Our adult hockey program is intended to give adults an opportunity to play recreational ice hockey in an enjoyable environment. The intent is for everyone to have fun, socialize with others and get exercise without getting injured. There is no checking and physical contact should be avoided. Grabbing, holding, tripping, slashing and hooking cannot be tolerated. Slap shots – or fake slap shots – are not allowed. Fighting or rough play will result in expulsion from the program and possible banishment from the rink. While standings will be kept in league play, good sportsmanship and fair play are our highest priorities. While most pick-up games will not have a referee, players should follow – and self-enforce – these rules.

1. In addition to the regular rules of ice hockey, it is a minor penalty for the following:
   a. Taking a slap shot – or faking a slap shot. A slap shot is when a player brings the blade of his/her stick beyond the knee when striking the puck for any reason (shot on goal, clearing the zone, etc.). Penalty – Slap Shot: 2 minutes.
   b. Intentionally making physical contact with an opponent – using a hand, arm, leg, hip or stick – to gain an advantage. Players are to play the puck, not the opponent’s body. Penalty – Intentional Contact: 2 minutes.

2. To minimize contact in front of the net, it is a violation if an offensive player remains stationary to intentionally screen the goalie from an outside shot. The referee will blow the whistle and administer a faceoff in the neutral zone. Violation – Intentional Screen.

3. It is a major penalty if physical contact is determined to be abnormally rough or with intent to injure and will result in immediate expulsion from the league.

4. Directing critical, profane, distracting or derogatory remarks towards opponents or officials is not allowed. In addition to an unsportsmanlike penalty being assessed by the official, additional disciplinary action may result including expulsion from the league.

5. Tie games will end in a tie with no allowance for overtime except in the playoffs. A five (5) minute sudden death overtime period will be played, then a penalty shot shoot-out by alternating teams, until a winner is determined.

6. Only registered players are permitted to play. Substitutes, if needed, must be assigned by league officials. Playing a game with a non-registered player will result in a forfeit.

7. Respect towards others, as well as the facility, must be shown at all times. Please pick up locker room after usage.

8. The consumption of alcoholic beverages and smoking cigarettes are not allowed on the property. Violators will be expelled from the league.