



CAPITAL CLUBHOUSE

Adult Hockey League

Season:

Summer 2022

General Rules:

1. Each team will have 13 regular season games.
2. Each team will have 1 guaranteed playoff game.
3. Games will generally be played with three (3) fifteen (15) minute stop clock officiated periods. If running short on time, the third period will be played as a stop clock period with half of the remaining time available in the game slot. Example: If there is 16 minutes left in the game slot, the 3rd period will be an 8-minute stop clock period.
4. If no winner is decided upon the end of regulation time, the game will immediately proceed to a sudden death 3vs3 5-minute running clock OT period. The clock will only stop for penalties.
5. If no decisive goal is scored at the conclusion of OT, the game will immediately proceed to a 3-person shootout. If no winner is decided after 3 players from each team go, shootout will continue with 1 person from each team until a winner is decided. **No player may repeat in the shootout until all players on the team have gone.**
6. This is a non-checking League.
7. **Mercy Rule** – If a game reaches a 7-goal differential, the game will be played with a running clock. If a game then reaches a 10-goal differential, the game is over.
8. Only team rostered players or substitute players who have played a minimum of 7 regular season games shall be permitted to play in the playoffs.
9. Each player on a team must wear like colored jerseys with a unique permanently affixed number on the back.
10. Team captains may trade players from one team to another, as long as the player and both team captains are in agreement. Captains must inform the League of any trades 3 days prior to their next game.
11. Full equipment is required during all games, while on the ice or in the players bench area.
12. No alcohol or drugs are permitted within the facility or grounds.
13. All players are expected to conduct themselves in an appropriate manner and refrain from illegal, threatening, harassing, vulgar, and any other generally accepted inappropriate behavior.

- 14.** Should the Capital Clubhouse or Official determine that a game has reached a point where control of the game has been lost due to player unsportsmanlike conduct, the game shall be ended and all players to immediately depart the ice and enter their assigned locker room.
- 15.** No play or in-game call made by an official is subject to video review during game play.
- 16.** Any disciplinary action issued by the League shall be communicated to the team Captain and is final.
- 17.** If a team believes a player on the opposing team is an illegal player, they may challenge them by notifying the official at any time during game play. Should the player be found to be legal, the challenging team shall be issued a delay of game penalty.
- 18.** Except where contradicted herein, all USA Hockey rules and regulations are in effect and will be enforced. *The League reserves the right to waive any such rule or regulation at its discretion at any time.*

Discipline:

- 1.** Any player who receives four (4) minor penalties during the same game will receive a game misconduct penalty.
- 2.** Any player who receives a game misconduct penalty shall receive a minimum 1-game suspension and be required to meet with the League prior to being reinstated.
- 3.** Any player receiving two (2) game misconduct penalties during the season shall be suspended for the remainder of the season or until reinstated by the League.
- 4.** Any player ejected from a game for any reason shall be reviewed by the League for additional action.
- 5.** Any player who receives a fighting major or intent to injure will receive a minimum one (1) game suspension pending review for any further action. A second offense will result in a minimum 3 game suspension.
- 6.** Verbal abuse of an official will result in a one (1) game suspension. Second offense will result in a two (2) game suspension. Third offense will result in expulsion of the League.
- 7.** Any player who receives a suspension shall be suspended from all teams playing within the League until the suspension is served with the team they received the penalty with.
- 8.** Any player receiving a match penalty shall be expelled from the league pending a hearing with League officials.
- 9.** Suspensions and/or expulsions will result in loss of fees paid. No refunds will be given for missed games due to disciplinary actions.
- 10.** A rostered player that does not have or has not provided the League with a valid USA Hockey registration shall be suspended indefinitely until provided.
- 11.** The League reserves the right to review all infractions, issues, penalties or situations for appropriate disciplinary and/or corrective action.
- 12.** Only Team Captains may request a League review of a matter.
- 13.** Any disciplinary action from the League is final and not subject to appeal.

Check In:

1. All rostered players are required to check in for their games at the front desk with a photo ID and confirm their player number.
2. If permitted by League, any substitution player is required to check in for their game at the front desk with a photo ID, provide their player number, team, and USA Hockey number. The sub fee must be paid before playing.
3. Any player arriving late for a game must follow the check in procedure, notify the scorekeeper when they are ready to enter the ice, and then wait to be permitted into the game by an official.
4. Any player who fails to check-in shall be viewed as an ILLEGAL PLAYER.

Payment:

1. All rostered players must have their accounts in good standing prior to playing any game.
2. A \$30 fee must be paid, per game, for any substitute player permitted by the League to play for any team. This sub fee must be paid by any substitute player, regardless if the team was formed from the draft list or entered the league as a complete team.

