



Carolina Ice Palace - Adult Hockey League

December 20th, 2023 - Winter Season

Welcome to the Carolina Ice Palace's Winter Adult League Hockey season. We're excited to present the premier Adult Hockey League experience in the Carolina region. Our league encompasses a diverse range of divisions, catering to players from beginners to the more advanced, all operating under the guidelines set by USA Hockey.

Maintaining balanced levels of play is a top priority for us. While this can be subjective, we're committed to ensuring that every team arrives at the facility knowing they'll be engaged in a competitive game. Achieving parity between divisions holds great significance, and we'll actively monitor each division's dynamics to appropriately place teams. To achieve this goal, we rely on everyone's cooperation and dedication to competing at the right skill level.

For post-game camaraderie, our on-site bar and restaurant offer a perfect setting to connect with fellow adult league players. Kindly refrain from bringing external food or beverages, as per the policy of the Carolina Ice Palace.

Let's not lose sight of the fact that after the game, the reality of the next day's work still awaits. Our simple request is this: Enjoy the game, prioritize safety and sportsmanship, keep our locker rooms tidy, and always remember the mantra - "Relax, It's Just a Game."

Ryan Blair

Hockey Director

rblair@carolinaicepalace.com

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 always locking their assigned dressing rooms. 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 20 minutes following the completion of their game for the next scheduled team to use and provide ample time for cleaning. Please be courteous and pick up any tape and trash that may have been left behind, so the next team has a clean room to enter.

Ice Resurfacing

For the safety of all our players, teams must remain off the ice while the Olympia is resurfacing the ice, and the end doors are open. Failure to adhere to this rule 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 - League/Teams/Rosters

League Info

All players are encouraged to view schedules, standings, statistics, and league information on our website. Go to <https://www.leaguelineup.com/cipahl>. The CIP AHL will offer three, 12-game seasons throughout the year plus playoffs to the eligible teams.

Payment Schedule

Teams are given an incentive in the form of a cheaper team fee if a deposit and registration is made before December 31st, 2023. If registered prior to December 31st, the fee is \$3,800. After December 31st, league fees go up to \$3,950. Teams may pay in full or enroll in a payment plan when registering. Total fees are due 30 days after the start of the season. Teams will NOT be eligible for playoffs until the full league fees and convenience fee is paid.

Deposit is due upon registration of \$300. The first payment is due January 7th, second payment is due January 21st, third payment is due February 4th.

USA Hockey

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 one week before the season is to begin. USA Hockey registration is available at <https://membership.usahockey.com> - A current USA Hockey registration runs from September 1st of the calendar year through August 31st of the following year. All payments and league registration will now be done online and by the team captain only. Anyone caught

playing without USAH registration will be removed from the roster until proof of registration is received and player is subject to additional supplemental discipline which may include removal from the league for an undetermined amount of time and NO refunds will be given.

Rosters

Each team can have a maximum of 20 players including their goalie. Rosters are frozen before Game 1 of the regular season. Players can be added to the roster with approval from the league office. If teams disregard this rule the ineligible player will be suspended indefinitely and the team captain will be suspended for one game. Rosters are to be emailed to Ryan Blair – rblair@carolinaicepalace.com or must be updated on the ratings page before Game 1.

Adult League Representatives

The appointed Adult League representatives are a combination of players, officials, captains, and scorekeepers. The members are tasked with assigning players to the appropriate divisions to create equal levels of play for all teams. Primarily they will observe and assign players a ranking which will be used to qualify them to participate in certain divisions.

Effective January 1st, 2022, all players/participants talent levels need to be reviewed by the Adult League committee. Players are required to attend an evaluation skate before the start of the season. If an evaluation skate cannot be attended or the player doesn't find a way to get evaluated before the start of the season, they run the risk of being removed from the roster and no monies will be refunded.

Team placements are approved by the Hockey Director based off the recommendations of the Adult League representatives.

Divisions

A League (Draft)

These teams are comprised of advanced level players who may have Pro, College NCAA, Non-Varsity College (ACHA), Juniors, Midget major, Prep or Varsity High School playing experience. Teams may be comparable to traditional "A" level adult house league teams. This division is intended for individuals looking for a fast paced, highly skilled game.

B1 & B2 & B3 League

These teams are comprised of players with intermediate hockey skills. Several players may have experience at the lower ACHA levels, prep or varsity high school, or lower midget or junior levels. Some players may also have limited organized youth playing experience but have several years of playing experience as a recreational adult player. These teams would be comparable to a traditional high "B" level adult house recreational team.

* Typically, players with any NCAA Division 1 hockey experience or above should not play at this level. *

C1 & C2 & C3 League

These teams are comprised primarily of players with novice to intermediate hockey skills. A few of these players may have high school playing experience, but are several years removed from those levels. Most players have some youth

organized playing experience up to bantam house. Some may also have little or no youth playing experience, but several years as an adult player in organized leagues. These teams would be comparable to traditional "C" level adult

house recreational teams.

* Typically, players with any junior hockey experience or above should not play at this level *

D League

These teams are entirely comprised of beginner level adult players. Although a small number of players may have over 5 years of beginner adult experience, the majority of players have 1-5 years of entry level playing experience as an adult or have reached their maximum potential and belong in the lower recreational leagues.

