



# SHARKS ICE ADULT HOCKEY LEAGUE

PLAYING RULES & REGULATIONS

# Playing Rules & Regulations Contents

1.	WELCOME TO SIAHL .....	2
2.	LEAGUE REGULATIONS .....	3
2.1.	ROSTERS AND SCORESHEETS .....	3
2.2.	PLAYER ELIGIBILITY .....	4
2.3.	PLAYING LEVEL RESTRICTIONS.....	5
2.4.	EQUIPMENT .....	6
2.5.	JERSEY REGULATIONS.....	6
2.6.	GAME FORMAT .....	7
2.7.	PLAYOFFS .....	8
2.7.1.	PLAYOFF PLAYER ELIGIBILITY .....	9
2.7.2.	PLAYOFF PROTOCOL.....	9
2.7.3.	PLAYOFF SHOOTOUT PROCEDURES.....	10
3.	SUPPLEMENTAL RULES .....	11
3.1.	PENALTIES .....	11
3.2.	SUSPENSIONS .....	11
5.	MINIMUM SUSPENSION GUIDELINES .....	15
7.	APPEALS PROCESS FOR PLAYER SUSPENSIONS.....	19
8.	ZERO TOLERANCE FOR HARASSMENT AND DISCRIMINATION.....	20
10.	RESERVATION OF RIGHTS .....	22

# 1. WELCOME TO SIAHL

Sharks Ice Adult Hockey League (SIAHL) provides a fun, safe and competitive recreational hockey experience for adult players of all skill levels. We schedule approximately 80 games per week throughout the year, in addition to our Hockey 101 program, tournaments, and team practices. Whether you've been playing for years or have never laced up skates, SIAHL ensures balanced competition within each division while encouraging players to develop their skills.

SIAHL is sanctioned by USA Hockey, Inc. ("USA Hockey") and adheres to, at a minimum, the Official Rules of Hockey established by USA Hockey. You can view USA Hockey's Official Rules of Hockey at [usahockey.com/rulesandresources](https://usahockey.com/rulesandresources).

In addition to the Official Rules, SIAHL has its own supplemental rules & regulations designed to enhance or complement the standard rules of hockey. We reserve the right to amend these guidelines and rules at any time and SIAHL serves as the final authority on how they will be interpreted, applied, and enforced. Captains are responsible for notifying all players of the Playing Rules & Regulations along with Minimum Suspension Guidelines.

Matters pertaining to SIAHL (player's statistics, team rosters, suspension disputes, complaints, etc) should be directed to League Director Dean Tait ([dtait@sharksice.com](mailto:dtait@sharksice.com)) and Head Scorekeeper Morgan Stace ([mstace@sharksice.com](mailto:mstace@sharksice.com))

## 2. LEAGUE REGULATIONS

### 2.1. ROSTERS AND SCORESHEETS

- 2.1.1. The Time to Score (TTS) Roster is the official roster for each team
- 2.1.2. Each team is required to enter its roster via its on-line Time To Score (TTS) account. Captains are solely responsible for the proper maintenance of the roster.
- 2.1.3. The TTS roster is displayed on League TTS scorekeeper terminal and is used for checking in players for games and for keeping League statistics.
- 2.1.4. Rosters will be frozen on March 1st for the Winter season and July 1st for the Summer season.
- 2.1.5. No players may be added or deleted after the lock date, but sub players may still be used for regular season games.
- 2.1.6. The League may amend these dates as needed each season. If amended an email will be sent to Captains with the new date.
- 2.1.7. The roster management site is located at:  
<https://teams.sharksice.timetoscore.com/> and each team Captain will have a username and a password. You may update your password at any time. Each team shall have one (1) account.
- 2.1.8. Each team may roster a maximum of thirty (30) players via the Captains Page.
- 2.1.9. The System is set up to require you to use one (1) of your thirty (30) rosters spots for a goalie only.
- 2.1.10. A team is required to identify a primary Captain on their roster and all goalies via the on-line system. It is recommended that each team roster two (2) goalies.
- 2.1.11. Only players on your official roster or registered with the League in the TTS may participate in any game and there shall be no exception(s) to this rule. The maximum number of players permitted to play in a game, excluding goalkeepers, shall not exceed eighteen (18).
- 2.1.12. Captains are required to update correct jersey numbers via the Captain's Page on TTS. 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. Each name and number must be typed, or computer generated with room for a signature next to the printed name.
- 2.1.13. The roster must be submitted by the end of the warmup or a two (2) Minute bench minor penalty will be assessed for delay of game.
- 2.1.14. Do not sign in for your teammates under any circumstance(s). All players on the ice are responsible for making sure they sign in to get Game Played credit. Players arriving late must report to the scorekeeper to sign in at the next stop in play or intermission.
- 2.1.15. Any team that submits a handwritten sign in sheet will not receive credit for a game played (see playoffs). No statistics will be tabulated for the game. No exceptions.

