

Official Rules of the Geezer Hockey League, Inc.

For All Divisions

The Geezer Hockey League, Inc. (GHL) exists to provide a safe, enjoyable, and competitive hockey environment for men and women 35 years of age and older. The league, known as the “Geezer Hockey League”, is a no check / limited body contact recreational adult hockey league with a strong emphasis on sportsmanship, fair play, and a safe playing environment. It is the responsibility of each player to conduct themselves accordingly, for their own enjoyment and safety as well as for the enjoyment and safety of their teammates and everyone else on the ice.

It is expected that participants in the GHL exhibit good sportsmanship, which includes, but is not limited to, respect for the officials, teammates, opponents and facilities. The desire to win often produces a style of play contrary to the principles of sportsmanship, and fair play. While winning is certainly a consideration, it is not the only consideration, nor is it the most important consideration. The GHL will not tolerate a style of play that ignores sportsmanship and fair play. Remember: Players must accept and realize that their opponents in this recreational league are not enemies – they are fellow competitors. The GHL has the authority to disqualify, suspend, or remove any player who behaves in an unsportsmanlike manner before, during, or after a game.

With exception of and in addition to GHL Rules specified below, the most recent rules of USA Hockey will serve as the standard in all league activities. These rules can be found on the USA Hockey website:

http://www.usahockey.com/uploadedFiles/USAHockey/Menu_Officials/Menu_RulesEquipment/USAH Rulebook 0911_WEB.pdf

The following GHL specific rules have been established for this league and are for the protection of everyone in this league. These rules apply to all GHL games and league-sponsored skates (such as Black & White's and Friday Night Skates). All participants should become familiar with these rules. All rules, suspensions, and interpretations are at the discretion of the GHL.

General Rules:

- Players are assigned to teams by a Board-appointed committee of the GHL. Team jerseys are issued by the league.
- Each player has the responsibility to arrive on time, leave the locker rooms clean after use (be sure to let rink personnel know immediately if they are not clean when you get there), and to promote good sportsmanship.
- All new players and players seeking to change divisions will participate in the GHL-sponsored evaluation skate held prior to the start of each season. The GHL reserves the right to move players between divisions to maintain balance in the league.
- All players must be registered with USA Hockey. If a player does not have a USA Hockey registration card or proof of a paid and current membership, he/she will not be allowed to participate in league-sponsored activities. Ideally, players will keep proof of registration nearby during league activities.
- Players must be at least 35 years of age at the end of the season played. Waiving the 35 year-old minimum is at the discretion of the GHL Board and will only be considered for goaltenders less than 35 years of age and to fill any open roster positions.
- Goalie subs will be selected by a goaltender coordinator and supplied from the pool of goaltenders in the league or from the Goalie Substitution List.
- Each team will have a Captain elected by the team or appointed by the Board. This is at the discretion of the GHL Board and the T1 and T2 committees and is subject to change. The Captain will serve as the primary line of communication between the team and the league. Captains are responsible to complete an incident

report for on-ice injuries to his/her team players. The Incident Report form can be obtained at www.geezerhockeyleague.com.

- From time to time the league may adopt or delete certain rules to improve the quality of play and enjoyment of the participants.

Game Rules:

