

Penguins Adult League Rules & Game Protocols

1. REQUIRED FORMS & REGISTRATIONS

- All participants must have a current UPMC Lemieux Sports Complex (UPMC LSC) Liability Waiver on file before playing.
 - The online waiver will be first signed when creating a DASH DaySmart account and must be renewed annually (365 days after accepting) via the participants online portal.
- USA Hockey "Player" registration is required to participate in all UPMC LSC Adult League games.
 - Registration can be completed on the [USA Hockey](#) website
 - Player registration opens on April 1st for the upcoming season and is valid from September 1st through August 31st. (this expires on Aug 31st, regardless of renewal date)
 - Registration must be renewed annually.
 - A current USA Hockey registration number will be required for a participant to join a team's roster.
- The League director may set a Waiver and/or USA Hockey Number "check" date(s) throughout the season.
 - This will require all rostered players to have an up-to-date waiver and USA Hockey registration to be eligible for future games.

2. ZERO TOLERANCE POLICY

- In accordance with [USA Hockey Zero Tolerance Policy](#) and UPMC LSC all players, officials and spectators are required to maintain a sportsmanlike and educational atmosphere before, during and after all USA Hockey sanctioned games. Thus, the following points of emphasis must be implemented by all USA Hockey participants and spectators. All participants must adhere to the policies outlined below. Failure to do so may result in temporary or permanent expulsion from all UPMC LSC leagues.
 - In accordance with Rule 601 Abuse of Officials and Other Misconduct, players may receive a minor for Unsportsmanlike Conduct, Misconduct or Game Misconduct for any of the following actions
 - a) Challenges or disputes the rulings of any game official
 - b) Taunts or incites an opponent
 - c) Creates a disturbance during the game
 - d) Shoots the puck after the whistle, if in the opinion of the official such shot was avoidable.
 - Any player that threatens or verbally abuses an official will be assessed a Game Misconduct and minimum 1 game suspension.
 - Using any language that is hateful or discriminatory in nature anywhere in the facility will result in a Match Penalty & minimum 2 game suspension. This includes racial/ethnic slurs and slurs related to gender or sexual orientation.

3. FACILITY CONDUCT

- This is a family friendly facility. Officials may eject any player or spectator for threatening, abusive, or excessively vulgar language. This includes vulgar gestures or body language.
- Alcohol is not permitted in the facility or surrounding parking lots.
- Tobacco products are not permitted to be used in any area of the facility, including on the ice.

- Players under the influence of alcohol or drugs, whether prescription medication or illicit drugs, will not be permitted to play.
 - This includes, but is not limited to, slurred speech, impaired balance, hostile/aggressive behavior or threatening, abusive and/or overly vulgar language when a drug impairment is suspected.
 - Other “warning signs” / behaviors not articulated above can be used to prohibit a player from playing when a drug impairment is suspected
- Players/fans under the influence of alcohol/drugs will be asked to exit the premises immediately.
- Spectator’s “coaches”, etc. are not permitted in the player bench area any anytime, this includes on the glass or in the auxiliary benches near the player benches.
 - Player benches are for fully dressed eligible players only.
- Spectators must adhere to good sportsmanship guidelines. Any spectator using excessively foul language, or engage in disruptive / threatening behavior will be asked to leave the facility. Refusal to leave may result in a penalty towards the team whom they are associated with. Play will not resume and the clock will run until the offending spectator(s) have left the facility. If this causes a potential influence on the outcome of a game, a forfeit may be used a punishment towards the team the spectator is associated with.

4. REGISTRATION & LEAGUE FEES

- Captains may register a team with no initial cost attached to the team registration.
 - Team Registration will close with no less than 7 days prior to the seasons 1st game
- Once a team is registered, they may invite their players to join their team and assign dues to their players via their DASH team management page.
 - Captains will have the option to assign dues to each player once a player is registered.
- League Fee “minimum” payment dates may be set throughout the season. (Payment plans)
 - These minimums must be met to continue playing and avoid forfeits.