- 2.1.16. A roster sign-in sheet from another team will be deemed fully handwritten and ineligible for Game Played credit if more than half of its players (excluding the goalie) are handwritten.
- 2.1.17. The game will not start until both teams have turned in a sign in sheet.
- 2.1.18. The official roster is the one in the League management system (Time to Score). Official rosters are not supplied by 3rd party sites (Hockeyvite, 1League, etc.) and/or the roster sign in sheet turned in by teams before each game.
- 2.1.19. All scoresheets for games are available online on the League standings page.
- 2.1.20. Pregame Forfeit: If a game is forfeited, the team that did not forfeit has 48 hours to email the Head Scorekeeper ([mstace@sharksice.com](mailto:mstace@sharksice.com)) a roster of player names for Game Played credit.

## 2.2. PLAYER ELIGIBILITY

- 2.2.1. SIAHL is an adult League, 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).
- 2.2.2. All player must be thirty-five (35) years or older to play in the Over 35 League and thirty (30) years or older for goaltenders.
- 2.2.3. All player must be fifty (50) years of age or older to play in Over 50 League and forty (40) years or older for goaltenders.
- 2.2.4. The League does not differentiate substitute players from full time players.
- 2.2.5. All players must be registered by USA Hockey prior to registering with the League and playing in any game. USA Hockey registration is found here: <https://membership.usahockey.com/>
- 2.2.6. Only players on the official roster registered with the League (in the TTS) with a current wavier (found here <https://stats.sharksice.timetoscore.com/waiver>) on file may play in a game.
- 2.2.7. All players are subject to and shall adhere to THE SHARKS ICE code of conduct which can be found here: <http://sharksiceatsanjose.s3.amazonaws.com/doc/Sharks-Ice-Code-of-Conduct-2014-15.pdf>
- 2.2.8. Players shall provide a PHOTO I.D. when asked by the League Director or his designate, any League official, including but not limited to the scorekeepers.
- 2.2.9. Discipline for using illegal players may include, but is not limited to, one or more of the following:
  - suspension of the player(s) for up to 16 weeks for the first offence
  - removal of any goals scored and/or assisted goals
  - forfeit of the game
  - suspension of the Captain of record (this includes any Assistant Captain or player acting as Team Representative at game time) up to 30 days for the first offence.

- 2.2.10. An Over 35/50 team that has less than ten (10) players in uniform (exclusive of goaltenders) may temporarily utilize registered players from other teams in the Over 35/50 League only in order to dress ten (10) players in uniform for a given game. But in no case shall that team be allowed to dress more than ten (10) players using subs.
- 2.2.11. No one is allowed to play on any team in the League while on suspension from another team.
- 2.2.12. Players may not play on teams more than one (1) divisions apart and goaltenders may not play on teams more than three (3) divisions apart. Exceptions may be granted on an individual case by case basis, only by the League Director or Administrator.
- 2.2.13. The League Director has the final authority on any, and all, matters of player eligibility and any other matters relative to the League.
- 2.2.14. Write-in subs with a Skill Level rating more than one (1) Division above the game being played, will NOT be allowed to play with the exception of sub goalies.

## GOALTENDERS

- 2.2.15. In the 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 SIAHL. During playoffs, any emergency or non-rostered or non-qualified goalie must be approved by the Head Scorekeeper or League Director prior to game time.
- 2.2.16. Every goalie must be registered with USA Hockey and have a valid online waiver on file (Sharks Ice Waiver) prior to game time. No Exceptions.
- 2.2.17. If a team does not have a goalie dressed for a game, the team may elect to put in a sixth skater.
- 2.2.18. The Referees must be notified if the player is a sixth skater or a designated goalie. A sixth skater will not get a shot on goal count. A "designated goalie" is a player without goalie gear who is otherwise playing the goalie position with all goalie privileges including freezing the puck.
- 2.2.19. In all levels a designated goalie must have a full wire cage, no plastic masks, and no half shields of any kind.
- 2.2.20. Any player not wearing full goalie equipment who chooses to be a designated goalie, does so at his or her own risk. The referees will not prevent or punish the opposing team for using full slap shots if their level or division normally allows them.

## 2.3. PLAYING LEVEL RESTRICTIONS

- 2.3.1. Division 5: No Players who have played AAA Tier, College, or Juniors shall be allowed to play in D5 or lower – exceptions may be made for AAA players who have not played AAA for 3+ years or College players who have not played College 3+ years based on skill.

- 2.3.2. Division 6: No players who has played High School D1, Tier, College, or Juniors may play in D6 or lower - exceptions may be made for AA or High School D1 players who have not played AA or High School D1 for 3+ years based on skill.
- 2.3.3. Division 7: No player who has played Travel, Tier, High School (JV or Varsity) College, or Juniors shall be permitted to play D7 or lower – Exceptions may be made for Travel B/BB players and JV B/C players based on skill.
- 2.3.4. Divisions 8 & 9: No player who has played High School (JV or Varsity), Travel, House League, Tier, College, or Juniors shall be allowed to play D8 or D9 or lower – Exceptions may be made for House League players based on skill for D8 only.

