



Captains are responsible for notifying all players of the League Rules and Player Suspensions

The League reserves the right to make any determination with regard to any rule or situation or to change and/or amend the Rules and Regulations, at its sole discretion without prior notice.

ALL USA HOCKEY RULES APPLY UNLESS OTHERWISE NOTED

All TVAHL follow the rules and guidelines of USA Hockey for all age classifications, in addition to those rules, below are the following house rules.

Report serious player injuries by calling 9-1-1

1. LEAGUE GUIDELINES

- a. All general matters pertaining to the League should be directed to the League Director.
- b. A game "Official" means Referee, scorekeeper or League Director.
- c. A player must be eighteen (18) years or older to play.
- d. All players must be registered and insured by USA Hockey prior to playing in any game. The www.USAHockey.com web site must be used for all registration purposes. USA Hockey numbers must be posted on the player's profile at TVAHL.com.
- e. All players must sign an online League waiver prior to playing in any game. Waivers should be completed when registering as a new player at <https://tvahl.com/register.pl> or directly from your player profile while logged in.
- f. League communications shall occur between the League Director and team captains. The team captain is responsible for communicating league directives to the players. Grievances with the League Director can be escalated by team captains to the Director of Hockey Operations.

2. GAME PLAY RULES

- a. All games are five (5) minutes warm up, three (3) periods of fifteen (15) minutes running time, with one (1) minute intermission between each period.
- b. Face-offs only occur at the beginning of each new period to begin game play.
- c. Goals against are to be called by the referee and indicated with proper goal hand signal and whistle. Game play recommences immediately with the team having the goal against having puck possession.
- d. ALL players from the scoring/attacking team must be on their side of the blue-line at the same time after a goal or a puck freeze before game play can recommence. Once ALL players from the scoring/attacking team have cleared the blue-line accordingly, they are allowed to engage in play again.
- e. The Official shall indicate a puck freeze by a goal tender with an immediate whistle.
- f. Subject to the referee's discretion, a goal tender who intentionally delays game play by not immediately playing the puck will incur a penalty shot against. After any freeze, the puck should be played or be available to play immediately.



- g. Each team is allowed a single one (1) minute time out per game.
- h. A time-out may be called after any whistle during game play before play recommences, regardless of which team has puck possession. During gameplay, the team with puck possession may call a time-out.
- i. Timeouts may be introduced by an Official subject to their determination at any time.
- j. All game-play penalties result in a penalty shot awarded against the penalized team.
- k. At all times, the game Official has complete discretion to execute any decision impacting game play, which may include timeouts, player ejections, player suspensions, and/or game termination.
- l. All player ejections shall be reported to the League Director, who has discretion to determine additional disciplinary measures.

3. GAME RESULT RULES

- a. **Regular Season**
 - i. Regular season game ending in a tie do not go to shootout. Each team gets one (1) point.
- b. **Playoffs**
 - i. If any playoff game ends in a tie the following rules shall apply:
 - 1. A single (1) five (5) minute period is played of sudden death. The first team to score wins the game in OT.
 - 2. If there is no scoring during the OT round of game play, a three (3) player penalty shootout round shall commence immediately according to the following procedure, as outlined below:
 - a. Shootouts are done on a best of 3 format. The game winner will have the most goals out of the 3 allowed shots.
 - b. The visiting team shall shoot first.
 - c. Alternating shots shall be taken by teams.
 - d. If after both teams have taken three shots, both have scored the same number of goals (or none), there will be subsequent single (1) shot rounds to determine the winner.
 - e. Each shot shall be taken by a different player for the initial round of 3 shots. After the 3 round shootout process, the captain for the shooting team shall pick the player shooting for their team.
- c. **Points format for games:**
 - i. *Regulation win: 2 points*
 - ii. *Regulation ties: 1 point*
 - iii. *Regulation loss: 0 points.*

4. EQUIPMENT REQUIREMENTS

- a. All players are required to wear all of the equipment specified by USA Hockey Rules.
- b. Any player who does not comply with **ALL** equipment rules may not participate in the game until he or she is fully compliant.
- c. All players must wear the required protective equipment per USA Hockey in the manner for which it is designed and no alterations may be made from the original manufacturing specifications as any alterations shall cause said equipment to be illegal.
- d. The referee may exercise judgement in assessing the safety of a players equipment and may at their discretion require players to exit the ice until sufficient remediation to player safety equipment has been demonstrated.

5. SCORESHEETS AND ROSTERS



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- a. Each team is required to enter its roster via its on-line account at TVAHL.com. Captains are solely responsible for the proper maintenance of their roster.
- b. All players (regular or sub) must be posted to a roster of a team playing at TVAHL.com (the central free agent roster or a team roster). Non rostered players are not allowed to play in the TVAHL, ***WITHOUT EXCEPTION.***
- c. Rosters will be frozen 6 weeks before playoffs in any season. No players may be added or deleted after the lock date. The League Director may amend these dates as needed.
- d. The roster management site is located at: <http://TVAHL.com/> and players (including captains) will have a username and a password and are obligated to maintain current player profiles and current team profiles. Passwords may be updated at any time.
- e. You are required to have one noted (1) goalie on your roster. A team is required to identify a captain, and maximum of two (2) alternates. Only players on your official roster may participate in any playoff game.
- f. Each team is required to submit to the scorekeeper before each game a legible printed sign in sheet (signed roster) with the name, number and signature of each player playing. The roster must be submitted with at least one (1) minute remaining at warm up.
- g. Do not sign in for your teammates under any circumstance(s). All players on the ice must be accounted for on the sign in sheets. Players arriving late must sign the sign-in sheet prior to their first shift.
- h. The game will not start until both teams have turned in a sign in sheet.

