



SAGINAW-BAY ICE ARENA

6129 Bay Rd

Saginaw, MI 48604

(989) 799-8950

www.saginawbayicearena.com

2025-26 ADULT HOCKEY LEAGUE

ARTICLE I – PLAYER ELIGIBILITY AND REGISTRATION

1. Players must be 18 by their first night of play to participate in the GSAHA Adult Hockey League.
2. All players, coaches and team representatives must be registered with USA Hockey and turn in their confirmation page to the office before playing. Players not registered **MUST** do so online at www.usahockey.com
3. All adult hockey individual payments go towards **team** fees. Players needing or requesting a refund must work with their team to get it from them.

ARTICLE II – TEAMS AND TEAM ROSTERS

Section A – Team Classification

The league is divided into the following classifications. The GSAHA reserves the right to move teams among divisions. Upper level + players are defined as one step above the overall talent level of the division.

18+ “PRO”	A League	Competitive
18+ “MINORS”	B League	Competitive
18+ “JUNIORS”	C League	Recreational
18+ “ADULT MITE”	D League	Recreational

Section B –Registration and Fees

1. Teams must register before a specified deadline.
 - a. **TEAM Payment** - a \$500 down payment amount is required. All team fees are due before the first game of the respective half. It is a good idea to pay with check or credit card for tracking purposes. Once a team is registered, there will be no refunds. Individual player refunds in the TEAM option will be handled amongst the team.

Section C – Team Rosters

1. A maximum of twenty (20) players are allowed on a team’s roster. This includes substitute players. Any player that skates in at least one game takes one of the 20 spots.
2. An official roster form with names and player info must be turned in to the office before the first game of the season. That official roster will be held at the front desk or designated area for teams to officially add or remove players. Any player added or removed after the first game must be done using the Player addition form, and must receive approval from the league. The website roster is NOT the official roster, but rather only shows every player that played in that season.
3. Players may be added throughout the season (with approval) until **January 15th** when all rosters are frozen.
4. Players may only be on one roster per division, but may play in multiple divisions.
5. Juniors Eligibility – Any player that played High School or Midget Travel hockey, is not eligible to play in the Juniors Division until they are 30 years old. Any player that played Juniors, College (Club or Varsity) or higher, is not eligible to play in Juniors until they are 40 years old. Teams are allowed 3 “Free Passes” on this rule. Exception requests may be filed in writing to the league to be voted on by the team reps.
6. Adult Mite Eligibility – Any player that played High School or Midget Travel hockey, is not eligible to play in the Adult Mite Division until they are 35 years old. Any player that played Juniors, College (Club or Varsity) or higher, is not eligible to play in Adult Mite until they are 45 years old. Exception requests may be filed in writing to the league to be voted on by the team reps.
7. Any player on a current College Club or Junior A, B or C Hockey roster is ineligible to play in the Adult Hockey League.
8. Players must sign in before each game at the front desk or score box. This is used as a check on the total games played by each individual for playoffs. Signatures the arena staff determines to be “forged” will not count towards their total. Late players are advised to sign the score sheet if sign in sheet is not available. Teams entering the league during the season will have a multiplier (stats and signatures) to bring them in line with the rest of the league.
9. Any player removed from a roster due to their talent level causing the team to be out of formula will not be counted against the 20 man roster. If said player joins another team, their previous attendance will count towards playoffs.

Section D – Policing of Rosters

1. Policing of team rosters and detection of illegal players is primarily the responsibility of the individual teams. The League may, however, declare a game a forfeit under the following circumstances, but is not limited to these:

- The name of an illegal (non-roster) player, defined as any player who does not have complete paperwork on file, plays or appears on the score sheet;
 - A suspended player dresses while under suspension (such incidents will also be reported to the Michigan Amateur Hockey Association, if appropriate, for disciplinary action against said player and team rep);
 - League or game officials recognize an illegal player on the ice.
 - The number of players dressed for any game is more than the number of players listed on the score sheet.
2. In cases where a player's identity is in question, the protesting team has the right to require that said player produce a valid photo I.D. Any player unable to produce valid I.D. will automatically be declared illegal, unless a league or game official is present who can vouch for his identity. In the absence of any such verification, a forfeit declared in favor of the protesting team may occur after the game.
 3. If the player's I.D. is verified to the satisfaction of the league and/or game officials, the game officials will indicate this on the back of the score sheet and the game will continue. The team registering the protest will be assessed a two-minute bench minor for delay of game.
 4. Should a protest occur (see article VI – Protests), the league will follow up by contacting the managers of both teams regarding appropriate action. Both the offending player and the team representative will be held responsible when an illegal player is discovered to have dressed and/or played.

Section E – Team Representatives

1. Each team will designate a team representative and alternate representative to represent the team at the league meeting or any other business that concerns the team. Both may attend any meeting but each team has only one vote.
2. Voting on league issues will be based on the majority, unless specified otherwise.