5. LEAGUE DIVISIONS

- Divisions will be monitored and followed regarding the comparative competitiveness of teams
- Divisions have carefully defined division criteria
 - New teams will be researched to allow proper division placement
 - Returning teams regular season record and goals for / goals against may be used to move a team into a new division.
- Teams determined to be registered in the wrong division may forfeit their guaranteed playoff game and/or be moved into a new division mid-season
 - Teams that have moved up a division from the previous season may be exempt from this rule.
- Player level Eligibility Guidelines for each division can be found on the [Adult League](#) page.

6. GAME SCHEDULES

- Requests for “reschedules” may be made but are not guaranteed.
 - New potential date/time must be agreed upon by both teams.
 - Originally scheduled dates/times will always take priority.
- Ice time is extremely limited especially in the fall & winter months. It is encouraged for teams to try and field a skill appropriate roster for all originally scheduled games.
- Playoff games will be published in advance so all teams & players can plan accordingly.

- Forfeits – Please try your best to field enough skill appropriate players for all scheduled games. Forfeits not only cost your team a loss but also eliminates a game from your opponent
 - Should a forfeit need to occur, the forfeiting team should email the League Director nmiller@pittsburghpenguins.com and opposing captain as well as inform the Front Desk at the rink. (412) 255-1866

7. ROSTERS

- All participants must be eighteen (18) years of age and out of high school
 - Ages / Dates of Birth (DOB) will be verified by USA Hockey Registrations
- All participants must join their team's online roster via their DASH DaySmart portal.
 - Jersey Numbers will be required for all skaters
- Rosters must be submitted prior to the start of each season.
 - Rosters may be adjusted during the season until the "Roster Freeze" date.
- Each season there will be a "Roster Freeze" deadline that will be announced prior to the start of the season
 - All players that wish to play the remainder of the season and be eligible for playoffs must be on the roster by this time.
 - a) Players can still be put on the roster by this deadline even if they do not participate in any games until the 2nd half of the season.
 - b) Other than a Substitute Goalie, you may only use players from this roster after the Roster Freeze.
- The League Director may set announced "roster check" date(s) in the middle of the season to ensure players are registering once they begin playing games.
 - This will not freeze the rosters.
- Participants may be rostered on multiple teams across the league and within each division.
 - Players rostered on more than one team within a division must declare a primary team for the playoffs by the roster freeze date.
 - a) They may play for both teams for the entire season & may play for either team when those teams play each other.
 - There is no guarantee that players who are dually rostered will not have game conflicts
- Teams will forfeit any games played with a non-rostered player(s) or registered subs.

8. SUBSTITUTE PLAYERS

- All substitute players must be registered to play in the Penguins Adult League and have an up-to-date USA Hockey Player Registration. (No outside players)
 - Substitute players should not be rostered on any teams that are registered in a division more than two (2) divisions higher than the team they are subbing for.
 - a) For this purpose only, divisions will be simplified into (Upper C, Middle C, Lower C, Upper D, Middle D, Lower D & E)
- A list of registered substitute players (free agents) and goalies will be made available to all captains and updated throughout the season.
- Other than a goaltender, substitute skaters may not be used after the Roster Freeze date or in playoff games
 - An exception may be made if mutually agreed upon by both captains and the League Director.
- Substitute Goalies must be acquired from the Substitute Goalie list or be rostered to another team that plays in the Penguins Adult League.

- Substitute Goalies should only be used when a teams rostered Goalie(s) are not available.
- Teams should inform the opposing captain and League Director when a substitute goalie is needed.
- Any protests about a substitute eligibly or non-rostered player should be submitted via email to the League Director within forty-eight (48) hours of the game end time.
 - Captains may ask the official(s) to check on a player during warm ups
 - a) Officials will ask the opposing captain if a certain player is eligible (ID's and registrations will not be checked)
 - b) If there is an ineligible player, they may leave before the start of the game with no penalty. Once opening faceoff has taken place, all players on the bench are considered to be part of the game and any ineligible players found after that time will result in a forfeit.

