Glenwood Springs
Parks & Recreation Department
2025-26 Adult Hockey Rules

Welcome to the City of Glenwood Springs Adult Hockey Program. Thank you for choosing the City of Glenwood Springs Parks & Recreation Department for your leisure needs.

The City of Glenwood Springs offers USA Hockey sanctioned leagues for the recreational enjoyment of the participants. The City of Glenwood Springs Parks & Recreation Department is the sole governing body of these leagues. The Hockey League(s) shall follow the rules and code of conduct described in the USA Hockey Rule Book with any exceptions or clarifications defined below. Team managers and/or coaches are responsible for making all team members aware of the City of Glenwood Springs Hockey league rules. A copy of the rules will also be made available on our web site www.glenwoodrecsports.com.

All players taking part in this program assume the liability of the inherent risks involved in this activity. Participants are encouraged to consult their physician prior to engaging in any physical activity.

ZERO TOLERANCE POLICY

To make ice hockey a more desirable and rewarding experience for all participants, the Glenwood Springs Parks and Recreation Department shall direct officials to adhere to certain points of emphasis relating to sportsmanship, player responsibility and game play. Thus, all officials and/or league management may implement the following towards players with a zero-tolerance policy.

Players

At minimum, a minor penalty for unsportsmanlike conduct shall be assessed whenever a player:

1. Openly disputes or argues any decision or reasonable request made by an official.
2. Uses obscene/vulgar language or exhibits lewd behavior at any time, including any swearing, especially if directed at a particular person or official.
3. Visually demonstrates any sign of dissatisfaction with an official's decision. Persisting with this behavior will result in a misconduct penalty or a game misconduct.
4. Is in possession of alcohol during league play. If any player is noticeably intoxicated, disputing the rule or ignores previous warnings regarding this rule then an immediate game misconduct penalty shall be assessed.
5. Fighting- Any penalty for fighting or actions causing intentional physical harm of another player, official, or spectator will result in suspension from the league.

A. PAYMENT/ROSTER REQUIREMENTS

1. Fee and registration form should be turned in together. Registration will be limited to the first teams paid up to the maximum in each division. Spaces will not be held without payment for any reason. Any individuals on teams with an outstanding previous balance may not be allowed to participate until team balance is paid in full.
2. All players **MUST be registered and listed on the printed team roster, obtain, and submit a current USA hockey membership** and should have a **photo ID available** prior to playing in any game. Players must be on the team roster and check-in with the scorer prior to the start of the game. Players not checking-in prior to entering or

the start of the game may be issued a bench minor.

3. **ROSTERS** - Must be turned in by the registration deadline. Teams not turning in a completed roster may forfeit and not be allowed to play any games until completed.
4. **ROSTER LIMITS** - Team rosters are limited to 18 players plus a backup goalie.
5. **NO ROSTER CHANGES** will be accepted after 7 regular season games have been played except as approved by league management.
    a. Roster Change Exception: Goalies may be added at any time during the regular season. During playoffs goalie substitutions must be from a goalie with 2 or more games at the same level or less and approved by league management. Player injury substitutions will only be allowed in extreme cases where the ability to field a team is affected and is solely at the league managers discretion.

B. LEAGUE DIVISIONS **

Players may only be rostered on ONE team in ONE division within the Competitive and Recreation divisions (the only exceptions are goalies or individuals as specifically exempted by league mgmt.).

1. **Competitive League-** Advanced/Intermediate League - This is the most competitive recreational non-checking division. Teams are made up of more skilled and competitive players who have played hockey for many years or have any club, college or pro experience and those players that have played hockey for few years or with Intermediate to upper intermediate skills
2. **Recreational League** - This is a NOVICE recreational league. No slap shots are allowed in this division. Teams should be made up of Novice Players only, intermediate level players may participate in this league but MUST play to an appropriate level and may not individually determine the flow of the game. Officials at their discretion may penalize players for unsportsmanlike conduct for violations of this provision. Players with intermediate/advanced skills wishing to participate in this league must obtain specific permission from league management.
3. **Over 40 League--** This is an Intermediate recreational non-checking league. Teams should be made up of players 40 years of age or older.

**League management reserves the right to assess and determine any player/teams appropriate skill level. League management may move any individual player or modify any team roster in any way and at their discretion in the attempt to provide team parity and/or maintain player safety within the league. Team captains are also responsible for maintaining an appropriately skilled roster or may be disallowed future play within that league.