## 2.4. EQUIPMENT

- 2.4.1. All players must comply with USA Hockey Equipment Rules
- 2.4.2. Any player who does not comply with ALL equipment rules may not participate in the game until he or she is fully compliant. There is no grace period for Equipment Requirements.
- 2.4.3. All players are required to wear shoulder pads. Padded shirts are not acceptable.
- 2.4.4. 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.
- 2.4.5. GoPro and/or any other type of camera is not allowed to be attached to a player's helmet or other player equipment and cannot be attached to the net or inside the playing area during any SIAHL game.
- 2.4.6. A full-face mask is required for all Divisions 6 and below & Women's League.
- 2.4.7. A full-face mask or half shield is required for Divisions 4/5 and Fremont Intermediate.
- 2.4.8. If players choose to wear a half shield, they are required to use an internal mouthpiece covering the remaining teeth of one jaw.
- 2.4.9. A full-face mask, half shield or mouthpiece is not required for Divisions 1-3 and Masters League players (OVER 35/50)

## 2.5. JERSEY REGULATIONS

- 2.5.1. All home teams shall wear a white jersey and the away team shall wear a dark jersey
- 2.5.2. All players are required to wear the same primary color as the rest of their team.
- 2.5.3. Every player must have a legible number on their jersey, according to USA Hockey rules.
- 2.5.4. Each player must have a unique number per team. No duplicate numbers are allowed on the same team.
- 2.5.5. No blank jerseys allowed. No tape numbers on jerseys. Tape may only be used to correct duplicate numbers.
- 2.5.6. All player numbers must correspond with the sign-in sheet and scoresheet.

- 2.5.7. Any player who does not comply with the jersey regulations may not participate in the game until the player complies.
- 2.5.8. Goalies must wear a white or dark jersey to correspond with the team for which they are playing.

## 2.6. GAME FORMAT

### DIVISIONS 1-4 & FREMONT ADVANCED INTERMEDIATE

- 2.6.1. Players are not permitted to enter ice unless instructed to do so by a game official, the referee or scorekeeper. Game time will not start until the warmup clock starts.
- 2.6.2. All games are four (4) minutes warm up, three (3) periods of fifteen (15) minute stop time. If one team is winning by six (6) or more goals in the third period with six (6) minutes or less left on the clock, the game will go to running time ("Mercy Rule") and will continue even if goals are scored and there is no longer a six (6) goal difference. The clock can only be stopped by a time out.
- 2.6.3. Referees should make all reasonable efforts to stay within the allotted time of one hour and 15 minutes regardless of the score or level. The scorekeeper will inform Referees as to how much time is remaining for the third period and the referees will determine any alteration of timekeeping, if any, and at their sole discretion.
- 2.6.4. Each team is allowed one (1) 30-second timeout per game.
- 2.6.5. See shootout rules for tied games in regular season.
- 2.6.6. Red line icing shall be called.
- 2.6.7. All minor penalties are two (2) minutes; majors are five (5) minutes (even while the mercy rule is in effect or during any running time). During any running time, all penalties are subject to the rules of the running clock for starting and terminating. Once running time has begun, it shall not return to stop time regardless of the score.

### DIVISIONS 5-9, MASTERS, WOMENS & FREMONT INTERMEDIATE

- 2.6.8. Players are not permitted to enter ice unless instructed to do so by a game official, the referee or scorekeeper. Game time will not start until the warmup clock starts.
- 2.6.9. All games are: four (4) minute warm-up, three (3) periods of twenty (20) minutes running time and a one (1) minute intermission between each period.
- 2.6.10. At the end of the 1st and 2nd period, only the last thirty (30) seconds will be played stop time. At the end of the 3rd period, only the last two (2) minutes will be played at stop time regardless of the score.
- 2.6.11. Each team is allowed one (1) 30-second timeout per game.
- 2.6.12. See shootout rules for tied games in regular season.
- 2.6.13. Defensive blue line icing shall be called.



2.6.14. All minor penalties are three (3) minutes; and major penalties are seven (7) minutes; including stop time and overtime. All penalties are subject to the rules of the running clock for starting and terminating.

## SHOOTOUTS

2.6.15. If any regular season game ends in a tie (including the final game of the night) and there are three (3) or more minutes remaining in the ice slot (each game is allocated 1 hour and 15 minutes; ice slot time begins when warmup clock starts), a three (3) player penalty shootout shall commence immediately according to the following procedure, as outlined below:

2.6.16. The visiting team shall shoot first.

2.6.17. The penalty shots are taken alternately by the teams.

2.6.18. If, before three (3) shots are taken, one team has scored more goals than the other could score, even if it were to complete its three shots, no more shots are

2.6.19. taken. If, after both teams have taken three shots, both have scored the same number of goals, or have not scored any goals, there will be one (1) additional round to determine the winner. If after the additional round there is still no winner, the game will be ruled a tie.

