



AAHL Over 35 League Rules

Edited: May 28, 2019

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 shall consist of a 5 minute warm-up, and three fifteen (15) minute periods running time. There shall be 2 minutes between periods to allow teams to change ends. There shall be no time outs. The ice will be resurfaced before each game, but not between periods. The final two minutes of the game will be stop time, but in the event there is no scorekeeper at any particular game, the game will end in running time.

3. Time-outs

There shall be no time outs permitted in the over 35 division, except for official time outs in the discretion of the referee.

4. Ties

Games ending in a tie in the over 35 Division will be followed by a 3 minute running time period of sudden death overtime play, restricted to a goalie and 4 players on the ice for each team. Penalized player will leave their teams shorthanded, even if this leaves no players on one team except the goalie (4-on-0). The winning team will receive two (2) points and the loser one (1) point. Overtime games ending in a tie score will be called a tie with each team receiving one (1) point. If this occurs in a playoff game, the teams will proceed to a sudden death shoot-out, with the "Guest" team shooting first. Players serving a penalty at the end of regulation time will be absolutely ineligible to participate in the overtime play.

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. Except for the Elite level, 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.