9. JERSEYS & EQUIPMENT

- Teams are responsible for their own warm-up pucks
 - Each team must provide two (2) "game" pucks to the officials prior to the start of the game
- Teams must wear matching jerseys of the same color with numbers
 - Teams will submit a Primary Jersey Color when registering
 - All teams must have an "alternate" jersey color with numbers available for all games
 - a) Alternate jerseys should be opposite of your primary (Dark & Light)
 - The team listed as "Home" on the scoresheet will be allowed to wear their primary jerseys if a color conflict exists.
 - The decision of teams having conflicting colors is at the sole discretion of the official(s)
 - Goalies may wear any color
- Players are required to wear the below equipment
 - Skates, shin pads, hockey pants, elbow pads, helmet, hockey gloves, stick
 - a) Helmets must be unaltered and have be HECC (Hockey Equipment Certification Council) [HECC Website](#)
 - i. Tape or lace chin straps are considered "altered" and unactable.
- Highly recommended equipment includes
 - Full facial protection, groin protection, mouth guards and shoulder pads

10. GAME PROTOCOL

- Games will be three (3) 20-minute running clock periods
 - 4-minute warm up, 1-minute intermissions
 - a) The 24-minute clock will start at the scheduled start time of the game or when the Zamboni gates are closed (whichever is later). Officials will blow their whistle with 21-minutes remaining to allow time for teams to clean up pucks.
 - b) 21-minutes will be put on the clock and started immediately at the conclusion of each period.
- Players may not enter the playing surface until both Zamboni Gates are closed.
 - If a team has players on the ice prior to the Zamboni gate closing, a minor penalty will be assessed to start the game. (If both teams are in violation of this rule, the game will start 4 on 4)

- Teams must have a minimum of five (5) skaters and a goalie to begin a game. (The game will not start until both teams have met these requirements.)
 - If the minimum roster requirements are not met at the conclusion of warm ups
 - a) The clock will stop at the 20-minute mark for sixty (60) seconds and the team with missing players will be required to burn their timeout.
 - b) If a team is still tardy after 60-seconds, the game clock will start and that team will be assessed a minor penalty that will start when play begins.
 - c) If a team is still tardy at the 17-minute mark, a double minor will be assessed when play begins.
 - d) If players have not arrived, a goal will be awarded at the 12-minute, 8-minute and 4-minute mark of the period.
 - e) If the required number of players do not arrive by the end of the 1st period, a 3-0 forfeit win will be recorded to the team with enough players.
 - f) Players may use the remainder of the ice time to play pick up
 - i. The officials are not required to officiate a forfeited game.
- Games ending in a tie after regulation will have a head-to-head (1v1) shootout to break the tie
 - No players may repeat until the one team has used all of their eligible players
 - a) At this point both teams may begin repeating players
 - Home team on the scoresheet shoots 2nd
 - Goalies do not go to their bench after the 3rd period.

11. PLAYING RULES

- All game will follow the [2025-29 USA Hockey Rule Book](#) unless otherwise stated in the Penguins Adult League Rules & Game Protocols (this document)
- All games will follow USA Hockey's Competitive Contact Category (Non-Checking)
 - Per the USA Hockey Rule Book - Non-check hockey does not mean no contact and the competitive contact category can be physical at times. Legal competitive contact occurs when players are focused on gaining possession of the puck and are simply maintaining legally established body position. Most often occurs when players are engaged in front of the net or along the boards.
- Offsides – Tag Up (delayed)
- Automatic Icing – Redline
- Each team is permitted one (1) 60-second timeout per game
 - Clock will stop during timeouts

12. PENALTIES

- All penalties will follow the standard 2-minute minor, 5-minute major, 10-minute misconduct, Game Misconduct, Match format.
 - One official will put time on the clock and start the penalty when the other official drops the puck to start play.
 - Solo officials will add 10-seconds to the penalty and start the clock. They will skate to the faceoff location and wait till the correct penalty time is reached before dropping the puck. (start at 2:10, skate to face off, drop puck at 2:00)
- An additional option of "Game Ejection" may be used by an official to remove a player from a game without the risk of suspension unless other criteria is met within the "suspension" category.
- Players serving a penalty must sit in their team's designated penalty box.