2.6.20. No player may shoot twice in a shootout.

2.6.21. Any player still serving their penalty when overtime expires may not participate in the penalty shot shootout. However, a player serving a penalty for a bench minor, for another player or whose penalty time has expired before the expiration of the overtime may participate in the shootout.

2.6.22. If one team has no goalie, then the opposing team will be awarded all goals. The team without a goalie will be given four (4) penalty shots attempts. Once any shot by the team without a goalie is recorded a miss, the game will end, and the opposing team be declared the winner. If neither team has a goalie, no shootout will take place and the game will be ruled a tie.

## POINTS AWARDED PER GAME

- Regulation or Shootout win: 2 points
- Shootout loss/Shootout tie: 1 point
- Regulation loss: 0 points
- If no shootout was conducted each team will receive: 1 point

## 2.7. PLAYOFFS

Prior to the end of the regular season, the League Director will post the playoff tree on the standings page for each division, indicating the number of teams that will qualify for the playoffs for each division. The schedule will also be available on the playoff standings link. (The Over 35 and Over 50 Leagues have no playoffs).

In the event of a tie in points at the conclusion of the regular season standings, the following tie breaker protocol shall be used:

- Wins
- Fewer Game Misconducts
- Head-to-Head Record
- Fewer Goals Against
- Greater Goals For
- Fewer Head-to-Head Goals Against
- Greater Head-to-Head Goals for
- Single Coin Toss

### 2.7.1. PLAYOFF PLAYER ELIGIBILITY

- 2.7.1.1. Only players who have signed-in and played in the minimum number of required games will be allowed to participate in the playoffs. Winter Season requires 8 games for players and 3 games for goalies. Summer Season requires 5 games for players and 2 games for goalies.
- 2.7.1.2. For all games, only printed rosters submitted with the players valid signature count towards the player's game total. A handwritten roster shall not count towards a player's game count.
- 2.7.1.3. Players who are listed as qualified in the roster section of the Captain's account have achieved the minimum game requirement for a given season.
- 2.7.1.4. Captains may view player eligibility and game count at any time by accessing their on-line team accounts.
- 2.7.1.5. Captains are ultimately responsible for assuring that all game statistics are accurate; and must address the League Statistician (Head Scorekeeper) with any questions no less than forty-eight (48) hours prior to the start of the team's first playoff game.
- 2.7.1.6. The League must approve any substitute goalies in the playoffs. Any goalie not rostered or not qualified is considered a sub.
- 2.7.1.7. Players who qualify as a goalie may only play as a goalie. Players who qualify as players can only play as a player. You must be qualified in both positions in order to play both positions in playoffs.
- 2.7.1.8. Games played as players and goalies are not interchangeable; games played credit will only count for the position played in each game.

### 2.7.2. PLAYOFF PROTOCOL

- 2.7.2.1. For playoffs, any emergency or non-rostered and/or non-qualified goalie must be approved by the Head Scorekeeper or League Director, regardless of the number of games he/she has previously played for the team.
- 2.7.2.2. All playoff games shall be played according to the same rules for each division that were in effect during the regular season.
- 2.7.2.3. If any playoff game ends in a tie, there shall be one overtime period, as outlined below:

- 2.7.2.4. In all elimination games, overtime shall be five (5) minutes, played four (4) minutes running time, one (1) minute stop time.
- 2.7.2.5. All Championship games (or games that have the potential to determine the championships i.e. game 2 of a best of 3 series) shall be ten (10) minutes, played eight (8) minutes running time, two (2) minute stop time.
- 2.7.2.6. If any playoff game is still tied after overtime, a shootout shall commence immediately according to the Playoff Shootout Procedure

### 2.7.3. PLAYOFF SHOOTOUT PROCEDURES

- 2.7.3.1. The shootout will be five (5) shots, the visiting team shall shoot first.
- 2.7.3.2. The penalty shots are taken alternately by each team.
- 2.7.3.3. If, before five (5) shots are taken, one team has scored more goals than the other could score, even if it were to complete its five shots, no more shots are taken.
- 2.7.3.4. If, after both teams have taken five (5) shots, both have scored the same number of goals, or have not scored any goals, shots continue to be taken in the same order until one team has scored one goal more than the other team from the same number of attempts.
- 2.7.3.5. Each shot is taken by a different player and all eligible players must take a shot before any player can take a second shot.
- 2.7.3.6. When a team finishes a game with a greater number of players than its opponent, it shall reduce its numbers to equate with those of their opponent and inform the referee(s) of those players excluded and those players subsequently eligible to take any shots.
- 2.7.3.7. Before the start of the shootout, the referee(s) shall ensure that only an equal number of players from each team participate in the shootout and shall identify same.
- 2.7.3.8. Only goalkeepers rostered for the game, dressed, and on the players bench may participate as a goalkeeper in the shootout.
- 2.7.3.9. Any player still serving his penalty when overtime expires may NOT participate in the shootout. However, a player serving a penalty for a bench minor, for another player or whose penalty time has expired before the expiration of the overtime may participate in the shootout.