Captain Duties:

1. It is the Captain's responsibility to make sure all players are legal to play. Captains who use an illegal player will receive a two (2) game suspension.
2. Captains are responsible for ensuring its players are adhering to all rules set forth by Capital Clubhouse and USA Hockey before, during, and following games.
3. Captains should function as the liaison to the League for issues arising on their teams, being the point of contact between the League and any of their players.
4. Captains must inform the League of any changes to their roster at least one day prior to their next game.
5. Captain must ensure at least 6 players are ready to take the ice for each game. Failure to do so will result in forfeit.

Illegal Players:

1. Any player not currently registered through USA Hockey as a player.
2. Any player playing while suspended.
3. Any player playing without following check in procedure.
4. Any player not on a team's current roster or not having paid the substitute player fee.
5. Players who are not wearing the required equipment or like colored jersey.

Schedule: *(Subject to change)*

Date	Start Time	End Time	Day	Home Team	Away Team
6/19/2022	6:55 PM	8:10 PM	Sunday	Misfits	Kraken
6/19/2022	8:20 PM	9:35 PM	Sunday	Chiefs	Mavericks
6/19/2022	9:45 PM	11:00 PM	Sunday	Red Rovers	Wicked Walleyes
6/26/2022	6:55 PM	8:10 PM	Sunday	Kraken	Wicked Walleyes
6/26/2022	8:20 PM	9:35 PM	Sunday	Misfits	Mavericks
6/26/2022	9:45 PM	11:00 PM	Sunday	Chiefs	Red Rovers
7/10/2022	6:55 PM	8:10 PM	Sunday	Chiefs	Wicked Walleyes
7/10/2022	8:20 PM	9:35 PM	Sunday	Mavericks	Kraken
7/10/2022	9:45 PM	11:00 PM	Sunday	Misfits	Red Rovers
7/17/2022	6:55 PM	8:10 PM	Sunday	Misfits	Wicked Walleyes
7/17/2022	8:20 PM	9:35 PM	Sunday	Chiefs	Kraken
7/17/2022	9:45 PM	11:00 PM	Sunday	Red Rovers	Mavericks
7/24/2022	6:55 PM	8:10 PM	Sunday	Red Rovers	Kraken
7/24/2022	8:20 PM	9:35 PM	Sunday	Misfits	Chiefs
7/24/2022	9:45 PM	11:00 PM	Sunday	Wicked Walleyes	Mavericks
7/31/2022	6:55 PM	8:10 PM	Sunday	Wicked Walleyes	Red Rovers
7/31/2022	8:20 PM	9:35 PM	Sunday	Mavericks	Chiefs
7/31/2022	9:45 PM	11:00 PM	Sunday	Kraken	Misfits
8/7/2022	6:55 PM	8:10 PM	Sunday	Red Rovers	Chiefs
8/7/2022	8:20 PM	9:35 PM	Sunday	Mavericks	Misfits
8/7/2022	9:45 PM	11:00 PM	Sunday	Wicked Walleyes	Kraken
8/14/2022	6:55 PM	8:10 PM	Sunday	Red Rovers	Misfits
8/14/2022	8:20 PM	9:35 PM	Sunday	Kraken	Mavericks
8/14/2022	9:45 PM	11:00 PM	Sunday	Wicked Walleyes	Chiefs
8/21/2022	6:55 PM	8:10 PM	Sunday	Mavericks	Red Rovers
8/21/2022	8:20 PM	9:35 PM	Sunday	Kraken	Chiefs
8/21/2022	9:45 PM	11:00 PM	Sunday	Wicked Walleyes	Misfits
8/28/2022	6:55 PM	8:10 PM	Sunday	Mavericks	Wicked Walleyes
8/28/2022	8:20 PM	9:35 PM	Sunday	Chiefs	Misfits
8/28/2022	9:45 PM	11:00 PM	Sunday	Kraken	Red Rovers
9/11/2022	6:55 PM	8:10 PM	Sunday	Misfits	Kraken

9/11/2022	8:20 PM	9:35 PM	Sunday	Chiefs	Mavericks
9/11/2022	9:45 PM	11:00 PM	Sunday	Red Rovers	Wicked Walleyes
9/18/2022	6:55 PM	8:10 PM	Sunday	Kraken	Wicked Walleyes
9/18/2022	8:20 PM	9:35 PM	Sunday	Misfits	Mavericks
9/18/2022	9:45 PM	11:00 PM	Sunday	Chiefs	Red Rovers
9/25/2022	6:55 PM	8:10 PM	Sunday	Chiefs	Wicked Walleyes
9/25/2022	8:20 PM	9:35 PM	Sunday	Mavericks	Kraken
9/25/2022	9:45 PM	11:00 PM	Sunday	Misfits	Red Rovers
10/2/2022	6:55 PM	8:10 PM	Sunday	AHL Playoff (1 vs 4)	
10/2/2022	8:20 PM	9:35 PM	Sunday	AHL Playoff (2 vs 3)	
10/2/2022	9:45 PM	11:00 PM	Sunday	AHL Playoff Consolation (5 vs 6)	
10/9/2022	6:55 PM	8:10 PM	Sunday	AHL Championship Game	