



The Tulsa Adult Hockey League is sanctioned by the United Hockey Union and follows all USA Hockey rules. Below is a link to the USA Hockey rule book. All players MUST be registered with United Hockey Union for the current year prior to playing. <http://www.unitedhockeyunion.com/>

Playing Rules & Suspensions

- In addition to USA Hockey rules, the Tulsa Adult Hockey League adopts the following rules to the league.
 - High Stick causing medical attention will result in an automatic **5 minute major and a game misconduct.**
 - No player is allowed to step onto the ice while the Zamboni is still on the ice. Once the zam doors are closed, players may step onto the ice. **If a player is on the ice while the zam doors are still open, a 2 minute minor will be issued prior to the puck drop.**
 - At the end of warm-up. Pucks are to be picked up and placed in the bucket or on the rail inside the benches. **If a puck is shot onto the bench, a 2 minute minor penalty will be issued prior to puck drop.**
 - ZERO TOLERANCE - If your team has a question about a call that a referee makes, then please have your captain address the referees at an appropriate time. **If you are called for 2 minutes, sit your penalty before it escalates to a 10 minute misconduct or to a Game Misconduct.** If you continue in harassing the ref, you will be called for a **2 minute unsportsmanlike (abuse of official).**
- **Suspensions:**
 - If a player receives a suspension on one of their teams, they will sit the required number of games for that team. If that player plays on multiple teams, they cannot play for the other teams while they are on suspension. Ineligible players caught playing will sit for one game after they become eligible to play using the team they were playing for as a proxy team.
 - The referee shall call the game and go through the process of USA Hockey rule book for all penalties. However, if an incident needs to be reviewed the league director will review it to see if additional suspension is needed.
 - If a player participates in a game while they are on suspension, the game will be deemed a forfeit.



- Off-ice incidents at the rink may include game suspensions for a player's team they are playing for at the time of the incident.
- Standards of Game Misconducts based on the number of Game Misconducts they receive during a season, regardless of the number of teams you play for.
 - 1 GM in a game = Player will sit for 1 game
 - 2 GM in a season = Player sits for 2 games
 - 3 GM in a season = Player is suspended for the season

Player Code of Conduct:

- Alcohol and playing hockey do NOT mix. If a referee determines that a player is intoxicated, the referee will remove the player from the game if they feel they are a potential harm to others safety for this reason. If a player refuses to leave, their team will forfeit and NO game will be played during that ice time.
- ZERO TOLERANCE - If your team has a question about a call that a referee makes, then please have your captain address the referees at an appropriate time. **If you are called for 2 minutes, sit your penalty before it escalates to a 10 minute misconduct or to a Game Misconduct.**
 - If there are issues on the ice that are happening and your team feels they are not being addressed in the game, the captain needs to approach the referee in between periods depending on the severity of the issue. The captain needs to be the one communicating to the refs about issues on the ice but need to do it in a professional manner and appropriate time. If the captain feels it wasn't addressed, then the captain needs to contact the director.
- If there is an altercation on the ice, the etiquette is to leave it on the ice. Do not take the issue off the ice. If for some reason, it is escalated that high and it leaves the ice, you need to be prepared to face a potential suspension that is NOT in conjunction with penalties on the ice. The Oilers Ice Center will not tolerate threats off of the ice, fighting in the lobby, destroying items or property, or causing a scene in the open public. Any incident could be subject to review. Remember, the rink is a kid friendly environment and we as the adult hockey players at the rink are the examples of what the kids are looking up to as they are watching. I understand emotions can get high on the ice during play, but we need to leave it on the ice.



Game Rules

- Each game consists of 3 periods of 20 minute run clock.
 - Prior to the game starting, each team has a 5 minute warm up and 2 ½ minutes between periods.
- Each team will have 1 timeout during each game.
- In the event of a game in the third period with 60 seconds or less, the clock will be stopped at every whistle when the game is within 1 goal.
- Ties:
 - Regular Season Game: If the game ends in a tie, then the game will conduct a three person shootout, with home having the option to go first or last. If it is still a tie after the shootout, then the game is a tie.
 - Playoffs: If the game ends in a tie, a 5 minute 4 vs 4 OT will take place. If the game is still tied after OT, then the game will conduct a three person shootout, with home having the option to go first or last. If the game is still tied after the three person shootout, then the game turns into a sudden death shootout, meaning 1 for 1 until a winner is reached. All players must rotate through before a player is allowed to go again.
 - Any penalized player during game play will not be able to participate during the shootout.
- All games are NO checking. However angling is prohibited.

Seasons

- Every year, Oilers Ice Center operate four seasons (Winter, Spring, Summer, & Fall).
- During each season, each team will be scheduled for 10 games. The top teams of each division make the playoffs.
- Season Points for Standings
 - Win = 2 points
 - Lose = 0 points



- OT Lose = 1 point
- Standings Tie Breakers.
 - First – Points
 - Second – Wins
 - Third – Goal Differential
 - Forth = Head to Head
 - Fifth – Goals For

Player / Team Registration, Rosters, Substitute Players:

- New Player Registration: To sign up with a team, email Frank at TulsaAdultHockeyLeague@oilersicecenter.net, and provide your playing background and the desired division you are looking to play in. Your information will be dispersed to the captains and they will contact you when they have an opening.
- Players must be 18 years old to play.
- Team Registration: Full payment expected by due date. All games forfeit until the remainder is paid in full or other arrangements have been made.