## 3. SUPPLEMENTAL RULES

### 3.1. PENALTIES

- 3.1.1. In Divisions 1-9 any player – including goalies – who receive four (4) penalties in the same game will receive a Game Misconduct and be ejected for the remainder of the game.
- 3.1.2. In Masters League (Over 35/Over 50) the limit is three (3) minor penalties or one (1) minor and any misconduct penalty in a game.
- 3.1.3. ALL penalties shall be entered on the scoresheet.
- 3.1.4. SIAHL has a zero-tolerance policy for fighting of any kind. Minimum suspension will be enforced and may result in expulsion from the League.
- 3.1.5. The possession or use of Alcohol in the locker rooms or playing area or use/possession of drugs or any illegal substances in the locker rooms, anywhere in the building, and/or parking lots is prohibited and is a violation of the players code of conduct and will result in suspension or expulsion from the League.
- 3.1.6. Any player, game official or rink staff who is substance impaired may be prevented from playing or removed from the game at the discretion of the League and will result in suspension or expulsion from the League.
- 3.1.7. Any behavior that endangers the players, participants, referees, or spectators will result in suspension or expulsion from the League.
- 3.1.8. Verbal abuse of on-ice officials, off-ice league officials, and opponents will not be tolerated. Suspensions may be levied in cases where abusive, offensive, derogatory language, racial slurs, and/or obscene gestures are directed toward officials and opponents.
- 3.1.9. Physical abuse of on-ice or off-ice officials will result in a minimum of one (1) game suspension and may result in expulsion from the League.
- 3.1.10. All actions penalized or otherwise, both on and off the ice are subject to League discipline.
- 3.1.11. Misconducts During the last five (5) minutes of a game will result in an additional one (1) game suspension at minimum. The same applies for misconducts immediately following a game.
- 3.1.12. Ejected Players: Players ejected from a game for any reason whatsoever must immediately proceed to their respective dressing rooms. The Player may return to the stands to watch the game in street clothes only.
- 3.1.13. If the Player fails to follow this rule or causes any disturbance whatsoever, especially on preventing the game from continuing its regular flow, the player may be subject to additional disciplinary action.

### 3.2. SUSPENSIONS

- 3.2.1. All game misconducts (except for excessive penalties infractions) will result in an automatic suspension. Players are suspended even if they do not yet show up on the Captain's page.
- 3.2.2. SIAHL players may be suspended for any injurious, dangerous or objectionable on or off-ice offenses. This includes offences that have gone unnoticed by officials,

were not called, or were only penalized as a minor penalty at the time of the infraction.

- 3.2.3. Any altercation or verbal abuse outside of the playing surface may result in a suspension. This includes but is not limited to: hallways; dressing rooms; restrooms, spectator stands and the parking lot(s).
- 3.2.4. Playing Under Suspension: Unless otherwise stipulated by the League, suspended players may not play with other SIAHL teams for whom they are registered or for whom they wish to sub until the suspension has been fully served with the original team. Any team that is found to be using a player who is under suspension, an illegal player, or a player using an alias, will be assessed – at minimum - the following penalties:
  - The final score of the game will be recorded as ‘0’ for the team using the illegal player.
  - The illegal player will have an additional 5 game suspension.
- 3.2.5. Subbing While Under Suspension: A suspended player may not sub for any team until the suspension with the original team has been served.
- 3.2.6. Team Captains will be held responsible for sub players’ actions. A suspension to a sub player may result in an additional suspension to the team Captain.
- 3.2.7. Suspended players may watch the game from the stands in their street clothes only. They may not watch the game from the bench or at ice level.
- 3.2.8. Players must contact the Captain of the team they received the game misconduct on to find out the number of game(s) suspended and when they can return to play. If they are not rostered on that team, they must contact the Captain who has them rostered.
- 3.2.9. A player receiving a second game misconduct for excessive penalties during the season will receive a one (1) game suspension for each subsequent infraction.
- 3.2.10. Captains may view suspensions and game misconducts received by accessing their team's on-line account. All game misconducts shall be listed on the online scoresheet following each game.
- 3.2.11. Captains are ultimately responsible for notifying their players of any suspensions.
- 3.2.12. Only rostered players will show on the Captain’s page under “Suspended Players”

## FIGHTING

- 3.2.13. Fighting will result in a minimum three (3) game suspension, with the instigator/aggressor receiving a minimum of one (1) additional game. Any player taking physical advantage of an unwilling and non-punching opponent may be permanently banned from the League. League officials will not tolerate intimidation and revenge on the ice. *NOTE: Gloves do not have to be off for an altercation to be deemed a fight.*

## PENALTY ACCUMULATION SUSPENSIONS

- 3.2.14. Any player accumulating forty (40) penalty minutes for the Summer Season or fifty (50) penalty minutes in Winter Season for a specific team will receive a League issued one game suspension.

