

Summer/Fall 2020

CENTENE COMMUNITY ICE CENTER ADULT HOCKEY LEAGUE



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INTRODUCTION

Welcome to the 2020 Summer/Fall Adult League Hockey season at the Centene Community Ice Center. We are looking forward to offering the premier adult hockey league in the St Louis metro area. We offer a wide variety of divisions ranging from beginner to advanced and will be governed by the rules and regulations of USA Hockey.

Choosing to play in our leagues not only gives you the opportunity to play hockey in our world class facility, but also lets teams play hockey on consistent nights of the week. We know work commitments, travel schedules, family obligations, college classes, etc, can make it difficult to find time to play hockey. The last thing we want you to worry about is fitting hockey into your busy schedules. Hence our commitment to consistency.

We will also be committed to equal levels of play. As subjective as this may be, we want to make sure teams come to the facility knowing they are going to get a competitive game. Division parity is important to us and we will monitor each division and place teams appropriately.

As far as comradery, we got that covered. Our on-site bar and restaurant will be the perfect place to congregate with fellow adult leaguers to grab a post-game drink.

In closing I remind everyone of the true and horrifying fact; after the game we still need to wake up the next day and go to work. All we ask is this... get in a good skate, get a good sweat, shake your opponent's hand, keep our locker rooms clean and remember to 'Relax, It's Just A Game'

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2020 SUMMER SEASON QUICK OVERVIEW

- SEASON LENGTH:
 - July 27th – October 18th
 - 12 Game Season (10 Regular Season Games + 2 Playoff Games)
- LEAGUE FEES
 - \$3,500 per team
- USA HOCKEY REGISTRATION REQUIRED
 - www.USAHockeyRegistration.com
- MATCHING JERSEYS WITH NUMBERS REQUIRED
 - No duplicate numbers, No taped on numbers
 - Matching crest on the front

The Zero Tolerance Policy is in effect for all players, officials, fans, etc. for all adult leagues. All players must adhere to the Player Conduct policy. Failure to do so will result in temporary or permanent expulsion from league play.

PLAYER RESPONSIBILITIES

- a) League fees are to be paid in full before the 1st game
 - i. A late fee of \$200 will be applied to any team not paid in full
- b) Each Participant must be registered with USA Hockey
 - i. Players will not be allowed to play without it
- c) Each Participant is required to sign in before each game
- d) Each Participant is required to provide their phone number and email
- e) Each Participant is required to respect the rules and regulations of the Centene Community Ice Center
- f) Each Participant is required to be courteous and respectful to all Officials and facility Staff members
- g) Each Team is responsible for keeping the locker rooms clean.
- h) Players are required to follow USA Hockey equipment guidelines.
- i) Have access to Sports Engine / League website
 - i. Team manager may review the electronic game sheet for accuracy prior to the game being submitted. b. Once game statistics have been 'submitted', no changes will be made (unless it affects the overall result of the game.
 - ii. In the unlikely event there is a schedule change, it's the teams responsibility to check the website to confirm game time.
- j) No Outside food or beverage is allowed in the facility
- k) No pre or post game tailgating in the parking lot is allowed

DIVISIONS

Top Tier – Team is comprised primarily of advanced level players who may have NCAA Division III, Junior A, B, C, Non-Varsity College (ACHA), Midget major, Prep or Varsity High School playing experience. Teams may be comparable to traditional high “B” or low “A” level adult house league teams. **Teams are only allowed 2 players with professional (any level, including Europe) or NCAA Division I experience**

Intermediate (Sundays or Tuesdays) – These teams are comprised of players with intermediate hockey skills. Several players may have experience at the lower ACHA levels, prep or varsity high school, or

lower midget or junior levels. Some players may also have limited organized youth playing experience, but have several years of playing experience as a recreational adult player. These teams would be comparable to a traditional high “B” level adult house recreational team. ****Players with any NCAA Division 1 hockey experience or above will not be permitted to play intermediate or below.****

Bronze (Sundays or Mondays) – These teams are comprised primarily of players with novice to intermediate hockey skills. A few of these players may have high school playing experience, but are several years removed from those levels. Most players have some youth organized playing experience up to bantam house. Some may also have little or no youth playing experience, but several years as an adult player in organized leagues. These teams would be comparable to traditional “C” level adult house recreational teams. ****Players with any junior hockey experience or above will not be permitted to play Bronze or below****

40 & Older (Fridays) – Predominantly Bronze level players with the addition of a 40 & Older age requirement. Each team may have a couple intermediate level players on their team as long as there is parity in the league. This division is intended for individuals looking for a good paced game in a relatively relaxed game atmosphere.

