



Welcome to Rolling Meadows Adult Hockey League

Welcome! We are excited that you have chosen to play for the Rolling Meadows Park District! In order to familiarize you with our program, we have put together the following handbook designed to answer many of your questions about our program. Although we feel this handbook is thorough, we realize that it is not all-inclusive and that you may still have some unanswered questions and comments.

RMAHL Operations:

Superintendent of Ice Arenas: Bob Veller
Ph:
Email: bveller@rmparks.org

RMAHL Coordinator: Robert Gwiazdowski
Ph:
Email: rmahlstats@gmail.com

Registrar and Finance: Patti Lowth
PH:
Email: plowth@rmparks.org

RMHL Website: WWW.RMAHL.ORG
The website contains and lists important dates, upcoming events, cancellations, organization news, rosters, and registration information.

Please register your email address with the website to receive all up to date information.

Rink Information:	West Meadows Ice Arena	Nelson Sports Complex
	3939 Winnetka Avenue	3900 Owl Drive
	Rolling Meadows, IL 60008	Rolling Meadows, IL 60008
	847-398-2700	847-818-3210

The Structure of the RMAHL Program:

RMAHL consists the following programming:

- RMAHL Over 40 Hockey League
- Adult Open Hockey
- Stick and Puck ice time
- RMAHL Skill Series

Hockey Seasons:

There are two seasons of RMAHL hockey:

- Fall/Winter runs from September through February, with playoffs extending into early March.
- Spring/Summer runs from April through August.

Team Registration & Payment:

Team registration and payment is done online at www.rmahl.org.

The online registration page will have all information for the season. Including dates, fees and more.

Any team not following the league's payment policies will be suspended from the league and forfeit all payments made to the Park District.

Schedule:

The schedule will be posted on the RMAHL website. Games for the full season will be posted before the season starts. Game time, rink and day changes may occur due to changes in the ice schedule at either rink.

Every effort will be made to make up cancelled games. (These include building, equipment or weather-related issues). Refunds for un-played games will not be issued. In the event a game needs to be rescheduled the RMAHL coordinator will work with both team managers and the ice schedule to reschedule the game.

Player Minimum Age Requirements:

RMAHL is an Over 40 League only. All players must be 40 years of age or older at the start of the season they are playing in. On occasion, goalies (especially sub goalies) may be allowed to be under 40. Use of an under-age goalie must be approved by the opposing team manger and the RMAHL Coordinator.

Zero Tolerance:

All rinks that the RMAHL plays games at honors and adheres to the rules of the Zero Tolerance policy set forth by USA Hockey. The list of suspensions is provided at each and every mandatory manager meeting.

Suspensions / Penalties

Explanation of penalties

Team Manager:

Each team must designate a team manager. The manager's main responsibilities include:

- Maintaining the Team Roster
- Email distribution
- Complete team registration through www.rmahl.org
- Responsible for team league fee payment
- Communication between league coordinator and team
- Sign off on all game scoresheets

Games:

Warm ups will be 5 minutes. Games will consist of three 14-minute stop periods.

Wins=3 pts, Tie = 1pt, Loss=0 pt, OT loss = 1 pt

In the case of a missing scorekeeper, three 20-minute running time periods will be played.

Team Short A Goalie or Minimum Players

If after the 5 minutes, a team does not have 5 players and a goalie on the ice they will be issued a delay of game penalty and an additional 5 minute warm-up will begin.

If after the second 5 minute, a team still does not have 5 players and a goalie on the ice, but the players are in the dressing room, officials are advised to have the scorekeeper start the game clock and run it until they have 5 players and a goalie on the ice. If possible we want to allow the teams to play, however, we cannot run behind due to teams not being on time. If this occurs, the officials should note the team who was late on the score sheet for review by the league director. If any team is in violation of this rule more than once the league director reserves the right to force them to forfeit.

If a team does not have a goalie they must forfeit. NO EXCEPTIONS!! If during the game, a goalie is injured, the team may play with 6 skaters, while another player is dressed to replace him.

If a goalie is ejected from the game by a referee, that team will have to forfeit.

Standings:

Current standings will be posted on the league website: www.rmahl.org

Hat Trick Rule:

All games will honor the hat trick rule. This is that any individual player is limited to 3 goals max during a game. That player may get as many assists as they can, but the team can not count any more than 3 goals from that player.

These are intentional goals. If the player is hit by the puck and it goes in, by no effort from the player, the goal counts. If the player is ruled to be the last player to touch the puck when a team scores on themselves, that goal would count.

Running Time:

Game clock will go to running time in the third period when the goalie differential is 5 or more goals. The game clock may revert back to stop time if the goal deficit becomes 3 or less after the clock was in running time.

Complaint / Questions Procedures:

Team managers are the only individuals that are to communicate with the league coordinator on team, league, or division issues. The superintendent of ice areas should be CC'd on all league complaints.

All communications are only allowed through rmparks.org emails and phone numbers. Private emails and phone numbers for Park District staff will not be used.

Jersey Policy:

Each player is to wear a like colored jersey and have a distinct number visible. If not, they will be told to leave the ice and will not be allowed to play until the jersey meets league requirements.

Goalie Policy:

If a team does not have a goalie, and both rostered goalies are not available, they may use a non-rostered goalie for 1 game with prior permission from the league director.

Rosters

- All game participants must be rostered.
- Teams are limited to a 25-man roster, including all regular players and subs.
- Each team must have at least one main goalie listed on their roster. Sub goalies are not required to be on the roster but must be registered with the league.

Equipment

Full equipment (including shoulder pads) is required.

Additional Discipline

1. GFO = player is removed from that game. Most often used by officials to de-escalate a situation or calm a game down. Player is eligible to return the following game
2. Fighting = minimum 1 game suspension. Second offence will be 3 games
3. 4 penalties in a game = 1 game suspension
4. Major Penalty (5/10) = Removal from current game and suspended next game
5. Removing opponents helmet = 3 game suspension
6. Match penalty = 30 day suspension from all teams in RMAHL

All suspensions will be reviewed in the West Meadows office. It is the manager's responsibility to know when players are suspended and adhere to the suspension for the next game. Penalties are cumulative and receiving multiple penalties in one game such as a fight and 4 penalties will result in adding suspensions together.

Rink Facilities

Locker rooms will be checked after each game by the rink supervisor. If you notice any damage, you must inform the rink supervisor immediately.

Alcohol and tobacco (of any form including cigarettes, cigars, smokeless tobacco, vaping, e-cigarettes) are prohibited in our facilities.

No players may enter the ice surface until the re-surfacer doors to the rink are closed.

Any damage to the Sports Complex or West Meadows Ice Arenas will be assessed to the team manager.

Locker Room Time

All players are expected to be out of their locker rooms 30 minutes after the end of their game. Loitering in the locker rooms after the game is not allowed.

Rinks will close 30 minutes after the end of the last game. All players must be out of the building, no matter which rink they are skating in, 30 minutes after the end of their game

Alcohol Policy

Alcohol is strictly prohibited in any of the rinks the RMAHL plays in. The Rolling Meadows Park District will suspend teams and or players for repeated offense of this rule. In the event that rink staff at any facility notices any sign of alcohol in the buildings they are instructed to call the local police.

The Rolling Meadows Park District reserves the right to change any of the policies stated herein without notice. The Rolling Meadows Park District has the final decision on protests, roster checks, and has the ability to remove a team or player(s) from the league without a refund, should a team or player(s) not follow the league rules or policies.