- 3.2.15. The next threshold will be fifty (50) penalty minutes for Summer and sixty (60) penalty minutes for Winter and a mandated League review which will result in additional one game suspension and/or further League review and probationary status.
- 3.2.16. Any player who skips the first threshold and goes straight to or past the second threshold, will receive a two (2) game suspension. The accumulated penalty minutes are calculated on a per team basis.
- 3.2.17. Game misconducts count as ten (10) minutes of penalty time. Running time penalty minutes of three (3) and seven (7) minutes will be recorded as two (2) and five (5) minute penalties respectively, in the players penalty record.

### PROGRESSIVE SUSPENSIONS

- 3.2.18. This rule applies for each game misconduct issued to a player in a season whether issued in one game or multiple games and regardless of whether it was received on different teams
- 3.2.19. 1st Game Misconduct: one (1) game suspension (USA Hockey minimum requirement for all Game Misconducts)
- 3.2.20. 2nd Game Misconduct: three (3) game suspension
- 3.2.21. 3rd Game Misconduct: six (6) game suspension, plus an eligibility review by the League Director

### SUSPENSIONS WITH RIGHT TO APPEAL

- 3.2.22. All players who come off the players' bench or penalty box during an altercation shall receive a major plus a game misconduct and be subject to a minimum three (3) game suspension. Be advised that under CAHA rules this is a 30-Day Suspension pending a hearing.
- 3.2.23. Players who receive a Match Penalty will be suspended indefinitely from all USA Hockey games pending an investigation. The player must contact CAHA (California Amateur Hockey Association) for reinstatement and is not allowed to resume playing prior to the SIAHL receiving written notice from CAHA with a restatement date listed.
- 3.2.24. Match penalties cannot be reviewed by the League.
- 3.2.25. The League reserves the right to extend any suspension or probation issued by CAHA after any hearing or the 30 days if the hearing is waived.

### SUPPLEMENTARY DISCIPLINE SUSPENSIONS

- 3.2.26. Fighting is NOT tolerated. Players who violate this rule are subject to discipline that will result in suspension or expulsion from the League.
- 3.2.27. Any physical or verbal abuse to an off-ice official, on-ice official or member of the rink staff is unacceptable and a violation of the player code of conduct and will result in suspension or expulsion from the League.
- 3.2.28. Any player who bangs his stick on the glass while in the penalty box shall receive a game misconduct and be removed for the remainder of that game. The scorekeeper shall report to the Referee who shall assess any appropriate penalty or penalties.

Subsequent violations of this rule will result in suspension or expulsion from the League.

- 3.2.29. Teams that receive a total of twelve (12) penalties in a game, shall be assessed an automatic game misconduct. Such penalty shall not be served by a player; but shall be counted as part of the tiebreaker protocol for playoffs.
- 3.2.30. Persistent dangerous, unruly, or unsportsmanlike behavior by any player will result in suspension or expulsion from the League.
- 3.2.31. Suspension from the regular season will carry over to the playoffs and future seasons if applicable.
- 3.2.32. The League reserves the right to issue any length of suspension at any time.
- 3.2.33. No refunds or prorates will be issued to any player for missed games as a result of suspension(s) or expulsion from the League for disciplinary reasons.

## 5. MINIMUM SUSPENSION GUIDELINES

The following chart shows the minimum suspension that will be assessed to all Players for a violation of the corresponding Rule. Game Misconducts that occur within the last five (5) minutes of a game will automatically have at least one (1) additional game added to the suspension.

Infractions showing the number of games for the length of suspension are automatic, based on the call on the ice, and are not subject to appeal. Infractions that carry an 'Indefinite' suspension, result in an investigation of the incident taking place prior to SIAHL rendering a decision on the length of suspension. Indefinite Suspension decisions can be subject to Appeal to the League Director and Head Scorekeeper. *Keep in mind that any Appeal may result in a longer suspension.*

Infraction	Suspension
<p><b>Where a Major penalty plus a Game Misconduct is assessed for the following:</b></p> <ul style="list-style-type: none"> <li>• Boarding</li> <li>• Body Checking</li> <li>• Charging</li> <li>• Checking from Behind</li> <li>• Head Contact</li> <li>• Elbowing</li> <li>• Kneeing</li> <li>• Roughing</li> <li>• Interference</li> <li>• Goaltender Interference</li> <li>• Clipping</li> <li>• Cross Checking</li> <li>• Slashing</li> <li>• High Sticking</li> <li>• Unsportsmanlike Conduct</li> </ul>	<p><b>1 Game</b> (2 Games if in the last 5 minutes)</p>
<p><b>Where a Major penalty plus a Game Misconduct is assessed for the following:</b></p> <ul style="list-style-type: none"> <li>• Slew Footing</li> <li>• Butt Ending</li> <li>• Spearing</li> </ul>	<p><b>3 Games</b> (5 Games if in the last 5 minutes)</p>



