

OCEANSIDE ADULT HOCKEY LEAGUE HANDBOOK



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I. LEAGUE CONTACTS

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II. LEAGUE INFORMATION

1. **OAHL is a non-checking USA Hockey-sanctioned Adult Hockey League**

- a) OAHL is governed by USA Hockey Official Rules of Ice Hockey
- b) Review the USA Hockey rulebook at usahockey.com
- c) OAHL reserves the right to strengthen USA Hockey rules

2. **League Eligibility**

- a) Adults 18 years of age and older
- b) Must have completed Oceanside Ice Arena registration and be assigned to a team roster.
- c) Players are expected to play in a league commensurate with their skill level. OAHL reserves the right to determine a player's skill level and to deny a player participation in a league that is above or below that player's skill level.
- d) All players must have a current Adult/Coach USA Hockey membership.
- e) USA Hockey registration can only be completed online at usahockey.com.
- f) Must be in good standing with Oceanside Ice Arena, Desert Youth Hockey Association, and Arizona Amateur Hockey Association (state sub-affiliate of USA Hockey).
- g) All players must be paid in full or have an agreed-upon payment plan in place.

3. **League's Reservation of Rights**

- a) OAHL is committed to providing a safe hockey league. OAHL reserves the right to suspend, expel, or otherwise deny any player from playing that OAHL determines, in its sole discretion, to be detrimental to the safe operation of the hockey league.
- b) OAHL reserves the right to review, alter, add, or delete its rules and procedures at any time. Teams and players are encouraged to check the Oceanside Ice Arena website for the latest version of the handbook.
- c) OAHL reserves the right to consider special circumstances in regards to its rules and procedures. In order to protect the integrity of the league OAHL may alter rules and procedures without notice if it is in the best interest of the league as a whole.

III. LEAGUE PAYMENT INFORMATION

1. League Payment

- a) Payments can be made online, or in person with by Credit Card, Cash, or Check.
- b) Returned checks are subject to a \$25 fee.
- c) Please retain the payment receipt for proof of payment.
- d) OAHL enforces a strict NO PAY, NO PLAY policy.
- e) Discounts are available for players in multiple leagues and for goalies.
 - 1) Discounted payments cannot be paid online, they must be done in-person or over the phone.

2. League Discounts

- a) Only one discount available per player.
 - 1) The only way to get more than 1 discount is if you play goalie in 2 (or more) leagues.
- b) Players receive a 30% discount on 2nd league enrollment
 - 1) Only applies to players playing on teams made up of players paying individually.
 - 2) **AND** they pay for their original league in full.
 - a) Additional leagues must be paid in full prior to the first game.
- c) Multi-league discount applies to a third league.
 - 1) As long as the player's skill level is appropriate for that league.
- d) Goalies receive a 50% discount on league fees.
 - 1) Goalies are not eligible for the multi-league discount. They are already getting 50% off league fees for each league they play goalie in.
 - 2) A goalie who skates as a player in a different league pays full price for that second league.

3. League Refund/ Credit Policy

- a) Refunds and credits will be granted on a case by case basis. Requests must be made by email to the League Director.
- b) A refund or credit may be granted for an injury that requires a player to miss at least 50% of the season. Documentation may be requested to verify the injury.
- c) A refund or credit may be granted in the event a player's employment requires that the player permanently move or temporarily work out of state which results in the player missing at least 50% of the season. Documentation may be requested to verify the job relocation.
- d) Refunds and credits are not granted for suspensions or expulsions from the league.
- e) Refunds and credits are not granted for injuries caused by a player fighting or doing any other prohibited activity on or off the ice.
- f) Refunds and credits are not granted for failing to show up to games.
- g) OAHL reserves the right to deny any request for a refund or credit.

IV. LEAGUE RULES AND PROCEDURES

1. Regular season game format

- a) 4 minute warm-up period
- b) Three 15 minute stop time periods
- c) Tied games at the end of regulation are decided by a 3-player NHL format shootout. No player may shoot twice until all players on the team have shot. A player serving a penalty at the end of regulation may not participate in the shootout.

