



City of Aspen Recreational Hockey Leagues

I- Joining the League

- Here are the steps you must take to join the league before the season starts:
 - Find a team to play with for the season or put your name on an interest list at the Aspen Ice Garden.
 - Sign Code of Conduct and Liability waiver at the Aspen Ice Garden
 - New players to the league and unaffiliated players must contact the commissioner for team assignment.
- Here are the steps you must take to join the league if we are at mid-season:
 - Contact the Aspen Ice Garden to find out if any teams are in need of players.
 - Have the captain of the team you'd like to play for add you to the team roster.
 - Sign Code of Conduct and Liability Waiver.
 - You will be contacted by the division representative if you have been approved to play. Be sure that your contact information is correct.

General League Information

- Cost:
 - Fees will be determined at the beginning of each season and will be based on the amount of games in the season
 - There will be one team fee announced at the beginning of each season. Individuals will be able to make payments, to the City by cash, check or credit card, towards the team fee

II- Substitutions

What is the rule for substituting goalies?

- During the regular season you can substitute a goalie from your league or lower (Men's League goalies cannot play down in Rec leagues). During the playoffs you can only substitute a goalie of the same level or lower. Skaters from a higher league are allowed to tend goal in a lower league.

We are going to be short on players this week, can we substitute players?

- Teams may substitute a player from their league if they have less than 8 players for a regular season game. There will be no substitutes allowed in the playoffs.

III- Teams and Equipment

- All teams are required to wear matching jerseys with numbers. If a team does not have matching jerseys with numbers, the rink will provide jerseys for the season.
 - If teams do not return jerseys at the end of the season, they will be charged \$10 per jersey.

- Maximum number of players is 16 for 5 on 5 , minimum number of players is 6 to start the game.
- Maximum number of players is 12 for 4 on 4, minimum number of players is 5 to start the game.
- Rostered players only with the exception of substitute goalies or in accordance to the above substitution rule
- A team using an ineligible player (not on the roster, unapproved substitute, or suspended player) will forfeit by a score of 1-0.
- Hockey helmet with strap snapped is required for all players; half shield or cage is strongly recommended but is not required

IV- Penalties *(all penalties will be USA Hockey rules unless noted below)*

- Any player who incurs 4 penalties in one game receives a game misconduct and is suspended from the team's next game (someone must serve any non-ten minute penalties). Double minors count as 2 infractions, as do 5 minute majors penalties.
- Any player who receives 4 penalties in one game a second time in the season will receive a game misconduct and be suspended for 2 additional games.
- If a player receives 4 penalties in a third game during the season, they will be suspended for the remainder of the season.
- If there is a Game Misconduct penalty the player is removed from their current game immediately (someone must serve any non-ten minute penalties) **and** is suspended for their next game.
- If there is a Game Match penalty the player is removed from their current game immediately (someone must serve any non-ten minute penalties) and is suspended indefinitely until the disciplinary board is convened and a ruling is given or after 30 days pass, whichever is first.
- All suspensions are a minimum of 1 game and are up for review for by league disciplinary committee.
- Fighting carries an automatic major, minimum of a game misconduct, and a possible fine. A second fight in the same season will result in suspension from one full season.
- Checking from behind is assessed as a 2 minute minor plus a 10-minute misconduct or a major, or a major plus a game, or a match penalty.
- AIRL RULE – ABUSE OF OFFICIALS – Minimum 3 game suspension + review
- Only the captain of each team has the privilege of discussing with the referee any question related to the interpretation of the rules that may arise during the game (the captain may leave the bench to do this but cannot leave if he is in the penalty box).
- Any other player who speaks to the referee may be given a bench minor at the referee's discretion.

V- Playing Rules *(all playing rules will be USA Hockey rules unless noted below)*

- All games are 18 minute running clock. If a team cannot start the game on time due to absence of goalie or too few players, they will start with 6 players – one acting as the goaltender.
- The last 1 minute of the first two periods will be stop time as well as the last 3 minutes of the third period if the goal differential is 3 goals or less.
- If a game is running late due to a situation arising from the current game (injured player, fight, etc.) the games 3rd period may be shortened.

- If a game starts late due to an issue with the facility, the game will be played with normal times.
- Altered game times are at the discretion of the league commissioner.
- No body checking is allowed in any division.
- Alcoholic beverages are not allowed in the bench area. Violation of this rule will result in the suspension of player for the remainder of the season with no refund. The Hockey Director also reserves the right to remove anyone suspected of playing under the influence of alcohol.
- No player will be allowed to play if intoxicated. No non-players allowed on benches. Violation of this policy will result in immediate suspension from the league to be determined by the league commissioner.

VI- Season Format

- The length of each season will be determined prior to the start of each season. Captains will be notified via email of the season dates, as well as the pre-season captain's meeting.
- Season Tie Breakers (in order)
 - Wins
 - Head to Head
 - Goal Differential
 - Least Amount of Penalty Minutes
 - Coin Flip
 - Goals For
- Schedule Design
 - The schedule is set up to have the teams play each other an equal number of times, if possible. If the division has an odd number of teams that may not be possible. It is also designed to try and keep the numbers of early, mid and late games evenly distributed. The league strives to keep it as balanced as possible. The same goes for game times, one team may play more late games, but it will be a very small differential.
 - Games for each division will almost always occur on the same night of the week throughout the season. It is possible, however, that an occasional game (including playoff games) may be scheduled on an alternate night of the week of facilitate with rink scheduling. Schedules for the season will be handed out at the first game by team captain and they will also be available on www.pointstreak.com (if applicable). If there are any changes during the course of the season, the team captain will be notified and it is their responsibility to disseminate the information to their team.

VII- Playoff Format

How many teams will make the playoffs?

- Single or double elimination will be determined prior to each season. How many teams make the playoffs will depend on how many teams are playing in the season.

What are the tie breakers that will determine playoff seeds?

- Most Wins
- Head to Head Record

- Goal Differential (Goals For minus Goals Against)
- Least Amount of Penalty Minutes

How does overtime work in the playoffs?

- Overtime is a 5 minute sudden death period. If the score remains tied at the end of overtime a 3 person shootout will be used to decide the game. If after 3 shooters, the score is tied, it will be a sudden death shootout. No shooters can shoot twice until everyone on their team has taken a shot in the shootout.

VIII- Statistics

- Statistics, standings, schedules and league messages can be found on www.pointstreak.com
 - Type "AIRL" into the league search box
 - Click Aspen In-House Rec Leagues and find the correct division

IV-Contact information

- Before doing anything, talk to your captain. If the problem is team related, he should be able to solve the problem best. If he cannot, send an E-mail to the league commissioner.
 - Tim Ware- tim.ware@ci.aspen.co.us League Commissioner
 - Peter Whitmore- peter.whitmore@ci.aspen.co.us (summer leagues)