- If a penalty expires during a stoppage of play, the ensuing faceoff will take place shorthanded and the player(s) will come out of the penalty box once play has begun.
- For player safety, all players are responsible for closing the penalty box door when exiting.
 - If the door is left open, play will be stopped when the offending players team gains possession of the puck or the puck is in the opposing team's defensive zone or neutral zone.
 - No additional penalty is assessed, play will be treated like an icing and the faceoff will take place in the offending team's defensive zone.
- Any player who is assessed three (3) penalties in a single game will also be also be assessed a game ejection.
 - Note: All penalties are treated as "separate". A "double minor" is two separate minor penalties, a minor and a misconduct on the same play is two separate penalties. (a double minor and a misconduct = 3 penalties resulting in a game ejection)
- All Major Penalties (5-minutes) will include a Game Misconduct
 - This includes fighting (a single closed fist swing at an opponent whether contact is made or not, is considered fighting)
- Altercations
 - Any player who leaves the player bench or penalty box will receive a Game Misconduct as well as any other penalties they accumulate while on the ice.

13. EJECTED PLAYERS

- Any player who is ejected or receives a game misconduct must immediately leave the designated rink and may not return.
 - This includes ice surface, player benches, spectating area along all of the rink glass, spectator seating and 2nd floor walkway.
 - Players who refuse to leave may receive an additional game misconduct.
- At no time will the clock stop while players are leaving the ice.
- Any players who engage in loud, disruptive or abusive behavior may receive additional discipline. Including but not limited to:
 - Confronting facility staff, game officials or opposing players
 - Vandalism

14. SUSPENSIONS

- Minimum Suspensions
 - Game Misconduct – 1 Game
 - Match Penalty – 3 Games
- Match Penalties may be subject to a game report filed to USA Hockey resulting in a suspension from all USA Hockey sanctioned events including coaching and officiating until a hearing is schedule and conducted by USA Hockey. The hearing will determine the suspension or other discipline.
- All suspensions will carry over into playoffs & the following season
- Players receiving three (3) game ejections in a season will receive a 1 game suspension
 - 4th game ejection will result in a two (2) game suspension
 - 5th game ejection will result in a three (3) game suspension
 - 6th game ejection will result in a suspension for the remainder of the season or three (3) games – whichever is greater
- Players receiving a Game Misconduct will have a one (1) game suspension

- 2nd Game Misconduct will have a two (2) game suspension
 - 3rd Game Misconduct will result in a suspension for the remainder of the season or three (3) games – whichever is greater
- Match penalties will have a minimum of three (3) games and will be reviewed on a case-by-case bases for additional discipline that may include expulsion from all UPMC LSC Leagues and Tournaments.
- Any player that illegally plays while under suspension will receive an additional one (1) game suspension for every game played while suspended.
 - Additionally, the game(s) will result in a forfeit for the team they played for while suspended, even if that team is not the same team they received the original suspension for.
- Any players that carry a suspension over must still register and pay their team fee prior to the roster freeze date of the following season.
 - Players may not avoid suspension by taking a season off. Players must be rostered and have paid a game fee at some point for a suspension to be counted as served.
- Dual rostered player suspensions
 - Players must serve all games for the team they were playing for when the suspension issued.
 - a) Additionally, they must sit out their next game for another team they are rostered on if their suspension is one (1) to three (3) games
 - b) Four (4) or five (5) game suspension - next three (3) games for other teams a player is rostered on.
 - c) Six (6) or more game suspension – total number of games for all other rostered teams
 - i. Example – Six (6) games for the team the suspension happened and the next six (6) games for other rostered teams.
 - Games served for other rostered teams do not count towards their overall games served for the team they received the suspension on.
 - Players are not permitted to be a substitute player for any team until all suspension games are served.
- There will be no refunds for credits given to any participants that are suspended or expelled for league play.
- Live Barn, team captains and officials may used to determine additional discipline.