2. Playoff game format

- a) 4 minute warm-up period
- b) Three 15 minute stop time periods
- c) Tied games at the end of regulation go to a 10 minute sudden-death 5-on-5 stop time period.
- d) If still tied at the end of OT the game is decided by a 3-player NHL format shootout. Same rules as above apply.

3. Seeding for playoffs

- a) Seeding is determined by:
 - 1) Points
 - 2) Wins
 - 3) Head-to-head record
 - 4) Goal differential
 - 5) Fewest PIM
 - 6) Coin flip

4. Points

- a) A win in regulation or shootout is 2 points
- b) A loss in shootout is 1 point
- c) A regulation loss is 0 points.

5. Running Time/ Mercy Rule

- a) If at any time during the game an 8 goal differential exists the game will go to running time.
 - 1) If the differential becomes less than 8 goals the game will return to stop time.
- b) A game may go to running time without an 8 goal differential or be prematurely ended if any of the following apply:
 - 1) The OAHM supervisor on duty determines that a game is getting too dangerous.
 - 2) The game will not finish in the allotted time as a result of excessive penalties and/or unsportsmanlike conduct.

6. **Uniforms and Equipment**

- a) All players must wear a HECC approved helmet with proper straps, elbow pads, hockey pants, shin guards, gloves, and hockey skates. Shoulder pads, facemasks/ visors, and mouth guards are not required but HIGHLY recommended.
- b) All players on a team must wear the same color jersey with a unique number. Home and away jerseys must have matching numbers.
 - o The Proshop can put numbers on with prior arrangement made with league director.

7. **Team Representatives**

- a) Each team must have an appointed team representative (captain) who will coordinate effectively and regularly via email, phone, and in-person with O AHL management.
- b) Team reps are to take the lead in communicating the league rules to the players and to ensure that all players are league eligible.

8. **Officials and Scorekeepers**

- a) Referees are contracted by O AHL from the Arizona Hockey Referees Association.
- b) AHRA is the only officials association sanctioned to do USA Hockey games in AZ.

9. **Alcohol/ Tobacco**

- a) Alcohol and tobacco is strictly prohibited on the player bench and scorekeeper box.
- b) Alcohol use by players (and officials) immediately prior to and during a game is not permitted per the USA Hockey Annual Guide. If an official or league administrator witnesses a player consuming alcohol prior to a game, that player should be instructed that they are not allowed to take the ice. If an official believes that a player is intoxicated they will be instructed to talk to the captain of the team to have the player removed from the ice. If the captain does not cooperate or is unable to get the intoxicated player off the ice then the official will have to assess the intoxicated player a Game Misconduct. This procedure comes directly from the Rocky Mountain District Referee-in-Chief.

Rule 601 (g): The use of tobacco products or alcoholic beverages by any player or team official is prohibited in the rink area, including the bench areas and off-ice official area. A warning shall be issued by the Referee for the first offense by any participant and any subsequent violations by the same team shall result in a bench minor penalty being assessed.

10. **Music**

- a) Amplified music of any type is prohibited on the player benches, spectator seating areas, lobby, and dining room. Inside the locker rooms is the only place where music is allowed. Music is also prohibited in the parking lot and exterior entryway without prior approval. Music violations will be handled in the same manner as alcohol/tobacco on the bench. First the referee will issue a warning followed by escalating penalties.

11. **Video Monitoring**

- a) Oceanside Ice Arena records all activities on the ice and in the arena (except locker rooms).
- b) At our discretion we reserve the right to view the recordings to assist in the investigation of any and all incidents.

V. **ROSTER**

1. **Teams comprised of players paying individually:**

- a) Team may roster up to 17 players and a goalie.
- b) Team is required to have a minimum of 15 full-time paid players
 - 1. One of these can be the half-price goalie.
- c) Team may roster up to 3 additional players as "subs".
 - 1. They are part of the 17 players and a goalie roster.
- d) Subs are required to pre-pay \$90 for a 3-game sub package.
 - 1. They can pay in person prior to their first game or call prior to the game to pay by phone.