Section F – Team Colors

1. Each team is eligible to choose their jersey colors.
2. Each player must wear the same color jersey as his or her respective team. If a player (s) does not have one, the opposing team rep and the officials must OK it.
3. An alternate jersey color with a number is required in the case of two teams with similar colors. The home team has their choice of jersey color. If the visiting team does not wear another color and the home team protests the game (before it starts), the visiting team will forfeit.

ARTICLE III – GOALIE BORROWING CODE

1. A goalie must be borrowed from the GSAHA Adult Hockey League in your division or lower.
2. Goalies from another league will take a roster spot, and must follow applicable league rules such as roster deadline, talent level and USAH registered. These goalies are not eligible to sub in playoffs, unless they meet the minimum games.
3. A goalie may play multiple games in one night. The intent is to fill in for a team without a goalie, not to replace an open goalie spot on the roster.
4. Goalies from college club teams are not eligible to participate in the league, even as a sub.

ARTICLE IV – PLAYING RULES

Section A – MAHA and USA Hockey Affiliation

The USA Hockey Rulebook will govern all leagues with amendments noted in these rules.

Section B – League Format

1. Regular Season is 26 games.
2. Each team will qualify for Play-offs unless noted otherwise.
3. Play-offs will be double elimination.
4. Games will consist of three 16 minute run time periods. The last minute of the first and second period will be stop time. The last 2 minutes of the third period will be stop time only when the score is within 2 goals.
5. Warm-up will be 4 minutes, which will be posted on the clock. The time will start when the zamboni doors are closed and no earlier than ten minutes before scheduled game time.
6. A resurface will take place only before each game.
7. League record points will be awarded as follows: two (2) points for a win, one (1) point for a tie, and zero (0) points for a regulation loss. Teams entering the league during the season will have a multiplier to bring them in line with the rest of the league.
8. Tie games result in a best of 3 shootout. If tied after three shooters, sudden death will take place. No player may shoot twice until entire roster of eligible shooters has shot. Players serving penalties are not eligible to shoot.

Section C – Penalties & Suspensions

1. For league record purposes, minor penalties = two (2) minutes, major penalties = five (5) minutes, misconduct penalties = (10) minutes.
2. Suspended players or coaches may not be in the player's bench area.
3. Players receiving 4 penalties in one game are ejected for the remainder of that game only.
4. If a player accumulates 150 penalty minutes during the regular season, they will be suspended for the remainder of the regular season and playoffs with no rights for appeal.

5. Any player that plays on multiple teams who receives a suspension in one league, is not able to participate in the other league game if the suspension occurred earlier in the same night.
6. If a player is suspended and there are not enough regular season and / or play-off games remaining for them to complete their suspension, the suspension will carry over into the next adult league season that they are registered. If this occurs in their final game of the season, there will be a league review to determine the appropriate suspension for next season.
7. The team representative, or in his absence, the player who has the most penalty minutes (penalties) on a team which received 12 or more penalties in one game shall be suspended for the next game the team is scheduled to play.
8. If a player participates in a game illegally while under suspension, or if a team uses any illegal player (ex. suspended or unregistered), any or all of the players and team representatives involved are subject to suspension determined by MAHA and or the league committee. The game will be forfeited 1-0. A second offense will result in the **team** being expelled from the league without refund.
9. Off-ice altercations will result in suspension at the discretion of the league committee.
10. It is the responsibility of the players and team captains, **not the arena or the league**, to notify a player of his suspension. Getting a copy of the score sheet after each game is a good idea. **Any player who dresses while under suspension will be suspended indefinitely. Both the offending player and his team manager may be reported to the Michigan Amateur Hockey Association for further disciplinary action.**
11. The GSAHA reserves the right to suspend or permanently bar any player from participation in its adult hockey program who has demonstrated an inability to follow the rules and practices poor sportsmanship, or who, in the judgment of the GSAHA, poses a threat to the health and safety of other participants. This includes specifically (but not exclusively) individuals who habitually receive game misconducts, engage in fighting, threaten game officials, participate in games under the influence of alcohol or drugs or attempt to injure other players. Any action taken by the GSAHA in such cases shall be in addition to any disciplinary action taken by on-ice officials, the Michigan Amateur Hockey Association, USA Hockey or any other legal authority.
12. **10-Minute Misconducts** – If a player receives three misconducts during a season, they shall receive an automatic one (1) game suspension. If a player receives a fourth misconduct, they shall receive a three (3) game suspension and be ineligible for the playoffs. If a player receives a fifth misconduct, they shall be suspended for the remainder of the season.
13. **Checking Major Penalties**– A player receiving a 5 minute major for any checking penalty results in the following:

First offense	Three Game Suspension	...(from behind) Five Game Suspension
Second offense	Five Game Suspension	...(from behind) Out for Season
Third offense	Eight Game Suspension & ineligible for remainder of the season.	
14. **Fighting / Third Man In Penalties** – A player receiving one of these penalties will result in the following:

First offense	Three Game Suspension
Second offense	Five Game Suspension
Third offense	Eight Game Suspension & ineligible for remainder of the season.
15. **Game Misconducts** – A player receiving one of these penalties (not including GM from fighting/3rd man in) will result in the following:

First offense	One Game Suspension	...if stick major (Three Games)
Second offense	One Game Suspension	...if stick major (Five Games)
Third offense	Two Game Suspension	...if stick major (out for season)
Fourth offense	Two Game Suspension & ineligible for playoffs.	
16. **Match Penalties** – A player receiving one of these will be suspended until a MAHA hearing/investigation is completed and comply with their verdict before playing again. They may also face further suspension from the league.

