

Kroc Adult League **RULES**



GAME FORMATS

GOLD(Sundays) / **SILVER**(Saturday Nights) / **BRONZE**(Monday & Wednesday)

Three **20 minute** periods with 5 minute warm up. (75 minute time slots)

1st period - 19 Run, 1 Stop

2nd period - 19 Run, 1 Stop

3rd period - 15 Run, 5 Stop (If a 5 goal lead exists, RUN time remains until the goal differential is reduced to 2.)

IRON(Wednesday Night 7:30pm)

Three **15 minute** periods with 5 minute warm up. (60 minute time slot)

1st period - 14 Run, 1 Stop

2nd period - 14 Run, 1 Stop

3rd period - 10 Run, 5 Stop (If a 5 goal lead exists, RUN time remains until the goal differential is reduced to 2.)

ROSTERS

Gold and Silver teams having paid the team fee are allowed to add players to their roster until the last few weeks of the season. Bronze teams are required to carry at least 14 players on their roster, all players must be approved by ice arena staff.

Subs

Teams with less than 10 players will be allowed subs. The team taking subs CANNOT have more players than the opposing team and no more than 13 players total. Non-rostered player subs are not allowed during playoff or championship games. Goalie subs are allowed anytime. Teams cannot add a sub after the first period has ended.

- Bronze league - Player subs must be a paid, current season Kroc player in the Bronze league, and approved by ice arena staff/supervisor.
- Iron league - Player subs are not allowed.

Drop-Ins

Gold and Silver teams paying individually; drop in players pay \$30 for 1 game, allowed only once.

USA Hockey required. Non-rostered drop ins are not allowed during playoff or championship games.

Bronze/Iron league; no drop in players, no outside players.

PENALTIES / GAME MISCONDUCTS / SUSPENSIONS / MATCH PENALTIES

All game misconducts are reviewed and are evaluated case by case. Player conduct including; incidents off-ice, towards on ice and off ice officials, arena staff, spectators, or other players could result in suspension, probation, or expulsion.

- Game Misconducts/Suspensions MUST be served in the next scheduled game.
- **Players in multiple leagues/divisions will have their game misconduct applied to all leagues.**
- Only Match Penalties may be appealed to the Hockey Director / Rink Manager.

4 penalties in one game will result in ejection from that game.

With regard to Game Misconducts issued for but not limited to; Fighting, Butt-ending, Spearing, Intent to Injure, Instigating, Head Contact, Kicking & Head Butting.

Gold / Silver 1 game suspension for 1st incident in a season.

Bronze / Iron 2 game suspension for 1st incident in a season.

The 2nd incident in the same season will be may result in multiple game suspension, probation or expulsion.

REFEREEING INQUIRIES

- Referee Inquiries/comments: email: board@sdhockeyrefs.com