The Recreation Department reserves the right to move teams or individuals into different divisions or modify rosters, rules, or game schedules even after league play has started.

C. GAME RULES -All USA Hockey Rules will be enforced with the following modifications.

1. **SCORE KEEPERS-** The Recreation Department will make every opportunity to have scorekeepers available, but this is not guaranteed. Each team will be responsible for providing a backup scorekeeper for their games.
2. **LENGTH OF GAMES** - All games will be played with a 15-minute run time (penalty stop time) 1st period and 15-minute stop time 2nd and 3rd periods. The scorekeeper/officials may run the final 1 minute of the first period as stop time to prevent intentional icing. At any time

during the 2nd or 3rd period a score differential of **5 or more goals shall result in run time.** For the 2nd and 3rd periods a score differential of 4 **or less goals shall result in stop time.** Exceptions to this rule may be made at the official's discretion to ensure either player safety and/or game fairness.

3. **3 GOAL RULE** - league players will be limited to 3 goals per individual per game, any additional goals scored by a player (except goalies...) having 3 goals in a game will be disallowed and may be penalized for unsportsmanlike conduct.
4. **ALCOHOL** - Alcoholic beverages are not permitted anywhere within the ice rink facility. Players who are noticeably under the influence of alcohol at the official's discretion will not be allowed to participate. Any breach of this rule may result in additional disciplinary action.
5. **STANDINGS** will be determined by the following point system: **2 points for a win, 1.5 point for** a tie, 0 points for a loss and 1 point for an overtime loss..
6. **REGULAR SEASON TIES** - Regular Season Game ties will be decided by a 3-player penalty shootout. The shootout will alternate shooters with the home team captain choosing which team shoots first, the team with the most goals after 3 players have shot will be declared the winner. If the score is tied after 3 shooters, then a tie will be declared and each team receives 1 point. **Only players available to legally play/score at the end of regulation are eligible to participate in the shootout.**
7. **FORFEITS** - Forfeit games may still be officiated at the sole discretion of the official and should be noted as forfeit on the score sheet. Any forfeit may not be officiated or scored and will result in a 0-1 loss for the team forfeiting. A run time scrimmage for the remainder of the ice time shall then be allowed. In the event both teams forfeit by rule the game will be a 0-0 tie. Any team forfeiting during the regular season may lose their playoff eligibility at management discretion.
8. **PLAYOFF GAMES -** in the event of a tie after the conclusion of the third period, a 5-minute stop time sudden death period will be played after a 2-minute rest between periods. If after this five-minute period the game is still tied, a penalty shootout will commence as described above except instead of a tie a "1 for l" shootout will commence after the original 3 shooters until one team scores while the other misses.
9. **CHECKING** - Adult leagues are non-contact, non-checking. As incidental contact cannot always be avoided, the referee's decision is final. At the discretion of the referee, a player can be assessed a MINOR, MAJOR, GAME MISCONDUCT or MATCH penalty for any deliberate or excessive avoidable contact.
10. **NO SLAP SHOT** -There will be no slap shots allowed in the **Recreational** league. A slap shot shall be ruled whenever a player's stick is at waist level or above in an attempt to shoot on goal. In the event of a ruled slap shot, play will be stopped, and the ensuing face off will be held at the offending team's defensive zone face off dot. A Minor or Major penalty may be assessed to any player who injures another player as a result of a slap shot or continues taking slap shots after warnings from the official.
11. **MINOR PENALTIES** - Any player who receives **5** penalties in a game will receive a mandatory game misconduct penalty and be required to leave the ice immediately.
12. **MAJOR PENALTIES** -Any player assessed **2** MAJOR penalties will be assessed an additional Game Misconduct penalty. The Recreation Department will assess any additional penalties and/or suspensions as deemed appropriate for such a situation.
13. **MISCONDUCT PENALTIES** -Any MISCONDUCT penalty result in a 10-minute penalty being served until the first stoppage after penalty time expires, another player is permitted to immediately replace a player so removed.
14. **GAME MISCONDUCT PENALTIES** -Any GAME MISCONDUCT penalty result in an immediate suspension from the game, another player is permitted to immediately replace a player so removed. The suspended player will be suspended from league play for the teams next scheduled game unless it is a second major penalty in which they will serve at minimum a two-game suspension.