Novice (Thursdays) – Team is comprised of players with novice hockey skills. Although some players may have 5+ years of playing experience (either as an adult or a youth), this experience is not to have exceeded the adult novice, or beginner youth levels. These teams may be comparable to traditional low “C” or “D” level adult house league teams. ****Players with any high school experience or above will not be permitted to play Novice****

Women-Wine League (Wednesdays) - Team is comprised primarily of recreational level players. Teams are allowed to have a few upper level players on their roster as long as each team is balanced. The idea is the upper level players will help teach the game to the novice level players.

Women-Beginner Skills and Games (Wednesdays) - Team is entirely comprised of entry level adult players. Players will receive on-ice instruction by certified USA Hockey coaches that will help teach them the game of hockey. Sessions will include proper skating mechanics as well as puck handling, passing and shooting techniques. Although a small number of players may have 5+ years of beginner adult experience, the majority of the team consists of adult players with 1-5 years of entry level playing experience. The goal is the graduate onto our Bronze and Top Tier divisions. This division is not subject to the team fee. Individual fees will be offered

TEAM RANKING

You will be required to rate each of your players on a 1-6 scale at the beginning of the season.

- 1- Professional (All levels and Europe)/NCAA/Major Junior/Junior A
- 2- Junior B/Non-Varsity College (ACHA)/Midget AAA/Prep School
- 3- Junior C/High School/Competitive Midget
- 4- Bantam/Pee Wee/Squirt/ Some competitive youth
- 5- Very little youth hockey experience
- 6- Didn't play as a youth

This number will be used for evaluation purposes and division parody. Under the sole direction of the league commissioner, if a team has been identified as Sandbagging, they will be required to change divisions (which may also include playing on a different night of the week) or may be removed from the league which would result in forfeiting their league fees.

GAME PLAY

- a) Three fourteen (14) minute, stop time periods will be played.
- b) A three (3) minute warm-up clock will be used.
- c) Players may not go on the ice until the ice resurfacer doors have been closed.
- d) The “5 second face-off” rule will be in effect for all game play.
- e) Teams must have a minimum of five skaters and a goaltender to start any game. If the required number of skaters for either team is not on the ice when the warm-up clock expires, the game clock shall start & will run until the required number of players arrives. If the required number of players does not arrive before the end of the first period, the game will be recorded as a forfeit and a 3-0 loss. Referees are not obligated to officiate forfeited games. If a team records 2 forfeits in a single season the league reserves the right to remove the team from the all league play and no refund will be given.
- f) A running clock ‘mercy rule’ will be initiated when there is a 6 goal differential has been reached at any time in the third period. If the differential is less than six at any time, the clock will go back to stop time.
- g) If a game is tied at the end of regulation, a three man shoot-out will be held to determine a winner. Visitor team shoots first. If after the first three shooters, the score is still tied, a sudden death shoot-out (one skater each) shall continue until a winner is determined. All skaters on the players’ bench are required to shoot before a player may shoot for a second time. Any player serving a penalty at the end of regulation play is NOT eligible to participate in the shootout
- h) Each team is allowed one (1) 60 second time out per game
- i) Standings will be determined utilizing the following point system
 - a. Win in regulation = 2 Points
 - b. Shoot out win – 2 Points
 - c. Shoot out loss =1 Point
 - d. Loss in regulation = 0 Points

GAME RULES

- All players are required to follow USA Hockey equipment recommendations
- This is a non-checking league. Body checking is not permitted at any level
- All playing rules are sanctioned by USA Hockey. A USA Hockey Rulebook is available online at <https://www.usahockey.com/rulesandresources>