Section D – Local Rules

1. No checking is allowed.
2. Slap shots are allowed in the A & B League only. In C1/C2, slap shots can be allowed if both team reps and officials agree before each game on a game to game basis.
3. Games are slotted for 70 minutes including the resurface time. If a game is running over and if, in the judgment of the officials or GSAHA staff that the delay was caused by the teams involved, the officials or GSAHA staff may order that the third period stop time be played with running time.
4. All players are required to wear their registered jersey number, which must be on the score sheet prior to the start of the game.
5. No player is permitted to step onto the ice surface before the Zamboni has exited and the doors closed. Any violation of this rule will result in a two (2) minute bench minor penalty, which will be assessed at the start of the game.
6. Tie games result in a best of 3 shootout. If tied after three shooters, sudden death will take place up to the 4th and 5 shooter if needed (5 shooter max). Each team will have equal number of chances. Players serving penalties are not eligible to shoot. **Winning team receives two points while losing team gets one.**
7. There will be no time-outs during any game except the championship game of the playoffs, where there will be one per team.

8. A team that forfeits three or more games will be ineligible for playoffs.

Section E – Juniors Division Rules

1. No player may score more than three goals in any single game. Additional goals will be disallowed.

Section F – Adult Mite League Rules

1. No slap shots are allowed. A "slap shot" being defined as any play on the puck in which the windup brings the stick above the waist. Anytime a slap shot is taken, regardless of whether or not a goal is scored, the referee will whistle the play dead and bring the faceoff back into the offending team's defensive zone. *A delay-of-game penalty may also be assessed if, in the referee's judgment, the slap shot was a deliberate attempt to kill time off the clock.*
2. No designated C player may score more than *one* goal in any single game. *Additional goals will be disallowed.*
3. D level players are limited to two goals.

Section G - Arena Rules

1. Teams may pick up the locker room key 40 minutes prior to game time from the Zamboni driver in exchange for car keys.
2. No glass bottles are allowed in the locker rooms or players bench area.
3. Alcohol is not allowed in the SBIA. If alcohol is seen by the staff or public, you will be asked to put it in your vehicle.

ARTICLE V – PROTESTS

1. A committee will rule on all protests.
2. Protests of illegal players must be made immediately following the period in which the suspected player participated. The team representative must present the protest to the referee at this time. Random identification checks may be made over the course of the season. If at any time a player is unable to present proper identification to the game officials or GSAHA Staff, that player will be disqualified for the remainder of the game and the team will forfeit.
3. A protest must be filed in writing and be accompanied with a \$50 cash protest fee within 24 hours from the beginning of the game in question. No verbal communication will be accepted. If the protest is upheld, the \$50 is returned.
4. No protests will be allowed regarding rule interpretations or judgment calls made by game officials.
5. Only team representatives have the right to protest games.

ARTICLE VI – PLAY OFFS

1. Each team will qualify for Play-offs (unless noted otherwise.)
2. Tie breakers in standings will be 1. Head to Head (two tied teams), 2. Most Wins, 3 Highest GF-GA with tied teams, 4. Highest GF-GA with all teams, 5. Fewest goals against, 6. Highest GF/GA Quotient, 7. Fewest Penalty Minutes
3. Play-offs will be double elimination.
4. Tie games in the play-offs will be decided by the following procedure. Overtime will consist of one (1) fifteen (15) minute run time sudden death period. If the game remains tied, the next periods will be 3 on 3. Each team will be allowed one time-out in the championship game.
5. **Players must sign in at least 30% of the total games (first + second half) to be eligible for play-offs, regardless of when they joined the team.**

ARTICLE VII – SCHEDULING

1. The first game will be announced early in the week of the first games. A large chunk will be given by the end of the week. Each team rep will be emailed that they are ready.
2. **Once the schedule is posted, there will be a \$50 (or more) fee to reschedule any game. There is no guarantee that a game can or will be rescheduled.**

ARTICLE VIII – LAWSUITS

1. Any player that brings a lawsuit against another player, referee or staff forfeits his/her right to participate in the GSAHA Adult Hockey League until the lawsuit is resolved. The lawsuit must be GSAHA related for this to apply.
2. An appeal may be filed in writing to the committee where a 75% Team Rep (by division) approval must be met in order for that player to be reinstated.

ARTICLE IX – VOTING

1. Issues deemed by the committee to need a vote will take place through email, with a simple majority vote.
2. Team reps will have a 4 day window to cast their vote. In playoffs, the window will be 3 days.
3. The committee retains the right to change the simple majority to higher majority, or extend voting window, when they deem in the best interest of the league.