6. PLAYER ELIGIBILITY

- a. The TVAHL is an adult league and all players must be at least eighteen (18) years of age to be eligible to be rostered and/or participate in any league games. There are NO EXCEPTIONS to this rule for any reason(s).
- b. **Every player (including goalies) must be registered with USA Hockey.**
- c. Players shall provide a PHOTO I.D. when asked by an Official.
- d. Punishment for using illegal players may include but is not limited to one or more of the following: suspension of the player(s), removal of any goals scored or assisted goals, forfeit of the game or suspension of the Captain of record.
- e. Skaters may not play on teams more than two (2) divisions apart. There are no restrictions on goal tenders. Any exception may be granted on an individual case by case basis, only by the League Director, prior to game start.
- f. At the start of any game, including playoff games, properly registered sub players can be used only upon the agreement of both captains, to be observed by the Official. Game results will not be invalidated if there was agreement observed by the Official under any circumstance.
- g. The League Director has the final authority on any and all matters of player eligibility and any other matters relative to the league.

7. SUSPENSIONS AND UNRULY PLAYERS

- a. Players may not play for any team in the league until they have finished serving a suspension for the team with which the suspension was received. A player playing on multiple team risks missing multiple games.
- b. Players must contact their captain to find out the number of game suspensions and when they can return to play.
- c. A player receiving a second Game Misconduct for excessive penalties during the season will receive a one (1) game suspension for each subsequent infraction.
- d. General minimum guidelines for suspensions are:
 - i. 1st game misconduct: one (1) game



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- ii. 2nd game misconduct: three (3) games
- iii. 3rd game misconduct: six (6) games, plus an eligibility review by the League Director.
- e. Any player, including goalies, who receives three (3) penalties in the same game, will receive a Game Misconduct and be ejected for the remainder of the game.
- f. Any player who receives a Match Penalty, will be automatically reviewed and contacted directly by the California Amateur Hockey Association per USA Hockey Guidelines. CAHA will have the authority to issue a suspension and place probationary terms as determined. The league reserves the option to extend any suspension/expulsion beyond the CAHA terms.
- g. All players who come off the players' bench during an altercation shall receive a Match Penalty and be subject to further disciplinary action.
- h. Captains are ultimately responsible for notifying their players of any suspensions.
- i. Any physical or verbal assault on an on-ice official or an off-ice official is unacceptable, and may result expulsion from the League.
- j. Players who are deemed to be continually dangerous, unruly or unsportsmanlike may be suspended at the sole discretion of the Director of Hockey Operations.
- k. Suspension from the regular season will carry over to the playoffs and future seasons.
- l. TVAHL has a zero-tolerance policy for fighting of any kind on the general premises of the rink property (on-ice, general public area, and parking lot areas). Physical altercations on or off ice result in immediate game misconducts and will be subject to disciplinary action, subject to League Director determination.
- m. The possession or use of Alcohol and/or drugs or any illegal substances in the locker rooms, anywhere in the building (except the sports bar) and parking lots is prohibited.

8. PLAYOFFS

- a. In the event of a tie in points at the conclusion of the regular season standings, the following tie breaker protocol shall be used:
 - i. Wins
 - ii. Head to Head Record
 - iii. Greater Goals For
 - iv. Fewer Goals Against
 - v. Greater Head to Head Goals for
 - vi. Fewer Head to Head Goals Against
 - vii. Single Coin Toss

9. GOALTENDERS

- a. In an event that a team does not have a goalie present and dressed for a game, an emergency goalie may be used. The emergency goalie must currently be registered in the TVAHL. For playoffs any emergency or non-rostered goalie must be approved by the Official.
- b. If a team does not have a goalie dressed for a game, the team may elect to put in a fourth skater or play with a net shooter tutor, at the discretion of the captain of the team who lacks a goal tender.
- c. A fourth skater playing a defensive goalie position must have a full wire cage, with no plastic masks or half shields of any kind. At the Official's discretion, any player found to be wearing a half-shield or other non-confirming equipment while playing in a defensive goalie position may cause a penalty shot awarded to the other team.



- d. **Any player not wearing full goalie equipment who chooses to be a designated goalie, does so at his or her own risk.** The referees are not to prevent or punish the opposing team for using full slap shots.

10. JERSEY REGULATIONS

- a. Teams should wear sufficiently distinctive jerseys based on color (light or dark). Subject to the referees judgement, players will be asked to change jerseys if there is not sufficient distinction.
- b. Game time agreement between captains is permitted in determining which team will play dark or light colors.
- c. Every player must wear a readable number on their jersey at all times, according to USA Hockey rules. Only one player per number per team. No blank jerseys allowed.
- d. All player numbers must correspond with the sign-in sheet and/or scoresheet.