

# Kroc Adult League **RULES**



## Game format

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

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

**1<sup>st</sup> period** - 19 Run, 1 Stop

**2<sup>nd</sup> period** - 19 Run, 1 Stop

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

**IRON**(Monday Nights)/**MONDAY MORNING**...

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

**1<sup>st</sup> period** - 14 Run, 1 Stop

**2<sup>nd</sup> period** - 14 Run, 1 Stop

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

## Subs

Teams with less than 10 players will be allowed subs. Teams taking subs CANNOT have more players than the opposing team and no more than 10 players total. Non-rostered player subs are not allowed during playoff or championship games. Goalie subs are allowed.

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

## Drop-Ins / non-Kroc Center Ice Adult leaguers

- **BRONZE/IRON/MONDAY MORNING - No Drop-Ins**
- **GOLD/SILVER \$30 for 1 game. Drop In allowed only once.** Must provide current USA Hockey.

## 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.**

### GOLD(Sundays)

- 5 penalties in one game will result in ejection from that game.

- Game Misconducts issued for but not limited to Fighting, Butt-ending, Spearing, Intent to Injure, Instigating, Head Contact, Kicking & Head Butting will result in a **1 game suspension for 1<sup>st</sup> incident in a season.** The 2<sup>nd</sup> incident in the same season will be reviewed and may result in multiple game suspension, probation or expulsion.

### SILVER(Saturday Nights)/Bronze(Monday & Wednesday)/MONDAY MORNING

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

- Game Misconducts issued for but not limited to Fighting, Butt-ending, Spearing, Intent to Injure, Instigating, Head Contact, Kicking & Head Butting will receive a **2 game suspension for 1<sup>st</sup> incident in a season.** The 2<sup>nd</sup> incident in the same season will be reviewed and may result in multiple game 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.

## Refereeing Inquiries

- Referee Inquiries/comments: email: [board@sdhockeyrefs.com](mailto:board@sdhockeyrefs.com)