<p><b>Fighting</b></p> <ul style="list-style-type: none"> <li>Any player who engages in their 1st fight in a season and is assessed a Major penalty plus a Game Misconduct.</li> <li>Any player who engages in their 2nd fight in a season and is assessed a Major penalty plus a Game Misconduct.</li> <li>Any player who engages in their 3rd fight in a season and is assessed a Major penalty plus a Game Misconduct.</li> </ul>	<p><b>3 Games</b> (4 Games if in the last 5 minutes)</p> <p><b>6 Games</b> (8 Games if in the last 5 minutes)</p> <p><b>Indefinite</b></p>
<p><b>Additional Players in Altercations</b></p> <ul style="list-style-type: none"> <li>Any Player who joins in a fight or acts as a peacemaker.</li> <li>Any Player who takes part in secondary fight during the same stoppage of play</li> </ul>	<p><b>2 Games</b> (3 Games if in the last 5 minutes)</p> <p><b>4 Games</b> (5 Games if in the last 5 minutes)</p>
<p><b>Instigator &amp; Aggressor of a Fight</b></p> <ul style="list-style-type: none"> <li>First Offence</li> <li>Second Offence</li> <li>Third Offence</li> </ul> <p>Note: This suspension is in addition to any suspension received for engaging in a fight.</p>	<p><b>1 Game</b></p> <p><b>3 Games</b></p> <p><b>Indefinite</b></p>

<p><b>Leaving the Bench for the Purpose of Fighting</b></p> <ul style="list-style-type: none"> <li>• Any player who leaves the bench or penalty box during a fight or for the purpose of fighting.</li> <li>• Any Player who, having been removed from the game due to a Game Ejection, Game Misconduct, Gross Misconduct, or Match Penalty, returns to the ice surface or becomes involved with or disrupts the game in any way.</li> </ul>	<p><b>30 Days pending a hearing</b></p> <p><b>Indefinite</b></p>
<p><b>Throwing or Shooting Stick or Object</b></p> <ul style="list-style-type: none"> <li>• Throwing or Shooting Stick or Object when a Major penalty and a Game Misconduct is assessed.</li> <li>• Throwing or Shooting a Stick or Object when a Match penalty is assessed.</li> </ul>	<p><b>1 Game</b> (2 Games if in the last 5 minutes)</p> <p><b>30 Days pending a hearing</b></p>
<p><b>Attempt to Injure</b></p> <ul style="list-style-type: none"> <li>• Match Penalty</li> </ul>	<p><b>30 Days pending a hearing</b></p>
<p><b>Removing Equipment to Fight</b></p> <ul style="list-style-type: none"> <li>• Any Player who removes their helmet before or during a fight.</li> <li>• Any Player who removes an opponent's helmet or releases an opponent's chinstrap before or during a fight.</li> </ul>	<p><b>30 Days pending a hearing</b></p> <p><b>30 Days pending a hearing</b></p>

<p><b>Abusive Behavior</b></p> <ul style="list-style-type: none"> <li>• Any Player assessed a Match Penalty for Abusive behavior including racial and derogatory slurs.</li> <li>• Any Player assessed a Match Penalty for behavior critically detrimental to conducting a game, including but not limited to spitting at an opponent, spectator or Official, or verbally threatening or intimidating an opposing player or Official with physical contact or harm.</li> <li>• Any Player assessed a Match Penalty for using hateful or discriminatory language anywhere in the facility or on the premises whether it is before, during or after a game.</li> </ul>	<p><b>Indefinite</b> (Minimum 30 Days pending a hearing)</p> <p><b>Indefinite</b> (Minimum 30 Days pending a hearing)</p> <p><b>Indefinite</b> (Minimum 30 Days pending a hearing)</p>
<p><b>Abuse of Officials</b></p> <ul style="list-style-type: none"> <li>• Any Player assessed a Game Misconduct Penalty for Abuse of Officials</li> <li>• Any Player assessed a Match Penalty for Abuse of Officials</li> </ul>	<p><b>30 Days with an automatic hearing</b></p> <p><b>30 Days with an automatic hearing</b></p>

## 7. APPEALS PROCESS FOR PLAYER SUSPENSIONS

- 7.1. Any suspension for 30 Days pending a hearing may only be appealed through CAHA (California Amateur Hockey Association), which is USA Hockey's governing body in California. Players receiving this suspension will be provided with contact information for the CAHA Disciplinary/Dispute Resolution Committee.
- 7.2. Sharks Ice Adult Hockey League allows official appeals for suspensions of five (5) games or more. Suspensions of one (1) to three (3) games cannot be appealed, but players may submit additional information regarding these lesser suspensions. Any player, either individually or through the team captain, may appeal a suspension of five (5) games or more within seven (7) calendar days of the suspension being issued. The appeal must be submitted in writing to the Sharks Ice Adult Hockey League Discipline Committee, preferably via email to [dtait@sharksice.com](mailto:dtait@sharksice.com).
- 7.3. The appeal should clearly and concisely explain why the player believes the suspension was inappropriate and should identify any witnesses to the event, if applicable. Sharks Ice Adult Hockey League does not consider challenges to a referee's call as a valid basis for an appeal.
- 7.4. Sharks Ice Adult Hockey League Discipline Committee will review the appeal. At its discretion, the committee may choose to interview witnesses or have them submit statements regarding the suspension.
- 7.5. League officials, scorekeepers, and other personnel should not be approached to discuss a suspension. Such conduct may be considered harassment, and the player involved may face penalties. Only written appeals will be considered. Players may contact Dean Tait at (408) 999-6759 for questions.
- 7.6. While the appeal is pending, the player will be barred from play and must serve the assessed suspension. Sharks Ice Adult Hockey League will make every effort to respond to appeals promptly.

