

The Tulsa Adult Hockey League is sanctioned by USA Hockey. All players must be 18 years old or older and a current members of USA Hockey to play in the league.

Playing Rules & Suspensions

In addition to USA Hockey rules, the Tulsa Adult Hockey League adopts the following rules to the league.

- High Stick causing bleeding or injury will result in an automatic **5 minute major and a game misconduct**. The referee may use their discretion on this call if needed.
- 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 near the penalty box. **If a puck is shot onto the bench or penalty box, 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 may be called for a 2 minute unsportsmanlike or game misconduct for abuse of an official. There is also zero tolerance for harassing scorekeepers. They are considered off ice officials. Harassing a referee off the ice can also result in a game misconduct.
- Teams may not add new players to their team once the second period has started. New players will be asked to leave and failure to do so will result in forfeit. This does not apply to players who have paid to play and are on team's roster. Those players can come in after the second period has started, but the team will use a time out so that referees can verify the player's status on the roster.
- All game misconducts in the last 5 minutes will be subject to additional game suspensions. Players that receive a GM within the last 5 minutes of a game will automatically receive an additional suspension until a review is completed.

- If a goalie's injury is a result of a penalty from an opposing player, the opposing player's team will forfeit the game.
- Teams must turn in a sub roster by mid-season (due date TBD). Teams can have any appropriately ranked player to sub during regular season, but can only pull from the sub roster they will turn in for playoffs and finals. They will list up to 5 players on the sub roster list (goalies not included in this).
- Players that receive three game suspensions for fighting or multiple match penalties within a 12 month period may receive additional suspensions or be suspended indefinitely.
- Players that receive multiple misconducts can be subject to additional discipline including but not limited to game suspensions.
- Only actively participating eligible players or designated coach are allowed on a team's bench.
- **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 administrator 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. It is the captain's job to make sure all players are eligible.
 - Players that are suspended may watch the game from the stands or lobby. They may not go to the player's bench or approach the ice for any reason while suspended.

- Off-ice incidents at the rink may include game suspensions. Any confrontation in shared bathrooms will be grounds for immediate indefinite suspension.
- 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.
 - First GM in a game = Player will sit for 1 game
 - Second GM in a season = Player sits for 2 games
 - Third 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 league's administration.
- 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 escalates off-ice, you need to be prepared to face a potential suspension that is NOT in conjunction with penalties on the ice. The Tulsa Adult Hockey League 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.

Game Rules

- Each game consists of 3 periods of 15 minute stop clock.
 - There is a curfew clock of 75 minutes. The game will end regardless of regulation time or score at the end of 75 minutes.
 - If the curfew clock ends during a shootout when one team has shot more than the other then the referee will allow the other team to shoot once more so that both teams had the same number of shooters.
 - The curfew clock will start as soon as warmups start.
 - Mercy Rule – The third period will be run clock if a team is ahead or becomes ahead by at least 6 goals.
 - If the score changes to within 2 goals then the game will return to stop clock.

- Icing - The Rec, Rec+, and women's division will use blue line icing.
- Each team will have 1 timeout during each game.
- 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.

Seasons

- The Tulsa Adult Hockey League organizes adult hockey year round.
- During each season, each team will be scheduled for up to 20 games with the exception of a possible shorter season during the summer season.
- Season Points for Standings
 - Win = 2 points
 - Lose = 0 points
 - OT Lose = 1 point
- Standings Tie Breakers.
 - First – Points
 - Second – Wins
 - Third – Goal Differential
 - Fourth - Head to Head
 - Fifth – Goals For
 - Sixth – Penalty Minutes

Player / Team Registration, Rosters, Substitute Players:

- New Player Registration: To sign up with a team, email Frank at Frank@TulsaIceCenters.com, and provide your playing background and the desired division you are looking to play in. Once you are given a provisional player ranking you will be given a link to sign up onto the league's Free

Agent list. This will let captains know you are available and an eligible player.

- 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 league administration 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 Lund to setup payment). Payments can be made in person or online by using the designated payment site.
- 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 a paid player on a team can still play. They will need to contact the league administration 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). It is not the referee's responsibility to police ineligible players. Consequences for ineligible players can happen after the game even if the referee continued 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 must turn in a hard copy of their game day roster into the scorekeeper. All players must be current USA Hockey members. All players on a team must have unique jersey numbers. If no hard copy of the roster is turned in the team will not be able to be checked in which defaults to a forfeit.
- Jerseys:
 - Jerseys: Each team MUST have two different jerseys
 - Home is always light
 - Away is dark
 - All jerseys must be the same main color jersey
 - All jerseys must have a unique jersey number

- Player Ranking – Each player is ranked and based on their overall skill. This includes but is not limited to skating ability, stick handling, Hockey IQ, experience, temperament, and potential. The descriptions below are used as guidelines. Ultimately, a player ranking will be decided by the leagues ranking committee.

- 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.
- Goalies: Goalies can play up as high as they would like with the exception of blue ranked goalies. Blue ranked goalies can play as high as silver division.

- Divisions:

- Division 1 (formerly Gold): Red, Orange and Yellow only. No Green or Blue
- Division 2 (formerly Silver): Yellow and Orange only. No Red, Green or Blue
- Division 3 (formerly Bronze): Yellow and Green No Red, Orange or Blue
- Division 4 (formerly Rec+): Green and Blue No Yellow, Orange or Red
- Division 5 (formerly Rec): Blue stickers only No Green, Yellow, Orange or Red
- Women's Division : All skill levels can play

		Division				
		1	2	3	4	5
Player Ranking	Red	✓				
	Orange	✓	✓			
	Yellow	✓	✓	✓		
	Green			✓	✓	
	Blue				✓	✓