



Rules and Regulations

Spring/Summer 2026 SEASON

Rink Policies

- A. Management reserves the right to exclude or eject any person from the premises at any time.
- B. Damage to the MPIA property will result in an individual and/or a team being held accountable for the damage done. The team may not be allowed to play in future games until the damages are paid for. Non-compliance constitutes automatic indefinite suspension from the league. If the individual(s) responsible for the damage cannot be identified, the team will be removed from the league until the damages are paid in full.
- C. Players impaired by alcohol or drugs may be prevented from participating in any given game by the Adult Hockey Administrator, MPIA staff, or an official.
- D. There is NO smoking of any kind in the locker rooms or ANYWHERE in the building. If caught breaking this rule, suspensions and removal of the league may be issued by the Adult Hockey Administrator.
- E. The possession and/or consumption of any illegal drugs in the locker rooms or on the premises before, after, or during any game is strictly prohibited.
- F. Alcohol is not permitted anywhere in the facility besides in our on-site restaurant, Big Fish's Icehouse.
- G. Each team must clean up their assigned locker room after use. There is absolutely NO spitting chew, sunflower seeds, or anything of any sorts in the urinals, toilets, showers, or on the floor of the locker rooms and/or on the benches.
- H. Verbal or physical abuse to any official or MPIA staff will not be tolerated on or off of the ice. The league, in its sole discretion, reserves the right to suspend or terminate any player from the league for detrimental behavior. All reviews will be made on a case by case basis.
- I. No refunds will be provided to individuals/teams who receive suspensions or are kicked out of the league.
- J. ***ALL MOUNT PROSPECT ICE ARENA (MPIA) EMPLOYEES, INCLUDING REFEREES, HAVE THE FINAL SAY IN ANY ALTERCATION OR DISAGREEMENT BETWEEN THE RULES PUT FORTH BEFORE THEM AND ANY PLAYER OR TEAM. If any member of your team, has any questions or concerns feel free to contact the Adult Hockey League Administrator, Dan DesJardins.***
- K. The MPAHL accepts no responsibility for lost or stolen personal property. We strongly suggest that no valuables be taken into Mount Prospect Ice Arena. It is the team's responsibility to store any valuables in the designated lockers and lock them.
- L. The Mount Prospect Ice Arena must have a completed Spectate Group Hold Harmless

Agreement on file for any player that intends to participate in a game. It is the team managers responsibility to ensure that each player has completed this form before stepping on the ice for any MPAHL game.

Membership & Team Registration

A. Roster Requirements:

- Minimum 10 skaters

- In order for ALL full time and substitute players to be eligible for playoffs they must play in (5) tiering round/regular season games.

B. Every team must have at least five (5) players and one (1) goalie present to participate in their game. Anytime that a team cannot field at least five (5) players, the game shall be declared a forfeit.

C. All players, in order to play and be on the roster, MUST be at least eighteen (18) years of age, there will be NO EXCEPTIONS made to this rule. All rostered players MUST have USA Hockey Memberships, if a team is discovered to be playing with rostered players that do not have USA Hockey Memberships the game played will result in a forfeit. If found using a player without a USA Hockey Number, the team manager will be indefinitely suspended.

D. If a team is found using a player that is under the age of 18, the team manager will be indefinitely suspended.

E. Only players that are included on the team's roster may be allowed to play in any given game. If a team needs a goaltender to play, the team captain and league administrator can work to get an approved goaltender for the scheduled game.

F. When players check-in before each game they will be **required** to show a valid form of identification before being counted as eligible for said game. If a player shows up late, they must check-in with the scorekeeper when they get to the ice.

G. Any team found using an illegal player, in any given game, will forfeit the current game being played.

H. Only rostered players may play in MPAHL games. No exceptions.

I. If a team needs to add players to their roster, the team manager must email the league administrator by the latest at 5:00 PM on game days in order to add players. USA Hockey Numbers must be sent to the league manager to be verified and added to the roster. This process will also include new players having to sign a Hold Harmless Waiver online.

J. All fees paid to the MPAHL are non-refundable.

Rescheduling and Forfeits

A. Games will not be rescheduled on day of requests. These games will result in a 1-0 forfeit.

B. In order for a game to be rescheduled the team manager must email the league administrator a minimum of five days prior to the scheduled game. Upon which the league administrator reserves the right to grant or deny. Always do your best to make sure you have enough players for every game.

