



Carolina Ice Palace Adult Hockey League

Welcome to the Carolina Ice Palace Adult Hockey League! (CIPAHL)

We are proud to offer adult recreational hockey leagues since 1997. Our leagues have been designed to emphasize sportsmanship, mutual respect, fair play and parity for all our players in a fun safe environment year-round. It is our goal to provide clean, competitive leagues for all our players ranging in skill and various ages. We encourage our team captains to work with our staff to ensure this goal is met. By doing so, we can respond to the needs of our players and provide a better experience while improving the quality of play in our leagues.

The CIPAHL Rule Book is a step toward meeting our leagues objectives. Our rules are the same as USA Hockey's rules. In a few instances, the rules have been modified to suit the needs of the CIPAHL. By publishing our rules to all our players, we feel we can better evaluate our leagues after each season and through player feedback. Any rules changes will be published in this rulebook.

We hope every player that participates in the CIPAHL will have a great season and we thank you for your support and participation in our leagues.

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SECTION 1 - The Rink

Dressing Rooms

The staff and management of the Carolina Ice Palace will not be held responsible for any lost or stolen property. All teams are responsible for locking their assigned dressing rooms. DO NOT leave your dressing room unlocked. Teams will be responsible for any damage caused in their assigned dressing rooms or any other part of this facility. All dressing rooms must be vacated 30 minutes following the completion of their game in order for the next scheduled team to use. Please be courteous and pick up all tape and trash and put it in the trash bin so the next team has a clean room to enter.

League Info

All players are encouraged to view schedules, standings, statistics and league information on our website. Go to www.carolinaicepalace.com click on hockey then click on senior league schedule or standings. The CIP AHL will offer three 12 game seasons throughout the year plus playoffs to the eligible teams.

Ice Resurfacing

For the safety of all our players, teams must remain off the ice while the Olympia is resurfacing the ice and the doors are open. Failure to adhere to this rules will result in a minor penalty to the offending team. Repeat incidents will result in a suspension to the offending player and team captain. After the game concludes please leave the ice in a timely fashion so the Olympia can begin to resurface the ice without delay.

SECTION 2 - Teams/Rosters

All players are REQUIRED to register with USA Hockey. We ask that the team captain submit a roster with their players' names and jersey number. This is DUE two weeks before the season is to begin. Failure to do so, will result in not getting your team scheduled in the league. Online USA Hockey registration is available at www.usahockeyregistration.com. A current USA Hockey registration run from September 1st of the calendar year through August 31st of the following year. All payments and league registration will now be done online from our website www.carolinaicepalace.com.

Roster can have a maximum of 18 players including goalies and subs. Team captains must distinguish between full time and sub players on their rosters. Rosters are frozen after game 4 meaning no players can be added to the roster. If teams disregard this rule the ineligible player will be suspended indefinitely and the team captain will be suspended for one game.

All rostered players must be approved by the hockey department before the season begins.

The CIP AHL will have the following leagues:

- A League (Draft)
- B League
- C1 League
- C2 League
- D1 League
- D2 League
- Over 35 League (Draft)

Note: Registered players are permitted to play in multiple leagues provided their experience and skillset are commensurate with the league they are playing. If 2 or more league captains have an issue with the player joining a specific team, they will not be permitted to join. They may however fit on a weaker team if the captains agree. League parity is the ultimate consideration.

Captains wishing to add players after the captains meeting roster review must submit players name for league captains to review. If 2 or more captains have an issue, the player may join a different team (with captains' approval) or will be deemed too good for the league. All disputes between captains to be decided by the commissioner.

Each league should be encouraged to start a email chain among the captains. Communication is key to keep things on track. The league commissioner will be CC'd on the emails but as leaders/captains of each team, and leaders for your league all decisions/disputes should be handled within each league by captains' vote. The league commissioner will be the final decision maker if needed.

Note: Teams must ensure that only registered players assigned to their rosters play in any game throughout the season, meaning they are rostered and approved by the hockey department. If a team disregards this rule by using an unregistered player, their game automatically will be forfeited and a 5 game suspension will be issued on the player who was ineligible and the team captain.

Goalies: If a team is short a goalie they can use another goalie within the same league or from a league lower in level. Goalies who play multiple leagues cannot play in a league that does not meet the appropriate skill level or jump two levels of league (I.E. B League and C2 League. This is not permitted).