2. **Teams comprised of a team paying the team fee:**

- a) Team fee must be paid in full prior to the first game in one transaction.
- b) Team may roster up to 18 players including the goalie (17 players, 1 goalie)
- c) No distinction between full-time players and subs, therefore no \$90 sub fees.

3. **Minimum number of games needed to play for playoffs**

- a) To be eligible for playoffs a player must play in a minimum of 1/3 of the games during the season unless an exception is granted by the OAHL.

4. **Roster freeze date**

- a) All rosters are frozen after the 2/3 point in the season unless permission is granted by the OAHL.

5. **Forfeits**

- a) OAHL considers forfeits to be unsportsmanlike to your opponent and are to be avoided at all costs.
- b) A forfeit is declared if a team uses an illegal player or has less than 6 players (5 players and 1 goalie or 6 players and no goalie) in attendance.
- c) If a game is played that is later deemed a forfeit then the forfeiting team is awarded the loss and gets credit for 0 goals scored for standings and player stats. The non-forfeiting team is awarded the win and gets credit for a 1-0 victory.

VI. **SUBSTITUTES**

1. **Substitute Players**

- a) Substitute players, on a non-team fee team, must pre-pay \$90 for a 3-game sub package prior to their first game.

- b) **ONLY** rostered players may play in OAHL games. Subs that are not rostered and/or do not have a current USA Hockey registration may not play. Subs may not play until rostered and approved by the OAHL.
- c) In addition to being rostered, subs must be evaluated and approved to be of appropriate skill level for the league in which they are playing.

2. **Exceptions to Sub Player Rule**

- a) An ex-teammate or somebody's brother/sister comes to town for a visit and would like to join for a game... **Email** or call the League Director to ask for permission at least 48 hours PRIOR to the game. If the proposed player is of the appropriate skill level, is registered with Oceanside and USA Hockey, and pays the \$30 sub fee, then we will do our best to accommodate the request.

3. **Substitute Goalies**

- a) Sub goalies **DO** need to be Oceanside Ice Arena and USA Hockey registered.
- b) Sub goalies do NOT need to be rostered and they do NOT pay the sub fee.
- c) In playoff games, any sub goalie must be pre-approved by the League Director.

VII. ILLEGAL PLAYERS

1. **An illegal player is...**

- a) **Not** registered with Oceanside Ice Arena
- b) **Not** currently registered with USA Hockey
- c) **Not** in good standing with Oceanside Ice Arena, Desert Youth Hockey Association, or Arizona Amateur Hockey Association
- d) **Not** rostered on the team for which they are playing
- e) **Not** current in regards to league fee payments
- f) **Suspended** one or more games
- g) In playoffs- did not play the minimum number of regular season games to be eligible

2. **Penalty for illegal player participation ...**

- a) Game will be declared a forfeit win for the opposing team.
- b) The opposing team will receive a 1-0 forfeit victory in the standings.
- c) Regarding statistics, both team's penalties and goalie shots will be recorded but only the non-forfeit team's goals and assists will be recorded.

3. **Rules Governing Play**

- a) OAHL is a USA Hockey sanctioned adult league
- b) OAHL is governed by USA Hockey adult 2017-21 rules UNLESS strengthened by specific OAHL rules included in this handbook

VIII. PENALTIES

1. Penalty Types

- a) **Minor** penalty – 2 minutes
- b) **Major** penalty – 5 minutes plus Game Misconduct Penalty if applicable
- c) **Misconduct** penalty – 10 minutes
- d) **Game Misconduct** penalty – 10 minutes plus ejection from that game plus suspension for at least 1 additional game.
- e) **Match** penalty – 5 minute Major penalty plus 10 minute Game Misconduct penalty plus ejection from that game.
 - 1) Officials submit Match Penalty Report to USA Hockey, Arizona Amateur Hockey Association, and OAHL.
 - 2) AAHA Disciplinary Committee has up to 30 days to schedule a hearing during which time the player is suspended from all USA Hockey activities. Match penalty suspensions are typically 30 days to 1 year.
- f) **Three (3) penalties rule** – modified 401(b): Upon being assessed a third penalty in the same game the player is immediately ejected from the game with no further suspension unless one of the penalties is a Major penalty or Game Misconduct penalty that warrants suspension.
****This OAHL rule strengthens the USA Hockey rule 401(b) that uses 5 penalties as the maximum.*

