

## 2025 Adult Indoor Hockey

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### ENTRY FEE, REGISTRATION & INCLEMENT WEATHER PROCEDURES:

- Registration will be on a first come, first serve basis.
- Please follow the link to register & check standings:  
<https://www.teamsideline.com/sites/minneapolisparcs/content/35057/Indoor-Ice-Hockey>
- **Sponsor Checks:** Sponsor checks will be accepted at the MPRB Headquarters in place of online registration. Please note we are unable to hold a spot without payment. To hold a spot, teams will need to register for a league using a credit card. A sponsor check will be accepted at MPRB Headquarters, and a refund will be applied.
- **2025 League Fees:** \$1,800: 9 weeks of play w/ MPRB certified official.
- **2025 Pickup League Fees:** \$130 (player), \$50 (goalie): 8 weeks of play.
- **Schedules:** All schedules and receipts will be emailed to managers and will be available on the MPRB Hockey website. Schedules will be completed and available once leagues have filled. We aim to finalize schedules at least one week before the first game.

### DIVISIONS:

Open Leagues				
	Day	Dates	Teams	Locations
Pickup Recreational	Monday	January 6 <sup>th</sup> - March 3 <sup>rd</sup>	NA	Northeast Ice Arena & Parade Ice Garden
Open Recreational	Thursday	January 9 <sup>th</sup> - March 6 <sup>th</sup>	4 teams	Northeast Ice Arena & Parade Ice Garden
Open Competitive	Friday & Saturday	January 3 <sup>rd</sup> - March 1 <sup>st</sup>	8 teams	Northeast Ice Arena & Parade Ice Garden

*Note: Registration for open competitive and recreational leagues will be by team; registration for pickup recreational league will be by individual*

#### **1. PLAYER REGISTRATION REQUIRED FOR ALL TEAMS (Rosters)**

Team rosters will be filled out online. Final rosters are due by the first game. A team may register a maximum of 25 players.

### LEAGUE PLAY -

**Open Competitive & Recreational: 7 game regular season & 2 playoff games**

**Pickup Recreational: 8 game season**

### DIVISIONS

All programs will be "Open" with no gender restrictions

The **pickup recreational** program is for individuals to sign up for social pickup play. Players will form balanced teams at the beginning of each session and will play a full self-officiated game. This league is intended for social pickup style play and welcomes all skill levels. It is recommended that players have some formal or informal experience playing hockey.

It is recommended that teams registering for the **open competitive** division have a majority of players that have played at the high school level or higher.

It is recommended that teams registering for the **open recreational** division have players that are newer to hockey or have players that are interested in casual recreational social play.

### **ROLE OF MANAGERS**

Team managers in all Minneapolis Park and Recreation Athletic programs serve as liaison between their respective teams and this office. Following are the duties of the manager with respect to this year's Hockey program.

1. Make sure you have a full team and at least one reserve for every game.
2. Do not let your players face suspension by allowing them to argue a call.
3. You are responsible for taking charge of your team's and your spectator's conduct. Abusive language, improper drinking, litter, and other irresponsible acts will not be tolerated.
4. Any schedule information, changes, make-ups, or other league information will be sent to you. Make sure we have your current email address and contact phone number. It is your responsibility to pass this information on to your players.
5. Know the rules. Tell your players the rules. This will help the game run smoothly and help your team concentrate on playing.

It is the responsibility of each team manager to read and understand these policies and to see that his/her team abides by them. If there are any questions, please contact Tatiana Rachlin at [trachlin@minneapolisparcs.org](mailto:trachlin@minneapolisparcs.org) .

### **LEAGUE CHAMPIONSHIP**

In determining position in the league standings, a win will count two points, a tie one point, and a loss zero points.

### **Uniforms**

Teams must have some form of distinguishing marking such as jerseys, jackets, scrimmage jerseys, etc.

## **LEAGUE RULES**

**All play will follow USA hockey rules with the following amendments:**

### **Open recreational & competitive leagues:**

- Teams must have light & dark uniforms with identifiable numbers (can be taped)
- The home team is responsible for providing a scorer
- Each team will have one timeout per game
- Games will consist of three 17-minute run time periods

- 1). FULL protective equipment required; full face shields or visors are STRONGLY recommended
- 2). Fighting will result in automatic expulsion from the league
- 3). Absolutely NO bodychecking

- 4). Delayed (tag-up) off sides
- 5). Automatic icing
- 6). 90 second minor penalties
- 7). 180 second major penalties
- 8). Removal from game and one game suspension for players receiving misconduct penalties

Indoor Pickup League:

- 1). Helmet and gloves required; shin guards, face shields, and breezers STRONGLY recommended
- 2). Fighting will result in automatic expulsion from the league
- 3). Absolutely NO bodychecking
- 4). No offsides
- 5). No icing
- 6). Puck given to defensive team when play is stopped by the goalie
- 7). Use caution with slap shots; they should only be taken if the shooting lane is totally clear

**\*\*\*\*Assaults and indignities to players or officials will result in automatic suspension from participating in Minneapolis Park and Recreation Board athletic leagues. All game ejections will result in a one game suspension, which can carry over from regular season to playoffs and from playoffs to next season. The league director retains the right to make suspensions longer or remove players from the league at any time. The Minneapolis Park and Recreation Board reserves the right to modify any rule during the season at the sole discretion of the league director.**

The Minneapolis Park and Recreation Board does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its services, programs, or activities. Upon request, accommodation will be provided to allow individuals with disabilities to participate in all Minneapolis Park and Recreation services, programs and activities. Upon request, this information can be available in Braille, large print, audio tape and/or computer disk.

If anyone believes he or she has been subjected to discrimination on the basis of race, color, national origin, age or handicap. He or she may file a complaint alleging discrimination with either the Minneapolis Park and Recreation Board, or the Office of Equal Opportunity, U.S. Department of the Interior, Washington D.C. 20240.

**PARKING:**

- All Minneapolis Park and Recreation or City of Minneapolis pay lots, meters and/or any other parking fees are the sole responsibility of the user. Being a participant in an MPRB athletic league does not guarantee free parking. The MPRB athletic department is providing the service of athletic league play only.

[Make a difference!](#)

Volunteer at one of our recreation centers as a youth sports coach.

[www.minneapolisparcs.org](http://www.minneapolisparcs.org) search "volunteer coach"



All managers must read the bulletin carefully before registering. **All registrations are final, no refunds unless due to medical/illness or program cancellation.** All players on the roster must be at least 18 years of age and adhere to the sport rules and rules listed in the MPRB sport bulletin. Participants waive, release, & discharge any & all claims for damages for personal injury, death, or property damage which may have, or which may hereafter accrue to players, as a result of participation from this activity. Teams must remain in good standing with the MPRB athletic program.

If anyone believes he or she has been subjected to discrimination on the basis of race, color, creed, religion, ancestry, national origin, sex, affectional preference, disability, marital status, or status with regard to public assistance he or she may file a complaint alleging to discrimination with the Minneapolis Park & Recreation Board 612-230-6400, or 2118 West River Rd. Minneapolis, MN 55411.