Playoff Eligibility

In order to be eligible for playoff participation, each player must have participated in a minimum of 4 games during the regular season. Note: some exceptions may be made for injuries or job related (i.e. military, etc.). The captain must email the league director for approval. Players game counts will be based off the league standing so captains please monitor your rosters week to week for games played.

Captains

All inquiries are to be reported through the team captain. Each team is permitted one captain. Only the designated captain will be permitted to discuss judgment calls with the on-ice officials. Team captains are the only persons permitted to discuss issues with the league director.

Advisory Boards

The league has the discretion to name an advisory board for each division (except our draft leagues). The advisory boards would include the league director, administrator, head of officials and a captain from each team in the league. Advisory boards, if formed would meet between seasons to discuss topics such as competition level, players on a watch list, problem teams(PIMS's), suspensions and appeals along with other concerns that would relate to the league.

Suspended Players

Any team that they know to be suspended will forfeit the game in which the suspended player plays. The suspended players will continue to serve their suspension and will receive an additional 5 games. Suspensions incurred at the end of a season will carry over to the following season, or the next season in which the suspended player plays.

Suspended Players with Multiple Suspensions

Any player who incurs multiple suspensions during the season is subject to receive a longer suspension that will extend exponentially. Habitual offenders - Players or Teams may be expelled from the program at the leagues discretion.

Appeals

Some suspensions may be appealed. A formal written appeal must be submitted to the league director within 48 hours following a regular season or playoff game. Team captains are the ONLY person permitted to submit the appeal on behalf of the team. NOTE: Match penalties and fighting infractions cannot be appealed.

Payment Schedule

Each season, teams are given an incentive in the form of a cheaper team fee if paid in full BEFORE game 1. If paid in full before game 1, the fee is \$3300 with NO exceptions. Any team not paid in full before game 1 will have 6 games into the season to make payments on the \$3600 fee.

SECTION 3 - Equipment

Team Jerseys

Each team is required to identify team colors at the time of registration. Team colors and team names MUST be approved by the hockey department and priority for team colors will be given based on tenure in the league.

Players must use the same number on their jersey so that the officials and scorekeepers can accurately account for statistics, penalties and games played.

The league expects all teams to dress as a proper team with matching jerseys. For clarification, "Matching Jerseys" will mean that each player's jersey will have the same design and color scheme, the

jersey does not necessarily need to have a matching crest on the front. After game 2 any player not having a matching jersey will not be permitted to play and will be asked by the officials to leave the ice. NO EXCEPTIONS! Jerseys must have a proper number on the back meaning it must be sewn, screen printed or heat pressed on. Using paint, hockey tape or other material in place of the real number is not permitted. No duplicate numbers on jerseys are allowed. The only numbers allowed are 0 through 99.

Proper Equipment

All players must have full hockey equipment for their protection. All equipment must be functional, including but not limited to: Secured chin straps on helmets, full padding etc. Full hockey equipment consists of (but not limited to) Helmet with at LEAST a half shield (CIP highly recommends wearing a full shield or cage for your safety) , skates, jock, hockey gloves, elbow pads, shin pads, hockey pants and shoulder pads which are optional but again CIP highly recommends you wearing them for your safety. The safety of all our participants is of the utmost importance, so players must adhere to this policy or they will be asked to leave the ice and will not be allowed to play until they are in compliance with the league.

SECTION 4 - Penalties

Body Checking Penalties

Any team receiving 3 body checking penalties in one game will serve the 4th or any subsequent body checking penalties as 5 minute majors.

Fighting

Fighting will NOT be tolerated in the CIP AHL. A fight will carry a mandatory 6 game suspension for the offending player, and that said player may not participate in any other league or CIP organized hockey event until the suspension has been served. Note: suspensions will carry over to future season/leagues. Each player suspended for fighting will also receive a \$50 fine. Once a player serves their fighting suspension and pays their fine they are eligible to return. The hockey department will keep a file of all fighting majors. If you are found to be a repeat offender you will automatically be expelled from all CIP AHL league games and CIP hockey events (i.e. pick up hockey etc) for 6 months. If it happens a third time you will be banned from the establishment .

Please note: a third man in during an altercation where fighting majors are called will carry the same 6 game suspension. A third man in penalty during an altercation where fighting is not called by the official will carry a 1 to 3 game suspension as decided by the league depending on the severity of the altercation.

