



## Ice Zone Adult League Rules

Regular season games are 75 minutes in length. Playoff games will be 85 minutes in length. If a playoff game is tied, a 5 minute sudden death overtime period will be played. If the game is still tied, a 5 man shootout will determine the winner. Warm-up time will be 4 minutes in length.

To start a game, a team must have 5 players and a goalie on the ice at the end of warm-ups. If a team does not have a goalie on the ice at the end of warm-ups, they have until 55 minutes left in the 75 minute time slot to have one dressed in order to still play a game. Otherwise the game will be a forfeit the offending team. If a team has less than 5 skaters they have until 65 minutes left in the 75 minute time slot to have a **rostered** player dressed. If they can not produce one the game will be a forfeit for the offending team.

Teams must have matching jerseys with permanently attached numbers. "Taped-on" numbers are not allowed, and teams can not have duplicate numbers either.

**Shoulder Pads** must also be worn during the game. If it is brought to the attention of one of the game officials that a player is not wearing them, then the offending player must go to the locker room to get their shoulder pads put on. If a player does not have shoulder pads to wear, then they will not be allowed to return to play.

**Rosters** – It is the responsibility of each team to have all players signed in before the start of the game on the official scoresheet. If a player fails to sign in, then they are considered to be an illegal player. If there is an illegal player on the ice, the game will result in a forfeit.

The league will use the **Blue Line Icing** rule.

**Curfew Clock** – When there is 5 minutes left in the 75 minute time slot, the game clock will be dropped down to 3 minutes. During playoff games if there is a goal differential of 2 or less goals the curfew clock rule will not apply. **Running Time** will occur only in the 3<sup>rd</sup> period of the game when there is a goal differential of 7 or more goals. If the differential goes back to 3 goals then the clock will once again be stopped.

**Consumption of alcohol is prohibited!** Any player that is considered to be under the influence of alcohol while playing will be told to leave the building. Any player caught consuming alcohol in the building premises will be told to leave.