2. Penalty Assessments

- a) All Major penalties, Game Misconducts, and Match penalties are reviewed and investigated by the League Director. When necessary the OAHL Advisory Board will be consulted.
- b) Game Misconduct penalties carry a minimum 1 game suspension. Depending on severity and frequency, the suspension could range from 1 game to league expulsion.
- c) Behavior off the ice but still on property is subject to Game Misconduct penalties and suspension.
- d) Suspensions must be served in the player's next scheduled game in the same league in which the suspension occurred.
- e) OAHL supervisor will call Tempe police if it is determined that a player has committed an act either on the ice or off the ice that is possibly a violation of state laws. Oceanside Ice Arena will aid in prosecution if pressing charges is necessary.

3. Fighting

- a) Fighting is not tolerated in OAHL games.
- b) Fighting is a major penalty with a mandatory Game Misconduct penalty.
- c) A fighting penalty results in the player getting ejected from the game plus serving at least a 1 game suspension for the Game Misconduct penalty.

4. **Checking**
 - a) OAHL is a non-checking league. Depending on the severity, checking will result in a Minor penalty up to a Major penalty with Game Misconduct.
5. **Icing**
 - a) Center red line is used for icing calls.
6. **Excessive Penalties in Minutes (PIMs)**
 - a) Any player who accumulates an excessive total of PIMs is subject to supplemental discipline including, but not limited to, a hearing with the OAHL advisory board or Director, suspension for games, and expulsion from the OAHL.

IX. ZERO TOLERANCE POLICY

In an effort to make ice hockey a more desirable and rewarding experience for all participants, USA Hockey instituted a zero tolerance policy beginning with the 1992-93 season. This policy requires all players, coaches, officials, team officials and administrators and parents/spectators 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 referees and linesmen:

1. **Players**

A minor penalty for unsportsmanlike conduct (zero tolerance) shall be assessed whenever a player:

- a) Openly disputes or argues any decision by an official.
- b) Uses obscene or vulgar language at any time, including any swearing, even if it is not directed at a particular person.
- c) Visually demonstrates any sign of dissatisfaction with an official's decision. Any time that a player persists in any of these actions, they shall be assessed a misconduct penalty. A game misconduct shall result if the player continues such action.

2. **Coaches**

A minor penalty for unsportsmanlike conduct (zero tolerance) shall be assessed whenever a coach:

- a) Openly disputes or argues any decision by an official.
- b) Uses obscene or vulgar language in a boisterous manner to anyone at any time.
- c) Visually displays any sign of dissatisfaction with an official's decision including standing on the boards or standing in the bench doorway with the intent of inciting the officials, players or spectators.
 1. Any time that a coach persists in any of these actions, he/she shall be assessed a game misconduct penalty.

3. **Officials**

- a) Officials are required to conduct themselves in a businesslike, sportsmanlike, impartial and constructive manner at all times. The actions of an official must be above reproach. Actions such as “baiting” or inciting players or coaches are strictly prohibited.
- b) Officials are ambassadors of the game and must always conduct themselves with this responsibility in mind.

4. **Parents/Spectators**

The game will be stopped by game officials when parents/spectators displaying inappropriate and disruptive behavior interfere with other spectators or the game. The game officials will identify violators to the coaches for the purpose of removing parents/ spectators from the spectator’s viewing and game area. Once removed, play will resume. Lost time will not be replaced and violators may be subject to further disciplinary action by the local governing body. This inappropriate and disruptive behavior shall include:

- a) Use of obscene or vulgar language in a boisterous manner to anyone at any time.
- b) Taunting of players, coaches, officials or other spectators by means of baiting, ridiculing, threat of physical violence or physical violence.
- c) Throwing of any object in the spectators viewing area, player’s bench, penalty box or on ice surface, directed in any manner as to create a safety hazard.