C. All teams will be allowed 2 forfeits without penalty. A team's 3rd forfeit will result in a \$100 fine as will any game forfeited proceeding a team's 3rd forfeit. These fines will be due 1 week before the season's playoffs begin. Any unpaid forfeit fines will result in playoff ineligibility for the team.

League Divisions & Special Rules

B, C1, C2 & House

A. Team managers will be responsible for selecting the division their team will play in. The Adult Hockey League Administrator will evaluate each team during their first three (play in) games to ensure that teams are in the appropriate division. Teams may be moved up or down pending the league administrator's discretion. Teams may not argue or refuse to change divisions. Although rare, a team may be moved after play in games conclude. As a result, division record percentage may be used in reseeding said division.

B. You must wait at least 24 hours before sending a complaint to the league administrator on any issue. This cooldown period is to render if the situation has merit to be addressed or is something that was in the heat of the moment.

Standings

Win - 2 Points

Shootout Loss- 1 Point

Regulation Loss - 0 Points

If a tie occurs in points by the conclusion of the regular season, the following tie-breaking system will be used:

- Goal Differential
- Head-to-head Competition
- More Wins
- Fewer Losses
- Fewer Goals Allowed in all games

Playoffs

A. Each team is guaranteed one (1) playoff game.

B. If a game is tied after regulation the game will move to a 15-minute continuous 3 on 3, until a winner is determined.

C. All playoff and championship games will play according to the same rules that were put in place for regular season play with the exception of overtime.

D. Team Captains will be emailed prior to playoffs a list of players that are eligible for playoffs. Goalies do not need to reach the minimum number of games to be rostered for playoff games, but they should play at the appropriate level to ensure a competitive game.

Game Time

A. Each game will begin with a five (5) minute warm up, followed by three (3), fifteen (15) minute stopped time periods.

B. There will be one (1) minute intermission in between each period.

C. Each team will be allowed one 30 second timeout per game.

D. Going into the second period if a team is down (7) or more goals, the second period will be running clock. If the losing team brings the game within (5) goals in the same period, the game will return to stop time.

E. Going into the third period if a team is down (5) or more goals the third period will be running clock. If the losing team brings the game back to within (3) goals the game will return to stop time.

F. If a game is tied at the end of regulation, a five (5) man shootout will ensue. If there is still a tie, a sudden death shootout will take place. **Penalties, Suspensions, & Fighting**

- A. The current USA Hockey rules (where applicable) will be followed, with the exception of a number of rules specific to the MPAHL.
- B. All minor penalties are (2) minutes.
- C. All major penalties are (5) minutes.
- D. All misconducts are (10) minutes.
- E. Any player who receives three (3) penalties in a game will be suspended for the remainder of that game and will also receive a game misconduct and be suspended for 1 additional game. If a second instance with a player occurs, it will be up to the league administrator's discretion on what suspension will follow.
- F. Any goalie who receives three (3) penalties in a game will be allowed to finish the current game and will be suspended for the next game. Any goalie who receives a game misconduct will be suspended for the remainder of that game plus whatever other penalties apply.
- G. 1st fight, suspension for the remainder of that game plus an automatic three (3) game suspension.
- H. 2nd fight, expelled from the league. The player may return to the league pending the League Administrator's discretion.
- I. The Mount Prospect Adult Hockey League is a no check league. Minor and major penalties will be assessed at the referee's discretion. Any intentional body check will result in a game ejection. Any player who is penalized twice for this infraction may be expelled from the league pending the Adult Hockey League Administrator's discretion.
- J. Any player who receives multiple game misconducts in a session may be expelled from the league pending the Adult Hockey League Administrator's discretion.
- K. Referees may hand out a Game Ejection penalty (EJ) which does not carry an additional suspension. Officials have the right to eject a player at any point in a game.
- L. A player who has been ejected from the game may watch the game quietly or leave the building. If the player does not watch the game quietly, they will receive additional suspensions and will be asked to leave the building by the referees or MPIA staff.
- M. Any intent to injure will result in at least a one game suspension or possibly removal from the league pending the Adult Hockey League Administrator's discretion.
- N. Any player using racial or ethnic slurs will be expelled for the duration of any season in which he is participating.
- O. If any player threatens or verbally abuses an official, the player will receive a game misconduct and a minimum of a three (3) game suspension.
- P. If a team is not on the ice, ready to play at their scheduled game time, they will be issued a two-minute delay of game minor. Additionally, if the team is still not out and ready to play 10 minutes after the scheduled start-time, said team will be required to forfeit the game.
- Q. The Adult Hockey Administrator reserves the right to remove anyone from the league, within reason.