Over 35 League (Draft)

Level of play falls between High B to Low C category.

SECTION 3 - Rules

Player Ratings

All players need to be rated prior to joining a team. If a player is deemed to be incorrectly rated, a majority of Captains can petition to "correct" a players rating. Players can only be rostered on one team per division. Players are allowed to play in the division they are rated for. Each team C3 and up can have up to four players with a one division higher rating (EX: C3 can have four C2 players). Goalies must be rated and fall under the same rules. Goalies count against a team's 4 higher rated players.

***** SUMMER 2024 Season – Teams will be able to carry 3 upper rated players. *****

Violations

Any player playing below their rating will be suspended 1 game - 1st offense, 2 games – 2nd offense. Any Captain using a player below their rating will be suspended 2 games - 1st offense, 3 games -2nd offense.

Violations of any of the above rules shall be brought to the attention of the scorekeeper and written on Scoresheet and signed by non-offending captain prior to the game. Violations shall be reported to Ryan Blair – rblair@carolinaicepalace.com

Subbing Rules:

You must have 5 players and a goalie from your roster or 6 rostered players to start a game. If you cannot field 5 players and a goalie from your rostered players or 6 of your rostered skaters, the game is a forfeit, and you may use the allotted Ice time for practice.

If you have 5 players and a goalie from your roster or 6 skaters from your roster you can use subs that are registered in your league to bring your total up to 10 skaters and a goalie OR 10 skaters. You cannot have more than 4 players that are ranked higher than your league.

Example:

Team "Super Stars" C1 Division

Super Stars only have 6 skaters and a goalie, and they have 2 of their rostered B3 players. They would be allowed to use rostered players from another team in their division. 2 B3 players and two C1 players. Bringing them up to a total of 10 skaters and the max of 4 higher ranked players.

Goalies: If a team doesn't have a goalie, they can use another goalie within the same league or from a league lower in that level. Goalie subs playing above the league skill level is not permitted unless approved by the league office and opposing team captain.

Playoff Eligibility

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.

SECTION 4 - 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. In the event there are jersey conflicts, the visiting team will be required to wear alternative jerseys and make the necessary adjustments to the scoresheet. 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. "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. Jerseys must have a proper number sewn, screen printed, or heat pressed on the back. 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 and full padding. 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 (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 5 - Penalties

Officials

The on-ice official's decision is FINAL! Abusive language will not be tolerated, and Zero Tolerance will be observed. In the event of abusive language, foul language, or racially motivated behavior toward any official, player or other party, the player 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 a penalty is written as an "Abuse of Official" game misconduct, the player will receive an automatic 2-game suspension as noted above.

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 people permitted to discuss issues with the league director.

Suspended Players

If a team plays with a suspended player, they will forfeit that game. The suspended players will continue to serve their suspension and will receive an additional 5 game suspension. 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 Adult Hockey League at the league's discretion.

Appeals

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/player. NOTE: Match penalties and fighting infractions cannot be appealed.

LiveBarn

LiveBarn is intended to watch games, not to submit videos to the league office requesting disciplinary action. We will continue to follow USAH protocol and rely on the on-ice officials to make the calls.

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 2-game minimum suspension and can go up to a 6-game suspension at the discretion of league officials. Suspended players may not participate in any other league or CIP organized hockey event until the suspension has been served. Suspensions are served in the league they are received in. Note: suspensions will carry over to future season/leagues. Each player suspended for fighting is subject to 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 Carolina Ice Palace.

Please note: a third man in during an altercation where fighting majors are called will carry the same suspension policy as a typical fighting major. A third man in penalty during an altercation where fighting is not called by the official will carry a minimum 2 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. Four (4) penalties in a single game will result in that player being ejected for the remainder of that game. If a player receives four (4) penalties in a game more than once during the season, he or she will be subject to additional discipline by the league.

If a team receives 12 or more penalties in a game, the team captain is suspended for 1 game.

SECTION 6 - Game Flow

Tardiness and Forfeits

Teams MUST have 5 skaters and a goalie or 6 skaters 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 is subject to a \$50 fine which will be required to be paid before their next scheduled game. Any team that has more than 2 forfeits in a season is subject to league removal and/or playoff ineligibility.

Game Times

All games will be played with 3, 12-minute, stop time periods. 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 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 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 game night for your given league.

Overtime

Regular Season – 3 vs. 3 with a 5-minute running clock. The game will remain in a tie with each team receiving 1 point in the standings if no team is declared the winner after the shootout.

Playoffs - If a game is tied at the end of the third period, a 5-minute 3 vs. 3 sudden death overtime period will be played with a running clock. If a penalty occurs in the overtime the clock will stop, and the format will go to a 4 vs. 3 advantage. 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 reverts to 3 vs. 3 for the duration of the time. If the game remains tied after the 5-minute overtime, a 3-man shootout will take place. If still tied, a sudden death shootout will continue until a winner is declared. A player can only shoot twice if the shootout runs through every player on the roster.

Standings

Standings will be recorded on our League Lineup 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 Breakdown

1-7 teams per division:

The 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:

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

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