15. GAME OFFICIALS

- Do not confront officials for any reason.
- Each team should have a designated captain that will be permitted to have a conversation with officials during stoppages.
 - Captains should introduce themselves to officials prior to each game especially if they are not wearing a “C” designating them as a captain.
 - These conversations will be ended with no further explanation if a captain begins yelling or other players are yelling into the conversation.
- Officials will follow USA Hockey’s rule 601(a).
 - Any player who challenges or disputes the rulings of any Official, endeavors to incite an opponent (including taunting) or creates a disturbance during a game shall be assessed a minor penalty for unsportsmanlike conduct. Any further dispute by the same player will result in a 10-minute misconduct, game ejection or game misconduct being assessed.

- Officials may eject or assess a game misconduct at anytime for threatening or abusive behavior
- Any issues with officials should be reported by a team's captain to the league director via email within 48 hours of the games end.

16. STANDINGS AND SEEDINGS

- Standings will be seeded by points
 - Two (2) for a Win
 - One (1) for a Shootout loss
 - Zero (0) for a loss in regulation
- Tie Breakers (tied in points)
 - Most Wins
 - Season Fewest Goals Against
 - Season Goals Scored
 - Timestamp on DASH registration (Earliest team to register)
- Three-way Tie
 - The below criteria will be used to eliminate one team first, then the standard tie breaker criteria will used to break the remaining two tied teams.
 - a) Most Wins
 - b) Season Fewest Goals Against
 - c) Season Goals Scored
 - d) Timestamp on DASH registration (Earliest team to register)

17. PLAYOFFS

- Games will follow all standard regular season formats and include the following
 - Timeout - Each team is permitted one (1) timeout per game, 60-seconds in length
 - a) Must be used in regulations time (no timeouts in Overtime)
 - Stopped Clock – when the score is within two (2) goals in the third period the clock will stop for the during the final 2-minutes of the game. If the score differential extends beyond 2 goals or is a tied game, the clock will revert to running.
 - a) In this situation, it is the responsibility of the losing team to operate the clock. The clock will not stop until a player from the losing team enters the scorekeeper area and presses the stop button.
 - i. If play is happening with more than 2-minutes remaining and crosses over the 2-minute threshold and a whistle occurs, the clock will continue to run until a player stops it. The clock does not get reset to the time on the clock when the whistle occurs.
 - ii. Players may enter the scorekeeper box during any stoppage before the 2-minute mark but must allow the clock to run until it reaches 2-minutes.
 - iii. For player safety, players may not enter the scorekeeper box at anytime during play. This will result in a whistle and an endzone faceoff of the offending team & the clock will continue to run regardless of time remaining until the next stoppage following the ensuing faceoff.
 - b) The winning team may also place a player in the scorekeeper area to monitor the clock operation.
 - c) Game officials should also monitor the clock operation from the ice.
 - Overtime – If regulation should end in a tie, a 5-minute running clock, 4 on 4 will be played. Goalies will switch ends (long change) for overtime.

- Shootout – If the game is still tied after overtime, a 3-player shootout will take place followed by head-to-head if needed.
 - a) Home team shoots second
 - b) No players may repeat shots until one team has used all of their eligible players. At this time, both teams may repeat players
 - c) Players serving a penalty are not eligible to participate in the shootout.
- Any team playing with illegal players (suspended or non-rostered) will forfeit that game and intern be eliminated from that season's playoffs.
- Roster Check Protocol
 - Players will be required to check in with photo ID at the main desk upon arrival, their name will be highlighted on the scoresheet to indicate being an eligible player.
 - a) Any players not on the scoresheet roster will be ineligible to play
 - Officials will acquire that highlighted scoresheet prior to walking on the ice.
 - a) Once on the ice, officials will check to see that the number of players warming up matches the number of highlighted names on the scoresheet.
 - b) If there is a discrepancy, officials will consult with the team captains to figure out who has is not checked in and those players must present photo ID to the official to confirm eligibility.
 - c) Any late arriving players must bring their photo ID to the ice and confirm eligibility during the next stoppage of play before joining the game.
 - d) The clock will not stop during any eligibility checks
 - If after all of these steps, a team has any issues, the game should be completed and an email sent to the league director within 24 hours of the games end.
 - Officials are not permitted to disqualify (forfeit) any teams for roster violations. This will be done after the game is completed and reviewed by the League Director.