ROSTERS

- a) Roster need to be submitted 72 hours before the start of the season
- b) Rosters are limited to 20 players (that includes goaltenders) and must be submitted prior to the start of each new season. Rosters may be amended during the season until the predetermined cut-off date for each given season.
 - i. To add a new player to the official roster, the team manager must contact the league coordinator with a complete player background and their current USA Hockey registration
 - ii. The player will be rostered and allowed play for a ‘probationary’ period while the league monitors their playing ability to ensure they are placed in the proper division.
 - iii. The length of the probationary period will be under the sole discretion of the league.
 - iv. All possible subs must be added to their roster

- v. Sub players are only allowed to play if you have less than 10 players. Sub players are allowed to play to bring your minimum player count up to 10, but not higher.
- c) Every team must have a valid / current roster on file at all times. Team managers are responsible for making sure an updated roster is submitted before the first league game of each season. (USA Hockey registration expires annually)
- d) Players must be able to provide their driver's license or government issued ID in the event of a roster check.
 - i. If player cannot produce a driver's license, they will be removed from the game
 - ii. The game will continue, but the result will be recorded as a forfeit, unless the removed player can produce their drivers license within 72 hours.
- e) Any player that does not submit the appropriate paperwork within a reasonable amount of time may be subject to removal from official league rosters
- f) Any team caught with an ineligible player (no waiver / not on roster / no eligibility sticker) on the ice will be subject to a forfeit loss.
- g) Rosters must have player jersey numbers listed. Any potential changes to the roster, such as changed jersey numbers or added / dropped players must be reported to the league coordinator
- h) All players must be 18 years of age and out of high school by the first day of league play. Absolutely no exceptions will be made to this rule.
- i) Players may sub for multiple teams in the same playing division. However, subs are not permitted to play during playoffs
- j) All subs must be approved by the league office or from the approved sub list found on CCIChecky.com
- k) If you need a sub goalie, team managers can visit the pre-approved sub goalie list. Reminder: All sub players must be USA Hockey registered to be eligible for league play.
- l) Teams at the 40+ level are for skaters age 40 and over ONLY. Goaltenders in the 40+ league are the exemption to this rule if permission is given by the league commissioner.
- m) Age Verification protocol
 - i. Date of births will be verified by USA Hockey registrations
 - ii. Players with ineligible date of births will not be permitted on roster.
 - iii. Age verification protests can be made by team managers (see protests section m.)
- n) Protests
 - i. Protests will be accepted only for: violation of player age eligibility, roster violation (using illegal subs) or multiple team participation (playoffs only).
 - ii. A written protest form must be submitted by team manager ONLY to the league management within forty-eight (48) hours of the game end time.
 - iii. Teams found violating player age eligibility, rostered level or multiple team participation (playoffs only) may be subject to forfeiture of games and player suspensions.

EQUIPMENT AND JERSEYS

- a) All teams must wear matching jerseys of the exact same style and color. Players without a matching jersey will be asked to leave the ice.
- b) All jerseys must have permanent numbers.
- c) If two teams have like or similar colors, the "visiting" team will wear loaner jerseys (provided by the hockey office – available at the front desk).
- d) Goalies are exempt from this rule; however, they are not permitted to wear the same color as the opposing team. Goalies are encouraged to wear league issued jerseys whenever possible.
- e) Players are required to wear a minimum of elbow pads, shin pads, hockey gloves, hockey pants / breezers, and regulation, HECC approved hockey helmet with a permanent chin strap. Tape or lace chin straps are not acceptable.
- f) Full facial protection, shoulder pads and mouth guards are highly recommended.

PENALTIES

We follow the USA Hockey Playing Rules (2017-2021). In addition to the rules set forth by USA Hockey, the League will also institute the following.

