met by the plan above with no makeup opportunities. No Refunds.

# RULES & REGULATIONS:

Addison Ice League coordinator will establish the schedule for the season. Teams must play at the time, place and date specified.

1. Periods:
   Games will consist of 3 - 15 minute stop time periods. If there is no scorekeeper it will be 3 - 17 minute running clock periods. If a team is winning by 5 or more goals in the third period, the contest will then go to running time. The clock will only be stopped at that time due to an injury. The teams will receive a one (1) minute break in between periods before the next period starts. The ref may request a longer break between periods to a maximum of three (3) minutes.
2. Off-Sides and Icing:
   We will use the far blue line for icing and there will be no off-sides for two line passes. We will use delayed off-sides; if the puck is dumped in and off-side, as long as the respective teams players come out of the zone without touching the puck, they may re-enter the offensive zone " on-side" only after their last player comes out.
3. Penalties:
   Minor Penalties are 2:00 minutes and major penalties are 5:00. All game misconducts will result in a one (1) game suspension, the second misconduct will result in a three (3) game suspension, and the third misconduct will result in a minimum five (5) game suspension. The league director has the right to suspend any player or team at any time during the season. A game in progress will be immediately forfeited if a team reaches team total of 15 penalties. If a player receives a total of 5 penalties in a single game, he will be ejected from the game.
4. Fighting and Abuse of Officials:
   Fighting is not permitted in any form in adult leagues at Addison Ice Arena. The rules regarding fighting are outlined below.
   1) I$^{St}$ offense: Game misconduct plus a minimum two game suspension.
   2) 2 $^{nd}$ offense: Game misconduct plus a minimum four game suspension.
   3) Third Man in: Game misconduct plus an automatic two game suspension.
   4) Instigator: If a player is determined to be an instigator additional games may be added on top of the suspension guidelines listed above.

If you are ejected from a game, you must get dressed and leave the rink immediately. You will no longer be able to stay and watch the remaining time left in the game, nor will you be allowed to hang out in the locker room during or after the game.

5. Number of Players:
   Rosters may have a maximum of 25 total players. All subs must be on the roster. Teams must have five (5) skaters and one (1) goalie to play. We will allow a 5 minute delay of the game start to wait for any late arriving players. If after warm ups and the five minute waiting period a team is still short, they will forfeit the game and the score will be recorded as a 1-0 victory for the opposing team.
6. Goaltenders:
   In the event that a team does not have a goaltender present at the start of the game, an emergency goalie may be used. In all levels goalies must wear a full wire cage, no plastic masks or shields of any kind.
7. Equipment:
   Full equipment is required. Helmets without face masks are allowed but we urge all players to wear a face mask.
8. Uniforms:

# RULES & REGULATIONS: *(Continued)*

All teams must have their own team jerseys. All players must carry an opposite color jersey (light or dark). Each member of the team should have their own number to wear for the entire season. Players without a number will not be able to participate in the contest.

9. Zamboni:

All players must remain off the ice until the Zamboni is off the ice and the Zamboni doors are closed. Any violation of this rule will be an automatic two minute delay of game penalty and your team will start down a man on the opening face-off.

10. Score sheets:

All players must check in at the front desk before the game and sign the score sheet. If a team is caught forging a signature of another player that team will automatically be marked as a forfeit.

11. Tied Game:

If a game is tied at the end of regulation during a regular season game, there will be one, five (5) minute running clock, 3v3 overtime. Players must change on the fly. If, after the five minute over time the game still remains tied, the game will proceed with a 3 person per team shoot out. If the game still remains tied at that point each team must pick a new player to shoot and will continue into sudden death.

Tied Game Playoffs:

If a game is tied at the end of a during a playoff game, there will be a five (5) minute overtime. If, after the five minute over time the game still remains tied, the game will proceed with a 3 person per team shoot out. If the game still remains tied at that point each team must pick a new player to shoot and will continue into sudden death.

12. Tie Breakers:

In the event of a tie heading into the playoffs, we will have five (5) different types of tie breakers to decide who will enter the playoffs.

1) Most overall wins. (includes shootout and overtime wins) 2) Head to head, wins vs. losses.
3) Head to head, goal Differential.
4) Overall goal differential.
5) Coin Flip

13. Points Structure:

A team will receive two (2) points for a regulation win and zero (0) for a regulation loss. If the game is tied after regulation both teams will earn one

14. Additional Point.

The team that wins in overtime or the shootout will get the extra point and earn a total of two (2) points for the victory.

