

# Holiday & Leisure Rinks

## Rec League – Gold Division



### Division Objective

The Gold Division is designed for players who want **more competition** while still keeping the focus on **fun and sportsmanship**.

- **What to Expect:**
  - Competitive games with **playoffs and a championship**
  - A **league prize** for the winning team
- **Player Level:**
  - Many participants are still beginners or lower-level players
  - Players who are clearly above this skill level will be removed to keep the league fair
- **League Culture:**
  - This is *not* a win-at-all-costs league
  - The League Commissioner will closely review this division to ensure fair play and address any negative behavior

### League Information

- Teams will consist of a minimum of 12-16 skaters and 1 goalie.
- If a team has a minimum of 12 players registered, they may have complete roster control.
- For teams that do not reach 12 players, the League Commissioner will assemble teams based on requests and skills levels.
- The League will try to honor all player/captain requests, but reserves the right to alter teams to ensure league parity.
- The League reserves the right to remove players from teams, even if they are part of a 12-player group. The League can make trades of free agents at any time.

- An official jersey will be provided to all registered players. All players must wear their team jersey. Any player NOT wearing a matching jersey MUST report to the scorekeeper to identify themselves.
- The League will assign a team captain who will ensure that the objectives of the League are being followed.

## League Rules

- This League includes 15 games played on Friday and Saturday nights at Holiday Twin Rinks and Leisure Rinks. After 15 games, the playoffs will begin. The playoff format will be determined by game 4 of the regular season.
- **ALL** Players **MUST** have USA Hockey Insurance. No player is allowed to play in the league without this.
- All new participants must attend an Evaluation Session before the season to gauge skill level.
  - Each participant will be given a rating, which will be used to determine team strength.
- The League's schedule, standings, rosters, and stats will be updated and can be found at [HolidayRinks.com](http://HolidayRinks.com).
- Tag Up Offside, Icing, and Penalties will adhere to USA Hockey League Rules.
- All games will begin as scheduled. Following the exit of the Olympia, the scorekeeper will place 3 minutes on the score clock for warm-ups. If there is not a minimum of six players at the conclusion of this time, a bench minor will be assessed. If there are still not enough players after 5 minutes of gameplay, the game will be declared a forfeit.
- Each game will be made up of three 20-minute running clock periods. *The clock will stop for the last three minutes of the 3<sup>rd</sup> period if the score is within three goals.*
- If the game is tied after regulation, a 3-man shootout will take place. The Home Team always shoots second. If the game is still tied after three shooters, a sudden-death 1 on 1 shootout will commence until a winner is decided. All shooters can only shoot once. **No subs are allowed to shoot until all rostered players have gone.**
- **PLAYOFF RULE:** Any playoff game that ends in a tie will NOT go to a shootout, but instead to a 10-minute running clock sudden death 4-on-4 period.
- Limited body contact may happen during the course of play. Body checking will be penalized. This is a non-contact league!
- Penalty Times:
  - 3 Minute Minor
  - 6 Minute Double Minor
  - 10 Minute Misconduct

- Once stop time begins during the last three minutes of the 3<sup>rd</sup> period, a minor penalty becomes 2 minutes.
- Major Penalties or Fighting result in immediate ejection from the game and the league with loss of fees paid. No exceptions!
- Any Game Misconduct will result in a 1-game suspension.
- Excessive penalties may result in suspension. Any player who receives three penalties in a game will be removed from the game should the officials deem it appropriate.
- Any player who physically abuses an official or scorekeeper in any way will face permanent expulsion from the league. Verbal abuse of an official or scorekeeper will result in a game misconduct.
- The League Commissioner may suspend players on a case-by-case basis. When needed, the Captain's Council will determine proper discipline.
- All suspensions can be appealed by contacting the League Commissioner. During an appeal process, the player will be unable to play in the league.
- An appeal may result in a hearing with the Adult League Committee. The Committee will consist of three members who will review the play and hear the defense of the player in question. If a suspension is overturned, the player will be allowed to return to the league at their next game.
- If the puck hits the netting around the outside of the rink and comes back onto the ice, it will be a live puck, and the play should continue.
- ALL Skaters **MUST** wear a full face shield. Remember, there are plenty of new players in these leagues who may not have complete control of their stick or shot. This is for the safety of all players.
- Each team will receive one 30-second timeout. The clock may also stop for injuries or in the final three minutes if the score is within three goals.
- This league will use a 3-2-1-point system. 3 points are awarded for a regulation win. 2 points are awarded for a win in a shootout. 1 point is awarded for a loss in a shootout. 0 points are awarded for a regulation loss.
- The end-of-season standings will be determined by the following tie-breakers:
  - Points/Wins
  - Head-to-Head
  - Regulation goal differential in head-to-head
  - Least Penalty Minutes
  - Least regulation goals allowed
  - Most regulation goals scored
- All Subs **MUST** come from within the current Rec League season or from the pre-approved player sub list. All Captains will be given the Sub list before the start of the