## 8. ZERO TOLERANCE FOR HARASSMENT AND DISCRIMINATION

SIAHL is committed to creating an environment where all players, coaches, referees, scorekeepers, and employees (referred to as "Individuals") are treated with respect and dignity. Every Individual has the right to play and work in a professional setting that promotes equal opportunities and prohibits unlawful discrimination and harassment. SIAHL expects all relationships among Individuals to be enjoyable, positive, and free of bias, prejudice, and harassment.

To ensure this, SIAHL has developed a policy aimed at maintaining an environment free from unlawful harassment, discrimination, and retaliation. The league will make every reasonable effort to ensure that all Individuals are familiar with these policies and understand that any complaints of violations will be investigated and resolved appropriately.

The prohibitions against harassment, discrimination and retaliation are designed to complement and enhance SIAHL policies, not to serve as an exception to them.

Any Individual with questions or concerns about these policies should contact the League Director, Dean Tait ([dtait@sharksice.com](mailto:dtait@sharksice.com)).

### HARASSMENT

Harassment based on any other protected characteristic is also strictly prohibited. Under this policy, harassment is verbal, written or physical conduct that denigrates or shows hostility or aversion toward (an) Individual(s) because of his or her race, color, religion, sex, sexual orientation, gender identity or expression, national origin, age, marital status, citizenship, genetic information, or any other characteristic protected by law, or that of his or her relatives, friends or associates, and that: a) has the purpose or effect of creating an intimidating, hostile or offensive environment, b) has the purpose or effect of unreasonably interfering with an Individual's performance, or c) otherwise adversely affects an Individual's playing opportunities.

Harassing conduct includes epithets, slurs or negative stereotyping; threatening, intimidating or hostile acts; denigrating jokes; and written or graphic material that denigrates or shows hostility or aversion toward (an) Individual(s) or group(s) that is placed on walls or elsewhere on SIAHL premises or circulated using email, phone (including voice messages), text messages, social networking sites or other means.

### SEXUAL HARASSMENT

Sexual harassment constitutes discrimination and is illegal under federal, state and local laws. For the purposes of this policy, "sexual harassment" is defined as unwelcome sexual advances, requests for sexual favors and other verbal or physical conduct of a sexual nature when, for

example: a) submission to such conduct is made either explicitly or implicitly a term or condition of an Individual's playing status, b) submission to or rejection of such conduct by an Individual is used as the basis for player decisions affecting such Individual(s), or c) such conduct has the purpose or effect of unreasonably interfering with an Individual's performance or creating an intimidating, hostile or offensive playing environment.

Sexual harassment may include a range of subtle and not-so-subtle behaviors and may involve Individuals of the same or different gender. Depending on the circumstances, these behaviors may include unwanted sexual advances or requests for sexual favors; sexual jokes and innuendo; verbal abuse of a sexual nature; commentary about an individual's body, sexual prowess or sexual deficiencies; leering, whistling or touching; insulting or obscene comments or gestures; display of sexually suggestive objects or pictures; and other physical, verbal or visual conduct of a sexual nature.

## DISCRIMINATION

These policies should not, and may not, be used as a basis for excluding or separating any individual(s) due to race, color, religion, national origin, gender, or sexual orientation, from participating in the League, League events, social activities or discussions. In other words, no one should make the mistake of engaging in discrimination or exclusion to avoid allegations of harassment.

Federal and state laws, along with SIAHL policies, prohibit discrimination based on race, color, religion, national origin, gender, sexual orientation, or any other protected characteristic concerning the terms, conditions, privileges, and benefits of participation in SIAHL.

## RETALIATION

SIAHL encourages reporting of all perceived incidents of discrimination or harassment. It is the policy of the League to promptly and thoroughly investigate such reports. SIAHL prohibits retaliation against any Individual who reports discrimination or harassment or participates in an investigation of such reports

## 10. RESERVATION OF RIGHTS

SIAHL provides a fun, safe and competitive recreational hockey league. Therefore, SIAHL reserves the right to suspend, expel, or otherwise prevent any player from participating if it determines, at its sole discretion, that a player poses a risk to the safety of others or the League's successful operation. Additionally, SIAHL reserves the right to refuse or deny entry from a new player or team if it deems, in its sole discretion, that they could be detrimental to player safety or the League's success.

SIAHL reserves the right to modify these League Rules & Regulations at any time, with or without prior notice. Captains, alternate captains, and all players are encouraged to regularly visit the [Adult Hockey](#) page on the Sharks Ice website during the season for updates to these Rules & Regulations, as well as any other important announcements.