

ADULT DEK HOCKEY RULES & REGULATIONS



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MINIMUM AGE:	A player must be 18 years of age or older to play in the league.
ROSTERS:	Each team is required to have a MINIMUM number of 12 players. The maximum number of player's is a team decision. Each team's roster is to be submitted by the roster submission deadline. If not, the league cannot guarantee team placement for the season. Roster adjustments can be made leading up to your SECOND game. As of your SECOND game, rosters become final.
SUBSTITUTE GOALIES:	Substitute goalies <u>WILL</u> be allowed during the regular season. Substitute goalies <u>WILL NOT</u> be allowed during playoffs. Substitute goalies must be at the skill level of other goalies in the division and approved by the league 24 hours prior to the game.
PLAYER REGISTRATION:	All players are required to register before each season's defined registration deadline. Players will not be allowed to play in a game unless registered.
EQUIPMENT:	<u>All Players must wear the following equipment:</u> Matching jerseys, street hockey helmet (face cage/shield is optional, but highly recommended; under 21 must wear a helmet with a full shield/cage), shin guards, elbow pads, gloves (of any kind), hockey stick and sneakers. Goalies: leg pads, goalie glove, blocker, chest protector & stick.
JERSEYS:	All players on a team MUST have matching jerseys with legible numbers printed on the back (no tape). Teams may have their own jerseys OR a reversible jersey can be purchased from The Sports Arena.
GAME LENGTH:	Each game will consist of three (3) 15 minute periods. REGULAR SEASON GAMES - If there is a tie at the end of the last period, a 5 minute sudden death overtime period will be played with the last minute played with stop time. PLAYOFF GAMES - If there is a tie at the end of the last period, sudden death overtime periods will be played until a winner is determined.
PENALTIES:	Standard Mylec Street Hockey rule book penalties called with the exception of misconducts, which result in a 5 min penalty.
TIME OUTS:	Each team gets 1 timeout for the game (regular season and playoffs).
SCHEDULES:	Season game schedules are posted on The Sports Arena website – www.thesportsarena.net . Playoff schedules are posted on the website by the fourth game of the regular season. Scheduled season games and playoff games will NOT be re-scheduled upon requested.
CONDUCT:	All players are expected to exhibit good sportsmanship at all times. This is a no contact league and while incidental contact does occur, checking is never allowed. The league will enforce a zero tolerance policy when it comes to physical altercations. Fighting/Throwing a punch will result in an ejection plus multiple game suspensions. If a player on the bench leaves the bench during an altercation, that player will receive a minimum of a 1 game suspension.