season. All players on the Sub list must have valid AAU insurance. Skaters on the Sub List will pay a \$20 sub fee prior to their game being played.

- **NEW SUB RULE:** Teams may elect to use **ONE** sub skater if their roster has less than 10 skaters. Captains are responsible for finding a sub when needed. Any team that does not follow these rules will result in the team captain receiving a suspension. Subs are encouraged to set up plays, NOT take over a game.
  - **PLAYOFF RULE:** Once the regular season ends, the only subs that are allowed to participate are those from the Silver or Bronze Divisions. No other subs (even the Sub List) are allowed to participate.
  - **PLAYOFF RULE:** If a team uses a sub NOT from the Silver or Bronze Division, they will automatically forfeit the game.
- Players must play with the team they are assigned to. Players are allowed to sub if a team is short on players. If a player refuses to play for the team they are assigned to, they will not be allowed to sub.
- No subs are allowed to shoot in a shootout until every rostered player on the team has already gone.
- Illegal players will not be tolerated! These include:
  - Any player not on the online roster
  - Any player who does not have USA Hockey Insurance
  - Any player playing while suspended
  - Any player who has not received the Commissioner's approval to play
  - Any player wearing someone else's jersey
- Any Captain that allows an illegal player on their team will receive an automatic one game suspension. Should this happen twice in a season, the Captain will receive a three game suspension. Captains who continue to break this rule will be stripped of their Captaincy and the perks that go along with it.
- Protests must be made during the course of the game. All other disputes should be made to the League Commissioner within 24 hour of the games initial face off.

**The League Commissioner has the sole authority to resolve all league disputes and to interpret all league rules. The commissioner's interpretation of these rules is to be deemed final, regardless of written rules when it is deemed any rule may be unfairly applied**

## Rink/Facility Notes

- Pucks AND players are not allowed on the ice while it is being resurfaced! For insurance purposes, the Holiday & Leisure Rink ice makers are instructed to leave the ice if players are not adhering to this simple rule.
- Any team who repeatedly refuses to follow this procedure will be subject to additional league discipline.
- Please do not leave any valuables in the locker rooms, as the rink will not be responsible for any lost or stolen items.
- Make sure your locker room is cleaned up after you are done. Your team will be held responsible for any mess or damages left behind.
- **Power Play Loyalty Club:** You received PowerPlay points for registering for the League. Earn 1 POWER PLAY POINT per dollar spent with us at Holiday & Leisure Rinks - including our Grilles! Or make any purchase at our expanded online store **TheHockeyConnection.com** and for every 100 points you accumulate, you will earn a \$5 Reward.

**WE WOULD LIKE TO THANK YOU FOR YOUR CHOOSING IN THE  
HOLIDAY/LEISURE REC HOCKEY LEAGUE. TO ENSURE A LEVEL PLAYING  
FIELD, WE EXPECT ALL TEAMS TO ADHERE TO THE ABOVE GUIDELINES.  
FAILURE TO DO SO, WILL RESULT IN LEAGUE DISCIPLINE**

League Rules Last Updated 8/29/2025