## Division Structure:

1. **D1**

   Addison Ice adult DI league is comparable to a high end B League. A lot of our competitors have played college, Jr., and high end youth AAA/AA hockey. It is our most competitive league and has a typically high pace at all times.

2. **D2**

   Addison Ice D2 league is comparable to a B2 league. You will still get a lot of high end college, Jr., AAA/AA players but the pace is just a little bit below our D1 league.

3. **D3**

   Addison Ice D3 league is comparable to a C league. Good fast pace with a lot of players coming from a hockey background of ACHA Dll, High School, and AA

# Addison Ice Arena Adult Hockey League Terms and Agreement Form
# Fall-Winter 2025-26 Addison Ice Adult Hockey League

As a team captain, I attest that I have read all the rules, regulations, and fee terms that have been laid out in this Addison Ice Adult Hockey League Handbook, and that all the players rostered on my team have received a copy and read it in its entirety. I attest that all rostered players have registered for USA Hockey Membership and will all have the Addison Ice Waiver form each turned in before the first game of the season.

As an individual house team player, I attest that I have read all the rules, regulations, and fee terms that have been laid out in this Addison Ice Adult Hockey League Handbook in its entirety and will have all the required USA Hockey Membership and Addison Ice Waiver forms turned in before the first game of the season.

**Name**_____ **Team Name**_____
**(Printed)** **(Printed)**

_____ _____
Signature Date

**ADDISON ADULT LEAGUE INDIVIDUAL WAIVER 2025/2026**

## WAIVER OF CLAIMS AND ASSUMPTION OF RISK

## BY SIGNING THIS DOCUMENT YOU MAY BE WAIVING CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE

TO: Addison Ice LLC and to all the owners, officers, directors, agents, employees, and/or representatives of the above mentioned entity hereinafter all the above entities and parties are referred to collectively as the ("ARENA")

ASSUMPTION OF RISK: I am aware that ice skating involves certain inherent risks, dangers and hazards which can result in serious personal injury or death. I am also aware that ice skating arenas contain potential dangers to the ice skating public. As such, I hereby freely agree to assume and accept any and all known and unknown risks of injury while participation in ice skating activities. I further recognize and acknowledge that the risks inherent in the sport of ice skating can be greatly reduced by: taking lessons, abiding by the Skater Responsibility Code (now known as 'Your Responsibility Code'), Addison Adult League Rules and Regulations and using common sense.

RELEASE AND WAIVER OF CLAIMS AGREEMENT: In consideration of allowing me to participate in ice skating activities at the Arena, I hereby agree as follows:

1. TO WAIVE ANY AND ALL CLAIMS that I have or may in the future have against the Arena and/or the League and/or the Association resulting from the League's or Association's activities at the Arena.
2. RELEASE: Licensee hereby releases and discharges Licensor, its officers, managers, agents, employees and Advanced Arenas Inc. and its managers, agents and employees from any claims that it may have arising out of the use of the Arena pursuant to this Agreement and the Ice License governing the participants organizations use of the Arena.

ARBITRATION: In further consideration of allowing me to participate in ice skating activities in the Arena, including but not limited to league and association activities, I hereby agree to submit to binding arbitration any and all claims which I believe I may have against the Arena and/or the League or association arising from the League's or association's activities at the Arena. The arbitration shall be pursuant to the rules of the American Arbitration Association. The arbitrators shall apply the Federal Rules of Evidence to all proceedings. Arbitration shall be commenced within one (1) year from the date on which any alleged claim first arose. Further, the arbitration shall be held in the town where the Arena is located, unless otherwise mutually agreed to by all the parties. The submission to the American Arbitration Association shall be unlimited and the arbitration award may be enforced by any court of competent jurisdiction.

BINDING EFFECT OF AGREEMENT: In the event of my death or incapacity, this Agreement shall be effective and binding upon by heirs, next of kin, executors, administrators, assigns and representatives.

ENTIRE AGREEMENT: In entering into this Agreement, I am not relying upon any oral or written representation other then what is set forth in this Agreement.

I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE THE ARENA, THE LEAGUE AND ASSOCIATION.

_____ _____

Signature of Participant Date:

PARTICIPANT:

_____

Team Name or Names participating on

_____ _____ _____

Last Name First Name Date of Birth:

_____ _____ ____ ____ (____)_____

Mailing Address City State Zipcode Telephone Number

*** ALL INFORMA TION MUST BE FILLED OUT ABOVE BY EACH PLAYER ON EACH TEAM AND TURNED IN TO THE ADULT LEAGE COORDINA TOR BEFORE ANY GAMES ARE PLA YED FOR THE SEASON.**