15. **MATCH PENALTIES-Any** MATCH penalties will be assessed an immediate suspension for the balance of the game. The suspended player will not return to league play until further disciplinary action or written approval from league management and is subject to any USA Hockey sanctioned suspensions. The Recreation Department will assess any additional penalties and suspensions as deemed necessary.
16. **FIGHTING** - Fighting of any kind will not be tolerated. Any player ejected from a game for "FISTICUFFS" will be suspended from the league for the remainder of the season. Suspensions may carry over to the next season. Management reserves the right to review each situation and to institute additional penalties or modify an on-ice ruling as deemed necessary and appropriate.
17. **GAME OFFICIALS/REFEREES** - During the game the officials' rulings are final, officials have complete control over game **time decisions, they may cancel/terminate games,** institute run time scrimmage, declare forfeits, and modify/assess **any additional penalties USA Hockey rules at their discretion. Sportsmanship, control of emotions, and maturity are mandatory in this league and abuse of the referees will not be tolerated. Appeals may be submitted to league management for further review, league management reserves the right to take any action deemed appropriate against any team, referee or individual.**
18. **DAMAGE TO THE FACILITY** - Damaging or attempting to damage this facility will result in an automatic suspension from the league until further notice from league management, teams may be held financially responsible for their players actions in this regard. Attempting to "damage" will include punching, hitting, swinging sticks or equipment at walls, Plexiglas, doors, etc.

D. PLAYER ELIGIBILITY

1. **PLAYERS' AGE** -All players must be at least 18 years of age to be eligible to participate. Male players must be over 40 to participate in the Over 40 league unless a specific exception has been granted by league management.
2. **PLAYERS ROSTER INFORMATION** -Every player must have submitted proof of **USA Hockey membership, be listed on the team roster,** must be able to prove identity to the official's satisfaction during a game, Players must be listed on the game score sheet prior to the end of the first period of the game to be determined eligible.
3. **SUBSTITUTIONS** -Teams may substitute players not listed on the team roster for a game at the discretion of the opposing team captain. Any substitute players must be identified to opposing team captain and officials during warmups and be rostered within the league. The opposing team captain may choose to allow or disallow eligibility of any substitute prior to start of the game. All substitutes must have USA hockey membership and check-in at the scorer's table. Any substitute that plays without opposing team captain consent shall be deemed ineligible and the game is subject to forfeit. Any player entering the game after the game has commenced may be disallowed from participating or must provide proof of eligibility at the discretion of team captain and/or officials.
4. **PLAYOFFS** - Each player must be rostered and have participated during the regular season to be eligible for tournament play, the intent being, that they are a material part of the team prior to playoffs, injuries and exceptions may be made on league management approval.
5. **WOUNDS/BLOOD** - The official may remove a player from the game if it is believed that an open wound or blood-stained jersey poses a health/safety risk to other participants.

E. MANAGER'S RESPONSIBILITIES

1. **ROSTERS** - Managers are responsible for ensuring teams/players have **COMPLETED ROSTER, PROOF OF USA HOCKEY MEMBERSHIP, and player abilities are appropriate for the division.** Any falsified information listed on a roster

is grounds for team forfeit/suspension from the league without a refund of fees.

2. **SCORESHEET ACCURACY** - Appointed team managers are responsible for checking the accuracy of each score sheet and verifying it after each game.
3. **PLAYERS' CONDUCT** -Team managers will be responsible for the conduct of the players on that team and the spectators in the stands favoring their team.
4. **CONDUCTING PROTESTS** -Player eligibility protests may be made by the team manager prior to the beginning **of the second period of play.** Any other protests must be lodged prior to the end of the game and be documented on the official scoresheet (see protests/appeals below).
5. **COMMUNICATION WITH GAME OFFICIALS -The manager or designated captain should be the only person to handle discussions with game officials.** Both captains and officials should exercise decorum, respect, and follow the USA Hockey code of conduct when communicating with one another.
6. **INFORMATION EXCHANGE** - Managers are also responsible for contacting the league manager for modified to team information. If your team assigns a new manager, the Recreation Department should be notified immediately in writing, for mailing lists and for alerting the team of any changes.
7. **RULE AWARENESS** - Managers are responsible to make sure all the players on their rosters are aware of the official hockey rules and player code of conduct.

