BAM Arena Adult League Rules

1. Game Length/Ice Time
    a. Games will be approximately 1 hour and 10 minutes long.
    b. 3 minute warmup. Warmup clock will start immediately upon resurfacer gates closing.
    c. 3 - 20 minute running time periods.
        i. If the goal differential is 2 or less with 3 or less minutes remaining in the 3rd period the clock will go to stop time.
    d. Roughly a 1 minute intermission break between periods.
    e. One time out per game per team is allowed.
2. Standings
    a. The winning team will be awarded 2 points.
    b. If a game ends in a tie both teams will receive 1 point.
    c. Tie breaker for standings will be…
        i. Points
        ii. Wins
        iii. Head to head
        iv. Goal differential
        v. Goals for
        vi. Coin toss
3. Playoffs
    a. The top 4 teams in each division qualify.
    b. Single elimination.
    c. Overtime will be 5 on 5 for 5 minutes. If still tied a best of 3 shootout will occur. The home team determines who shoots first. If still tied it goes to a sudden death shootout. Players won't be able to shoot twice until all players have been used.
4. General League Rules
    a. All players must be 18 years or older.
    b. Rosters will be considered final at the end of the 2nd week of the current season.
    c. Teams must have a minimum of 5 skaters and a goalie to start a game or the game will be forfeited. Teams must have a goalie within 5 minutes of the start of a game, regardless of the number of players, or the game will be considered a forfeit.
    d. Equipment
        i. Required: skates, shin guards, protective cup, gloves, and properly fastened helmet.
        ii. Recommended: mouth guard, cage or shield, shoulder pads, elbow pads, and pants.
    e. If a team forfeits a game they will be assessed a $100 fine to be paid prior to playing their next game.
    f. No alcohol or beer is permitted in the players benches.

g. BAM Arena reserves the right to remove any player or team from the league for behavior that is detrimental to the integrity of the league or BAM Arena. No refunds will be given.

5. Penalties/Playing Rules
    a. All penalties are at the discretion of the referees.
    b. Minor penalties will be served for 3:00 minutes during run time and 2:00 minutes during stop time.
    c. Major and Misconduct penalties will be 5:00 and 10:00 minutes, respectively, regardless of whether the clock is running or stop time.
    d. 3 minor penalties in a game on the same player will result in ejection for the remainder of the game.
    e. Fighting - Any player fighting is awarded a 5 game suspension. If a player is charged with a 2nd fighting penalty in the same season they will be suspended for a calendar year.
    f. No body checking in any division. However, competitive contact is a natural part of the game and is allowed. The Competitive Contact category of play in accordance with current USA Hockey rules is used.
    g. Abuse of officials will not be tolerated, whether on or off the ice.
    h. Any suspension is a league wide suspension. A player receiving a suspension will be ineligible from any league play until the suspension time is served with the team that the suspension occurred with.