- a) Players serving a penalty must sit in the penalty box. No player serving a minor or major penalty may be on the player's bench.
- b) All minor penalties will be 2 minutes in duration & shall begin when the puck drops to re-start the next play. If a penalty should expire while play is stopped, the player may not leave the penalty box until the puck drops to re-start play.
- c) Any player who receives four minor (4) penalties in one game will be given a 'balance of game' misconduct & will be asked to leave. The player would also receive a 1 game suspension.
- d) Any player receiving a 10 minute misconduct penalty within the last 5 minutes of the 3rd period will be removed from the game and will be required to miss the first period of their next game
- e) Off-Ice Offense (Example: Altercation in locker room, parking lot, sports bar, etc): Immediate removal from the league with a mandatory hearing. Likely outcome will be to remove player from all leagues indefinitely.
- f) Any player who is ejected from a game and refuses to immediately leave the ice surface or player's bench area may be given an additional game misconduct penalty. Play will not resume until the offending player has left the ice and / or all viewing areas.
- g) Any player who receives a major penalty + game misconduct shall be disqualified for the remainder of that game, as well as serve an additional one game suspension (additional game suspensions may be issued based on the severity of the infraction).
- h) Any player who receives a major penalty for fighting (or equivalent) will be ejected for the duration of that game, plus an additional (3) game suspension. Any player who is suspended for second fighting altercation will be removed from all team rosters for a minimum of one calendar year. A third fighting penalty will result in permanent expulsion from the league.
- i) Any player that illegally plays while under suspension will be removed from that team's roster. The offending team will be assessed a forfeit loss for any game with an illegal / suspended player on the ice.
- j) When assessing misconduct penalties, officials may follow USA Hockey rule 601 (a). Any player who challenges or disputes the rulings of any Official, or endeavors to incite an opponent (including taunting) or create a disturbance during a game shall be assessed a minor penalty for unsportsmanlike conduct (2 mins.). Any further dispute by the same player will result in either a 10-minute misconduct or a game misconduct penalty being assessed.
- k) Any player using racial or ethnic slurs will be expelled for the duration of any season in which he is participating, or a minimum of the 90 days. Player is required to attend a league hearing before player is considered reinstatement.
- l) Any player who is given a match penalty will be suspended for a the remaining league games and will require a hearing with USA Hockey before being allowed to play. Hearings usually take 30 days and additional suspensions may be issued
- m) League suspensions and / or expulsions will be given to any player who intentionally tries to injure an opponent.
- n) Foul language and profanity
 - i. This is a family facility... Officials may eject any player or spectator for threatening, abusive, or vulgar language at any point during a game.
 - ii. Absolutely no use of profanity towards opponents or officials will be tolerated! Officials may give any player an unsportsmanlike conduct penalty for using profanity or obscene language / gestures.
 - iii. If any player threatens or verbally abuses an official, the player will receive a game misconduct and a minimum of 3 game suspension.
- o) DO NOT confront the officials for any reason.
 - i. Any physical abuse of an official will result in permanent expulsion from participation

- ii. Officials may eject any player at any time for using threatening or verbally abusive language.
- iii. Do not ask the official 'for his name' if you have an issue regarding a call or a game outcome. All games are tracked and officials are assigned. Managers - Report any problems to the league coordinator for a resolution.
- iv. Re-entering the ice surface following an ejection will result in a suspension. This is for the safety of both players and officials.
- p) All spectators must adhere to good sportsmanship guidelines. Any spectator using foul language towards the opposing team's players, other fans, or officials will be asked to leave the facility. Refusal to leave the facility will result in a penalty towards the team with whom they are associated. Game play will not resume until the offending spectator(s) has left the facility.
- q) EJ Rule – Officials have the right to eject a player without further suspension at any point in a game if they feel their conduct is detrimental to the game or players.
- r) Absolutely no refunds will be given to players who are suspended or expelled from league play.

FIGHTING

Fighting WILL NOT be tolerated.

- a) Any player involved in a fight as deemed by the game officials will be immediately removed from play and will receive an additional three (3) game suspension.
- b) Second Offense, player will be removed for all rosters for 1 calendar year
- c) Third Offense, player will be removed from all league play

The league reserves the right to remove anyone for conduct detrimental to their team/league.

SUSPENSIONS

All Suspensions will be reviewed by the League Commissioner and are not subject to debate. Additional penalties can occur pending on the severity of the infraction. League Commissioner reserves the right to remove anyone from the league for conduct detrimental to their team/league.

If a player is suspended, they are not allowed to play for any other team in any division until suspension has been served. Players playing on multiple teams cannot play with either team until suspension has been served in the division in which the suspension was issued. Not allowed to sub for any other team as well.

