



AAHL Rec League Rules

Edited: August 31, 2018

1. Game Rules

League games will be played using the current rules as set forth by USA Hockey for adult non-check ice hockey as a guideline. Exceptions and highlights are listed below as well as in the AAHL Special Rules document (available at <https://www.AtlantaHockey.org>).

2. Clocks/Time

Games in this Division shall have a 5 minute warm-up, shall consist of three twenty (20) minute periods, all stop time. There shall be 2 minutes between periods to allow teams to change ends. The ice will be resurfaced before each game but not between periods. In the event there is no scorekeeper at any particular game, the game will be 3 thirty minute periods of running time.

3. Time-outs

Each team in will have one (1) sixty (60) second time-out which can be used at any time.

4. Ties

Games ending in a tie in will be followed by a five (5) skater shoot-out, "Guest" team shooting first. Any skater serving a penalty when the final buzzer sounds at the end of regulation time, is totally ineligible to participate in the shoot-out. The winning team will receive two (2) points and the shoot-out loser one (1) point. Games still tied after each team has attempted five (5) penalty shots will be determined a tie with each team receiving one (1) point.

5. Helmets

Helmets approved for hockey must be worn by all players at all times during the match, including on the ice, on the bench, or in the penalty box. All players' helmets must have eye protection approved for hockey. Special rules apply to goalie helmets and masks, and goalies should direct inquiries to their league Vice President for specific information.

6. Checking

No checking is allowed at any time during any game.

7. Goalie Protection Area

An area outlined by a box to extend from the center of each face-off circle straight back to the end-boards and between the face-off circles. If the goalie is in the confines of this area, he cannot be interfered with and must be allowed freedom of movement.