The league will not assume that teams will participate in the upcoming season. All teams must contact the director by the deposit due date to inform the league that the team will participate in the next season, and to clarify what division they will participate in.

Full payment is expected by the final due date. If partial payment has been received, and no arrangements have been made the team will be scheduled but may forfeit until full payment has been received.

- League fees are payable with check, cash, credit card (if paying with American Express you will need to call Justin to setup payment). Payments can be made over the phone or in person.
- Once a team is paid, there will be no refunds. Individual player refunds will need to be handled amongst the team.
- Rosters: Rosters with paid only players and goalie must be turned in and approved before the first game of the season. The earlier they are turned in the sooner they can be approved. If your team is incomplete you will need to turn in what you have. Approved players can be added later. Teams will not be allowed to change divisions if the schedule has been made. Please make sure your players are appropriate for the division you sign up for. Teams will be responsible to find eligible players to fill their team. Teams



without an approved roster will still be scheduled but will forfeit games until a roster is received and approved

- **Substitute Players:**

Players that wish to play as substitute players, but are not on a paid team can still play. They will need to contact the league director to announce their intent to play. After being ranked they will go on a sub roster and be eligible to play for that season only. The sub roster will not carry over to the next season. Every season each player that wishes to be a substitute that is not a paid player must be added to the sub roster. If an ineligible player is on the ice when the game starts both the player and captain will receive a game misconduct. The team that the ineligible player is playing for will serve as proxy for the suspension.

Policing of team rosters and detection of illegal players is primarily the responsibility of the individual teams. If an illegal player is found, the captain may notify the ref. If the ref finds that the player is ineligible then the player will be removed from the game, (all USA Hockey rules apply on illegal player during the game). The League may, however, declare a game a forfeit if it is found a team is avoiding the rules or the league and/or USA Hockey.

Examples of an illegal or ineligible player are (but not limited to):

- Any player who does not have complete paperwork on file with the league, plays or appears on the ice.
- A suspended player dresses while under suspension
- A player that participates in a division they are not ranked for.

In cases where a player's identity is in question, the protesting team has the right to require that said player produce a valid photo I.D. Any player unable to produce valid I.D. will automatically be declared illegal, unless a league or game official is present who can vouch for his identity. In the absence of any such verification, a forfeit declared in favor of the protesting team may occur after the game.

- An ineligible player may result in a game suspension for both the captain and ineligible player.

- **Rosters for Game Day:** Each team may use approved subs listed on the leagues ranking file. If the opposing team believes that their opponent is using a non-rostered player, it will be reviewed by the referee.



- Jerseys:
 - Jerseys: Each team MUST have two different jerseys
 - Home is always dark
 - Away is always light/white
 - All jerseys must be the same main color jersey.

- Player Ranking – Each player is ranked and based on their skills and talent.
 - Red: This is a broad group of players. This will be the most advanced players in the TAHL league. Typically, Open/Elite Skates and A/B divisions in other market.
 - Orange: Examples: Played AA or AAA through Midgets, last played college/juniors/pro and doesn't play to the same level as before. Exhibits strong skating and stick handling skills. Typically, your B/C division in other market
 - Yellow: Examples: Played recreational hockey growing up or advanced from novice as playing as an adult. Exhibits basic skating and stick handling skills. Typically, your C/D divisions in other markets.
 - Green: Examples: These players could be advancing from beginners or becoming one of our veteran players in the league. Typically, your Recreational divisions in other markets.
 - Blue: Examples: New players to adult hockey in other markets. Could be veteran players in the league that played at higher levels earlier in their career.

• Divisions:

- Gold: Red, Orange and Yellow only. No Green or Blue
- Silver: Yellow and Orange only. No Red, Green or Blue
- Bronze: Yellow and Green No Red, Orange or Blue
- Rec+: Green and Blue No Yellow, Orange or Red
- Rec: Blue stickers only No Green, Yellow, Orange or Red

		Division				
		Gold	Silver	Bronze	Rec +	Rec
Player Ranking	Red	✓				
	Orange	✓	✓			
	Yellow	✓	✓	✓		
	Green			✓	✓	
	Blue				✓	✓



- Teams Changing Divisions: (Must accomplish 2 of the following 3)
 - Moving Up: Division Winner; 15 points or more; Goal differential of 30+
 - Moving Down: Finish bottom of division; 5 points or fewer; Goal differential of -30
- Teams may request to move up or down each season, but it will not always be granted. Your roster will be evaluated prior to any move.
- If one of the teams being forced to move is going to have a significant roster change, then their status will be evaluated.