X. **CODES OF CONDUCT**

1. **Administrator's Code of Conduct**

Follow the rules and regulations of USA Hockey and your association to ensure that the association’s philosophy and objectives are enhanced.

- a) Support programs that train and educate players, coaches, parents, officials and volunteers.
- b) Promote and publicize your programs; seek out financial support when possible.
- c) Communicate with parents by holding parent/player orientation meetings as well as by being available to answer questions and address problems throughout the season.
- d) Work to provide programs that encompass fairness to the participants and promote fair play and sportsmanship.
- e) Recruit volunteers, including coaches, who demonstrate qualities conducive to being role models to the youth in our sport.
- f) Encourage coaches and officials to attend USA Hockey clinics and advise your board members of the necessity for their training sessions.
- g) Make every possible attempt to provide everyone, at all skill levels, with a place to play.
- h) Read and be familiar with the contents of the *USA Hockey Annual Guide* and USA Hockey’s official playing rules.
- i) Develop other administrators to advance to positions in your association, perhaps even your own.

2. **Coach's Code of Conduct**

- a) Winning is a consideration, but not the only one, nor the most important one. Care more about the child than winning the game. Remember, players are involved in hockey for fun and enjoyment.
- b) Be a positive role model to your players. Display emotional maturity and be alert to the physical safety of players.
- c) Be generous with your praise when it is deserved; be consistent and honest; be fair and just; do not criticize players publicly; learn to be a more effective communicator and coach; don't yell at players.
- d) Adjust to personal needs and problems of players; be a good listener; never verbally or physically abuse a player or official; give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach players the basics.
- e) Organize practices that are fun and challenging for your players. Familiarize yourself with the rules, techniques and strategies of hockey; encourage all your players to be team players.
- f) Maintain an open line of communication with your players' parents. Explain the goals and objectives of your association.
- g) Be concerned with the overall development of your players. Stress good health habits and clean living.
- h) To play the game is great, to love the game is greater

3. **Parent's Code of Conduct**

Do not force your children to participate in sports, but support their desires to play their chosen sports. Children are involved in organized sports for their enjoyment. Make it fun.

- a) Encourage your child to play by the rules. Remember, children learn best by example, so applaud the good plays of both teams.
- b) Do not embarrass your child by yelling at players, coaches or officials. By showing a positive attitude toward the game and all of its participants, your child will benefit.
- c) Emphasize skill development and practices and how they benefit your young athlete. De-emphasize games and competition in the lower age groups.
- d) Know and study the rules of the game and support the officials on and off the ice. This approach will help in the development and support of the game. Any criticism of the officials only hurts the game.
- e) Applaud a good effort in both victory and defeat, and enforce the positive points of the game. Never yell or physically abuse your child after a game or practice – it is destructive. Work toward removing the physical and verbal abuse in youth sports.
- f) Recognize the importance of volunteer coaches. They are important to the development of your child and the sport.
- g) Communicate with them and support them.
- h) If you enjoy the game, learn all you can about hockey – and volunteer.

4. **On-Ice Official's Code of Conduct**

- a) Act in a professional and businesslike manner at all times and take your role seriously.
- b) Strive to provide a safe and sportsmanlike environment in which players can properly display their hockey skills.
- c) Know all playing rules, their interpretations and their proper application.
- d) Remember that officials are teachers. Set a good example.
- e) Make your calls with quiet confidence; never with arrogance.
- f) Manage and help to control games in cooperation with the coaches to provide a positive and safe experience for all participants.
- g) Violence must never be tolerated.
- h) Be fair and impartial at all times.
- i) Answer all reasonable questions and requests.
- j) Adopt a "zero tolerance" attitude toward verbal or physical abuse.
- k) Never use foul or vulgar language when speaking with a player, coach or parent.
- l) Use honesty and integrity when answering questions.
- m) Admit your mistakes when you make them.
- n) Never openly criticize a coach, player or fellow official.
- o) Keep your emotions under control.
- p) Use only USA Hockey-approved officiating techniques and policies.
- q) Maintain your health through a physical conditioning program.
- r) Dedicate yourself to personal improvement and maintenance of officiating skills.
- s) Respect your supervisor and his/her critique of your performance.