Game Misconducts

Any player receiving a game misconduct penalty during a game will be ejected for the balance of the game and receive an automatic 1 game suspension from ALL leagues. Five (5) penalties in a single game will result in that player being ejected for the remainder of that game and will also receive an automatic 1 game suspension for the next game. If a player receives five (5) penalties in a game more than once during the season he or she will be subject to additional discipline by the league (minimum of 4 game suspension).

All "abuse of official" called penalties will come with a game misconduct penalty and an automatic 2 game suspension.

Penalty- Free Game Incentives

The league will provide special incentives for the two teams that have played in a penalty free game. A coupon will be awarded to both team captains for their participation in their penalty free game for the Penalty Box Lounge and Grill. The value of the coupon will be determined by the league and will be redeemed the following week.

SECTION 5 - Game Flow

Game Times

All games will be stop time periods, with the 1st and 2nd periods being 12 minutes and the 3rd period being 13 minutes. There will be a 3 minute warm up prior to each game and 30 second breaks between each period.

Mercy Rule

If at any time in the last 10 minutes of the 3rd period there becomes a 6 goal difference the clock will turn to a run clock format. Once the goal difference is under 6 goals in the last 10 minutes the clock will go back to stop clock.

Game Scheduling

All games will be played at the date and time shown on the league schedule. Cancellation and rescheduling of games due to weather or other conditions is at the sole discretion of the league. Playoff games do not have to be scheduled on the regular night for each league.

Substitutions and Tardiness

Teams MUST have 5 players and a goalie or 6 players to start the game. If an insufficient number of players are on the ice at the start of a game, but there are sufficient players in the dressing room the clock will run until the minimum number of players to start the game step on the ice. The team holding up the game will start the game with a 2 minute penalty for delay of game. If a team cannot field a team for their designated scheduled league game they will forfeit that game lose two points in the standings and receive a \$50 fine which will be required to be paid before their next scheduled game.

To avoid forfeits for not having enough players, the captains have agreed (as of 4/22/19) to allow picking up subs up to 9 players total on the bench from other teams within the league. Note: the opposing captain has to agree to the players who are subbing.

Overtime

Regular Season - If a game is tied at the end of the third period, then a 3 minute 3 on 3 sudden death overtime period will be played with a running clock. If the game remains a tie, it will end as a tie. If a penalty occurs in the overtime the clock will stop and the format will go to a 4 vs. 3 man advantage for the duration of the overtime period. If a team is short-handed to end the 3rd period, overtime will begin play with a 4 on 3 until the power play time expires and there is a whistle which then reverts back to a 3 on 3 for the duration of the time.

Playoffs - same applies as above regular season rules. If still tied at the end of the over time then a 3 man shootout will commence. If the game remains a tie, a sudden death shootout will commence until a winner is determined. All players dressed on the bench must participate in the shootout before your shooters can shoot a second time if it gets to that point.

Standings

Standings will be recorded on our website so that seeding can be established for post season play. The following will be the format used to break the ties during the regular season play:

- 1. Most total Wins**
- 2. Head to Head (If only 2 teams)**
- 3. Best Overall Goal Differential (+/-)**
- 4. Least total Penalty minutes**
- 5. Least goals Against**
- 6. Head to Head Goal Differential**

Playoff Standing

Playoff Breakdown

1-7 teams per division:

Top four teams make the playoffs with a semifinal match up as follows 1 vs. 4 and 2 vs. 3

8 teams and above per division:

Top 6 teams make the playoffs with seeds 1 and 2 getting first round byes.

Matchups will be the following 3 vs. 6 and 4 vs. 5.

Seed 1 will play lowest remaining seed and seed 2 will play highest remaining seed for semifinal matchups.

Officials

During the course of the game, the on ice official's decision is FINAL! Abusive language will not be tolerated. Zero Tolerance will be observed. The game officials, in the event of abusive or foul language or racially motivated behavior toward any official, player or other party will be assessed a game misconduct penalty which comes with an automatic game suspension. Subsequent game suspensions may apply based on the referee report and recommendation. Note: if it is written as an "Abuse of Official " call that comes with a 2 game suspension as noted above.

Let's have some fun while playing the best game on earth. Remember this is recreational hockey and we all have to get up to go to work the next day.