



**South Suburban
Adult Hockey League
SSAHL RULES
Revised December 2024**

USA Hockey Rules and Guidelines will be followed. Any team not following the league guidelines and rules will face disciplinary action or may be expelled from the league **without refund**. SSAHL has the final decision on all rules.

1. A deposit of \$750 is due at registration. All remaining League fees will be set up on credit card auto-billing to be charged on the schedule determined for each season. If any installment billing charge comes back declined, a team captain will be notified via email and will have 5 business days to call the Oak Lawn Ice Arena with the payment before late fees are charged. After your 5-day grace period, additional late fees of \$10.00 per day (not to exceed \$50.00 per week) will be applied to your account. Team captains are responsible for all payments made to the league. SSAHL will not accept payments from individual players.
2. Team captains are responsible for sending in the team roster and communicating all information to players found on the player waiver & release.
3. Rosters with player names and jersey numbers are due before the start of your second game, but they will not be frozen until March 3rd. You can email your roster to eparra@olparks.com
4. Jersey's must be uniform in color and must be numbered. All players must wear the same number that is on the official roster. Any change in numbers must be submitted to the referees prior to the start of the game and indicated on the scoresheet. Any player listed on 2 rosters in the same league will be considered an illegal player.
5. Illegal Player:
 - a. There will be a \$25.00 cash bond required for each and every protest which must be turned into the ref at the time of the protest and the cash bond will be forfeited if the protest is **not** upheld.
 - b. Protests will not even be considered if all players listed on the score sheet does not match the jersey numbers listed for penalties/suspensions/goals.
 - c. Protesting of an illegal player(s) must be lodged prior to the last 5 minutes of the 3rd period.
 - d. Player in question must furnish acceptable photo identification.
 - e. If the player in question refuses, the game is a forfeit.
 - f. If the player questioned is legally rostered, the protesting team will forfeit their cash bond.
 - g. If the game is completed and it is established that the player is legal, the protesting team will forfeit 1 goal from the final score (regular season only) and forfeit their cash bond.
 - h. If it is established that the player in question is illegal, the team using the illegal player will forfeit the game and be placed on probation while the cash bond will be returned to the protesting team. Illegal player may receive a 1 year suspension.
 - i. Any coach using an illegal player may receive up to a year suspension.
6. All players are encouraged to be registered with USA Hockey. You can do this online by going to **USAHOCKEY.com** -under players click on adult then register online.
7. Players must play in a division that is suitable for their talent level. If the SSAHL board determines a players talent level is beyond the division he is playing in that player may be removed from the roster
8. Teams must play in a division that is suitable for their talent level. If the SSAHL determines a team's talent is beyond the division they are playing in, that team may be expected to move to a higher division for the next season.
9. **There will be no rescheduling games. Teams who are unable to attend games will forfeit. Games cancelled on behalf of the ice arena will be rescheduled. It is up to Ice Arena Management's discretion if the non-cancelling team will have access to the ice during scheduled game time for practice/scrimmage with no refs.**

SSAHL Rules continued

10. **Forfeits:** If a team does not have enough players on the ice to begin play (6 players in full equipment) the game clock will begin running after the 5 minute warm-up. The game clock will run for 10 minutes or until the offending team has the necessary players to begin play. The offending team will be assessed a minor penalty for delay of game. If they cannot field enough players then the team must forfeit. If neither team has enough players to begin, the second team to field the necessary players will be the team penalized. Forfeit scores will be 5-0.
11. During the regular season if a game ends in a tie it will go to a shootout to determine a winner. Each team will designate 3 shooters to participate. Shoot-out process will be repeated until a winner is determined. Each team will receive 1 point for the tie and the shootout winner will receive 1 additional point.
12. If at any time during the course of a game the **combined team's penalty total reaches 20** the game will convert to running clock for the remainder of the game.
13. If at any point during the 3rd period there is a 5 or more goal difference the game will automatically become running clock and remain running until such time as the goal difference is 3 or less.
14. Any team that incurs **15 or more penalties in one game** will receive a 1 game suspension which must be served by the team captain.
15. Any player receiving any combination of **5 penalties**, in the course of one game, will receive a game misconduct plus a minimum of a 1 game suspension.
16. During a fight the time clock will run until all players, or coaches, involved in the fight, have left the ice.
17. All players involved in a fight will be immediately ejected from that game and receive a minimum of a **3-game suspension**. That player will then be placed on probation. If any player on probation receives a fight, or a game misconduct, he may be suspended for the remainder of the season.
18. Any player or coach involved in a fight off the ice may be suspended from any further league play for the remainder of the season.
19. Any player or coach involved in a fight, on the ice, at the conclusion of a game may receive a minimum of a 5 game suspension.
20. Any player or coach involved in a fight during their teams last season game, including play-offs, may receive a 1 year suspension.
21. Any player or coach who leaves the players bench, or penalty bench, during an altercation may receive a 3-game suspension.
22. Any player receiving a third man in an altercation will receive a game misconduct and may receive a minimum of a 3-game suspension.
23. Any player who deliberately injures or attempts to injure another player will receive a match penalty and a minimum 30 day suspension.
24. Any player or coach who makes contact with or abuses an official will receive a match penalty and a minimum 30 day suspension.
25. Any player or team official who receives a match penalty is suspended from all games and practices until a hearing is held.
26. Any player receiving a game misconduct, for any reason, will be placed on probation for the remainder of the season
27. **At the discretion of the referee a player may receive a Game Ejection penalty.** That player will be ruled off the ice for the remainder of the game. A repetition of Game Ejections to an individual player can result in a suspension.

PLAYOFFS

28. The top 4 teams in the standings, whose balances are paid in full by their last game of the season, will advance to the playoff round.
29. If two or more teams are tied in the league standings, the first determining factor for position is most wins, second determining factor is head to head competition, third is goals against, fourth is total goals for and the fifth is a coin flip.
30. During the **playoffs** if a game is tied at the conclusion of the third period, two (2) 15-minute sudden death overtime periods will be played. The first 15-minute sudden death period will be played 4 on 4. The second 15-minute sudden death period will be played 3 on 3. If tied after the end of the overtime periods then a winner will be determined by a shoot-out. Each team will designate 3 shooters to participate. Shoot-out process will be repeated until a winner is determined.

DIVISION

PERIOD LENGTH

MINOR PENALTY

MAJOR PENALTY

Adult League

15:00

2:00

5:00