5. **Player's Code of Conduct**

- a) Play for fun.
- b) Work hard to improve your skills.
- c) Be a team player – get along with your teammates.
- d) Learn teamwork, sportsmanship and discipline.
- e) Be on time.
- f) Learn the rules and play by them. Always be a good sport.
- g) Respect your coach, your teammates, your parents, opponents and officials.
- h) Never argue with an official's decision.

6. **Spectator's Code of Conduct**

- a) Display good sportsmanship. Always respect players, coaches and officials.
- b) Act appropriately; do not taunt or disturb other fans; enjoy the game together.
- c) Cheer good plays of all participants; avoid booing opponents.
- d) Cheer in a positive manner and encourage fair play; profanity and objectionable cheers or gestures are offensive.

- e) Help provide a safe and fun environment; throwing any items on the ice surface can cause injury to players and officials.
- f) Do not lean over or pound on the glass; the glass surrounding the ice surface is part of the playing area.
- g) Support the referees and coaches by trusting their judgment and integrity.
- h) Be responsible for your own safety – be alert to prevent accidents from flying pucks and other avoidable situations.
- i) Respect locker rooms as private areas for players, coaches and officials.
- j) Be supportive after the game – win or lose. Recognize good effort, teamwork and sportsmanship.

XI. POINTS OF EMPHASIS

1. **2017 Through 2021 Seasons**

The goal of USA Hockey is to promote a safe and positive playing environment for all participants while continuing to focus on skill development and enjoyment of the sport. All officials, coaches, players, parents, spectators and volunteers are encouraged to observe these “Points of Emphasis” when participating in the sport of ice hockey.

2. **Fair Play and Respect**

Fair play and respect are the backbone of any successful amateur sports program. In order for a positive environment to be created, it is imperative that all participants and spectators have respect for all players, coaches, officials, administrators, spectators and the sport of hockey. Hockey is a game demanding high levels of concentration and skill. Taunting or unsportsmanlike conduct directed at opponents or officials will not be tolerated.

3. **Intimidation** tactics have no place in ice hockey. These tactics include any contact to the head of the opponent, checking from behind and late avoidable body checks to an opponent who is no longer in possession and control of the puck. Officials are instructed to enforce these rules to a high standard and assess the appropriate penalty when these actions occur. In addition, officials are expected to strictly enforce any avoidable contact occurring after the whistle – including during scrum situations around the goal.

- a. In Body Contact categories, legal body contact shall be allowed and players are allowed to compete using proper body position skills. However, any deliberate body checks shall be penalized accordingly.
- b. In Body Checking categories, the purpose of the check shall be to separate the opponent from the puck and officials should strictly penalize any illegal actions such as boarding, charging and a late avoidable body check to a player who is no longer in possession and control of the puck.
 - i. If a body check is delivered for the purpose of intimidation, a major penalty should be assessed to the offending player.

4. **Players** are encouraged to develop a deep sense of respect for all (opponents and officials) while endeavoring to enjoy the sport and improve their playing ability. Each player is expected to use proper skill and technique when engaging in any type of body contact.
5. **Coaches** are responsible for instructing their players to play the sport in a safe and sportsmanlike manner. To that end, coaches are directed to teach only those skills necessary to allow for proper and legal body contact.
6. **Officials** should be diligent and confident when officiating the sport. Each official should enforce all playing rules fairly and respectfully with the safety of the players and the best interest of the game in mind. Players must be held accountable for dangerous and illegal actions with the proper enforcement of the rules at all times.
7. **Spectators** are encouraged to support their teams while showing respect for all players, coaches, officials and other spectators.