F. TEAM RESPONSIBLITY

1. **JERSEYS/EQUIPMENT** - Each player must have similar colored jerseys with a **unique number** displayed in accordance with USA hockey rules. All equipment must conform to USA Hockey minimum standards for adult leagues. Officials may require players or teams to modify clothing or equipment that does not conform to USA Hockey rules. Officials may at their discretion declare a forfeit, deem players ineligible, or disallow player participation until equipment conforms to USA Hockey rules.
2. **PLAYERS' RESPONSIBILITY** - It is the responsibility of every member of the team to control the actions of each individual on the team, as well as that team's spectators on and off the ice. Failure to do so may result in the entire team being disbanded or dismissed from the league at management discretion.
    a. Any team member who strikes or makes any threatening physical contact with a referee, any team member, spectator, or a recreation employee may be suspended from the league and facility for the remainder of the season and may be ineligible to play in following seasons. His/her team may also be subject to immediate game forfeiture.
    b. Any player ejected for any reason may also be suspended from the league and/or facilities. This includes any incident before, during, or after games. The end of a game will not protect players or coaches from disciplinary action and penalties.
    c. The ejected player must leave the playing facility immediately. If ejected player continues to be disruptive in any way, he or she may be suspended from the league for the remainder of the season and his/her team may forfeit the game.
3. **PROFANITY** - Players, managers, and fans are asked to avoid the use of profanity at games. Excessive use of profanity may be grounds for a player/manager/fan expulsion from the facility and/or league.

G. TIE BREAKING RULES

1. In the case of a tie for first place between more than two teams, the tie breaking procedures will be used to determine the champion.
    a. Winning Percentage
    b. Head-to-Head Record
    c. Head-to-Head Goal Differential
    d. Total Goals For
    e. Total Goals Against
    f. Total Goal Differential
    g. Lowest Number of Forfeits
    h. Coin Toss

H. PROTESTS/APPEALS

1. **RULE INFRINGEMENT** - A protest should be made only when there has been an infringement of the rules. Difference of opinion about the official(s) judgment on a particular play or plays does not constitute grounds for a protest.
2. **PLAYER ELIGIBILITY PROTEST-Team** captains wishing to protest the eligibility of a player must notify the referee, opposing team captain and scorekeeper prior to the start of the game and no later than the beginning of second period of play. Upon protest the referee will use the printed score sheet, and/or team roster located at the rink to verify the identity of a player. If a player cannot produce a picture ID, is not identifiable by game officials or an unbiased 3'd party and/or otherwise would not meet requirements as an eligible substitute then they will be deemed ineligible and their team shall immediately forfeit. Protests prior to the beginning of the game should not result in a forfeit should the player/s in question choose not to participate. If the protest is not upheld by the referee and all the accused team members are determined eligible then the team lodging the protest may be assessed a 5-minute bench major penalty and any player (except goaltender) of the accused teams choosing must serve the penalty.
3. **PLAYING UNDER PROTEST** - Manager and/or coach of the protesting team will immediately notify the officials, scorekeeper and opposing team manager, that the game is being continued under protest and must document this on the official score sheet prior to the conclusion of the game. All protests will then be reviewed by the league **management.**
4. **FORMAL PROTEST** - Formal protest must be submitted in writing and noted on the official scoresheet with a fee of $50.00 to league management before 5:00 p.m. the first working day after the game. The league manager will make the final decision as to whether the protest should be upheld or denied. If the protest is upheld, the $50.00 fee will be returned. Protests should contain the following information:
    a. Date, time, place of game.
    b. Names of officials and scorekeeper.
    c. All essential facts involved in the protest situation.

No formal protest will be considered by the Glenwood Springs Recreation Department if the above procedures are not followed,

APPEALS - Written appeals to game or league suspensions may be submitted to the league director for consideration. Any written appeal should be submitted within one week from the date of the offending individual/team receiving notification of suspension. The appeal should include the names of those appealing, incident date and a report of the event causing the suspension as well as an explanation of why the individual or team warrants reinstatement to the league. Appeals will be approved or denied at the discretion of the league manager and his/her decision will be final.

I. MISCELLANEOUS

1. The league management reserves the right to change any and all rules at any time during the season.
2. The Recreation Department also reserves the right to shorten any league's season should prolonged inclement weather, unsafe conditions, or other factors jeopardize the use of the facilities, officials, or the score keeping staff. In such circumstances, the existing standings will be used to determine the 1st and 2nd place winners.

Please make a copy of these rules for each member of your team. By signing the team roster all team members are expressing an understanding of and an agreement to comply with all rules listed herein.