

DMAHA Policies

The Des Moines Adult Hockey Association operates all leagues with the following policies, and is subject to change.

- Game times are running 18-18-18 with stop clock in the 3rd if within 1 goal
- No player can score more than 3 goals in a single game. If a player scores additional goal(s) unintentionally there will be no penalty and the goal will not be counted, if a player intentionally scores additional goal(s) the goals do not count and the player will serve a minor penalty for the first offensive
- If one player receives 3 penalties in a single game, the player will be asked to leave the ice and the captain or assigned player will sit and serve that player 3rd penalty.
- Any players under the age of 21 must have an immediate family member to vouch for them or they must get 2 good standing members within the same league to vouch for them. If that player gets a suspension the vouching members must also serve those suspensions.
- If an unregistered player is played in a game, the captain of the team the player played on is subject to a 1 game suspension
- Teams are capped at 18 skaters
- Officials in the DMAHA are permitted to wear helmet cameras during games.
- The use of the "Slap Shot" is prohibited in the DMAHA. If a player, in the process of making a forehand or backhand shot/pass, raises the blade of the stick above the waist as part of the backswing it is considered a slap shot