Suspended players are allowed to come and watch the games but are not allowed on the player's benches or in the locker rooms. They must conduct themselves in an appropriate manner. Any inappropriate behavior may result in additional game suspensions. Basically, make yourself invisible.

No refunds will be provided to individuals who receive suspensions.

If any participant receives 3 different game misconducts in one calendar year, the league will review the individual's track record and reserves the right to remove the individual for an extended period of time. Each review will be done on a case by case basis. Be prepared to receive at least double the amount of games issued by the official (Minimum)

Verbal and physical abuse of officials and arena personnel will not be tolerated.

Abuse of any official (on/off ice) will not be tolerated by the league. The league, in its sole discretion, reserves the right to suspend or terminate any player from the league for detrimental behavior. All

reviews will be made on a case-by-case basis by the league commissioner and will consist of information from teams, referees, scorekeeper and arena personal. At all disciplinary hearings the player and team captain shall meet with the league commissioner/disciplinary committee.

ALCOHOL / TOBACCO / DRUGS

- a) Beer is permitted during adult league hours in the designated areas ONLY.
 - i. No outside beverages may be brought into the facility.
 - ii. Do not walk outside with any 'open container' at any time
- b) Tailgating is not permitted in the parking lot area.
- c) Tobacco products are not permitted in any area of the arena, on or off the ice.
- d) Players under the obvious influence of alcohol will not be permitted to play.
- e) Alcohol is not permitted on the player benches.
- f) Players / fans under the influence of drugs / alcohol will be asked to leave immediately.
- g) Any drug use will result in immediate expulsion from the league.

Spectators, 'coaches', etc are not permitted to be in the player bench area at any time.

- a) The player bench is reserved for eligible, fully-dressed skaters only.
- b) Fans / spectators can not be around the bench area for any reason.
- c) Ejected players in street clothes may not go back to the bench during game play
- d) Ejected players are not allowed in the locker rooms before or during game play

PLAYOFFS

- a) Teams must have a roster and waivers for all players on file to be eligible for the playoffs. NO exceptions.
- b) Any team that forfeits more than one regular season game may be disqualified from post-season competition.
- c) Any team caught with an illegal / non-rostered player skating during the playoffs shall forfeit that game & be eliminated from further playoff contention. Any player not listed on that team's master roster, or who does not have complete paperwork on file is considered ineligible / illegal.
- d) Playoffs this session will be a 2 game bracket style tournament. (unless notified by the league commissioner).
- e) If any championship game should end in a tie, a sudden death, 5:00, 4-on-4 overtime shall be played. If neither team scores in the overtime session, a best of three shootout will follow. If still tied, a single player 1v1 sudden death shootout will be held until a winner is determined.
- f) No player may take a second shot in playoff shoot-outs until all players on the bench have had the opportunity to shoot.
- g) There are no time-outs allowed in overtime.
- h) Any team that wins a regular season or league championship in two consecutive seasons may be required to move up to the next level.
- i) Seeding
 - i. Seeds will be posted at least one week prior to scheduled playoff dates. In the event of make-up games, etc, the seeds may be posted before final standings are available.
 - ii. Two teams tied in points = head to head, most wins, fewest goals against
 - iii. Three or more teams tied = procedure will follow the above protocol, with the first goal to eliminate the lowest team and 'start over' with two teams.

PLAYOFF ROSTER: PLAYER MUST PLAY IN AT LEAST (6) REGULAR SEASON GAMES TO BE ELIGIBLE FOR PLAYOFFS.

TEAM NAME POLICY

Because USA Hockey's website and social media platforms are visible to hockey fans of all ages (e.g. children of participants that go to the website to see if their mom or dad won that day), team names must not be offensive to any particular group or individual. While we encourage and enjoy creativity, we will not post team names online that may be sexually suggestive, discriminatory, or harassing in any way. USA Hockey and the Centene Community Ice Center management will review all team names and, in its sole discretion, reserves the right to reject any team name or modify any team name deemed offensive by either abbreviating or shortening the name. Thank you for your cooperation in being respectful to all hockey players and fans.

GENERAL

- a) Play smart
- b) Play Safe
- c) Respect the Officials
- d) Respect Your Opponents
- e) Have Fun