- League-contracted referees have final authority for all on-ice infractions. The referee's judgment serves as the basis of all off-ice reviews. Abuse of on- or off-ice officials, including rink personnel, will not be tolerated and any individual or teams doing so may receive suspensions from the league, pursuant to the "ZERO TOLERANCE" rule as adopted by USA Hockey.
- If a team does not have a goalie, they may play with six skaters. If the goalie arrives at any time during the game, he may enter into the game once the sixth man has left the ice.
- The league will not apply the center red line for two-line, neutral zone offside calls. The center red line will be used exclusively for icing calls.
- Games will consist of three 15 minute stop time periods. Each team will have one time out per game.
- The winner of each game will receive two points in the league standings; the loser will receive no points. Tie games will result in one point received by each team. There will be no overtime period in regular season games.
- If the number of penalties handed out (to both teams) equals 15 or more, the clock will run continuously.
- In the event that any scheduled league game has to be suspended, the GHL Board, in conjunction with rink management, will determine the course of action to be taken to complete the game.
- Playoff rules are the same as regular season rules, with the following exceptions: Playoff Games tied at the end of regulation time will first play one 5 on 5 five minute stop time sudden death overtime period. If still tied, a second five minute stop time overtime period will be played 4 on 4. If still tied, a 3 round shootout will be played. The home team shall have the choice of shooting first or second and the teams will alternate shots. If still tied, one round shootouts will be played until one team wins. Again, the home team will have the choice of shooting first or second and the teams will alternate shots. During a shootout, all players must shoot before any player shoots again.
- Playoff seeding is determined by total points, and then tie breakers are: total points, most wins, head-to-head (only in two-way ties), fewest goals allowed, fewest PIM, and coin flip, in that order.

Penalty Rules/Disciplinary Action Framework:

- Boarding and body checking will result in an automatic 10-minute misconduct penalty.
- Fighting will not be tolerated and will result in a 5 game suspension. A second fighting penalty in a single season will result in suspension for the remainder of the season.
- Any Player receiving three stick penalties, or five total penalties in one game will be ejected from the game upon receipt of the third stick (or fifth regular) infraction. Any player receiving an ejection on the basis of the aforementioned rule in more than one game will be subject to further disciplinary action, including suspension or ejection from the league, should it be deemed necessary by the GHL.
- High stick penalties will result in a 2 or 4-minute penalty and will be assigned at the discretion of the on-ice official. Any player receiving a high stick penalty which injures another player (resulting in the additional 2 minutes), will be removed from the game (no suspension).

Major Penalties

- All major penalties are subject to the discretion of the referee and will follow USA Hockey rules.
- Any player receiving a match penalty with intent to injure will automatically be ejected from that game and receive an additional five game suspension. A second offense will result in ejection from the league and the player will not be eligible for a refund.
- Any player instigating a fight will receive a major, a game misconduct, and a five game suspension for the first infraction. Any player involved in a fight without instigating the fight will receive a minimum one game suspension. Any player participating in a fight for the second time will be suspended indefinitely while the GHL Board reviews the incident. Any player ejected from the league will not be eligible for a refund.
- If any player drops his/her gloves intending to fight, he/she will receive an automatic one game suspension.
- The only way the one game suspension can be avoided is by skating away from a threatening player. There will be no exceptions!

Suspensions

As a general rule, suspensions will be handed out per USA Hockey standards. However, suspensions may be increased or decreased at the discretion of the GHL Board. All suspensions will be based upon the penalties given by the referee (written on the score sheet). The GHL Board will notify a suspended player and all league captains of the duration of that player's suspension. The GHL reserves the right to eject any player from the league at any time, based on inappropriate on- or off-ice behavior, without warning or refund. The GHL also reserves the right to eject any spectator at a GHL game or a GHL sponsored skate and associated with a GHL player for inappropriate behavior. The GHL Board reserves the right to increase any suspension after review.

** Any player suspended for one game or more will not be eligible for any refund**

Any suspensions given in the playoffs will be carried forward to the next season

Complaints and Appeals

If a player has a complaint regarding anything related to a game or a GHL Board decision, the complaint must be submitted in writing via letter placed in the GHL mailbox at the Steel Ice Center no sooner than 24 hours after the issue or incident. Complaints submitted verbally or prior to the completion of the 24 hour cooling off period will not be considered.

Any issues with refereeing during a game should be sent to the GHL referee liaison(s) for review. The GHL referee liaison(s) will evaluate these issues and escalate them to the refereeing organization as needed.

All rules will be called in accordance with USA Hockey

All rules, suspensions, and interpretations are at the discretion of the Geezer Hockey League

Adopted November 2009