

SUNDAY 'B' ADULT HOCKEY LEAGUE (SBAHL)
BY-LAWS & PLAYING RULES (Enacted 2025)



LEAGUE OBJECTIVES

To promote and encourage increased recreational activity, good sportsmanship, and physical activity through participation in a “non-check”, modified slap-shot, adult (age: 21+) Co-Ed hockey league, especially for those who have never played, or are years removed from having played, organized ice hockey.

To maximize the benefits the league participants obtain through playing organized hockey by developing their skills (skating, passing, shooting, defending, etc.), increasing their knowledge (rules, strategies, etc.), improving their physical fitness, and improving their attitudes toward the game (persistence, self-control, tolerance, respect for authority, encouragement of teammates, and commitment to best efforts and cooperation toward a common goal).

To ensure quality, competitive, and enjoyable hockey for each member of the League regardless of the inherent and unavoidable differences in the level of talent of the players.

To promote and encourage strong and lasting fellowship among the league participants.

ORGANIZATION AND POLICIES

President:

Elected by popular vote, for a two-year term. He or she will take office at the first scheduled meeting after the playoff season ends.

Duties:

To oversee league operations and administration and to ensure full compliance with league rules and procedures.

The President and Secretary will act as tiebreakers during voting at league meetings (their vote will count as one).

If the President is absent the Secretary will vote on tied issues.

If the meeting is about the President, only the Secretary will be allowed to vote, as a tiebreaker.

Treasurer:

Appointed by the board of directors, and may be removed by a deciding vote from the board of directors at any time.

Duties:

To collect all payments made to the league from its members.

To issue checks to the Rinks, timekeepers, referees, and any other expenditures as seen fit by the board of directors in a timely manner (on time).

To send a financial report monthly to the Secretary showing debits and credits.

Secretary:

Elected by popular vote, for a two-year term. He or she will take office at the first scheduled meeting after the playoff season ends.

Duties:

To maintain and post all league stats, keep records of all league members and spares list, and apply forfeits to standings as indicated by league rules.

To run and organize a draft at the beginning of every season. Keep records handy for review of debits and credits.

To establish fees per player not to exceed 5% of cost of ice, referees, timekeepers, insurance and other expenses needed to run and organize the league.

To establish fees for spares for each season.

If the Secretary is absent the President will vote on tied issues.

If the meeting is about the Secretary, only the President will be allowed to vote, as a tiebreaker.

Board of Directors:

The board shall consist of the President, Secretary and two Team Representatives. For a meeting to be official there must be a Team Representative from at least 4 teams and either the President or Secretary present at the meeting.

Duties:

To consider matters of policy, rules, or other consideration; including rule changes as necessary to maintain safe play.

To help organize and conduct an orderly draft.

To represent the teams and individual players which make up the league, taking into consideration league members' ideas and gripes, and, as necessary, bringing these ideas and gripes to the board for the consideration of resolution.

When proposing a rule change, the Team Representative(s), President, or Secretary making such proposal will introduce the rule change and give an explanation as to why. No counterarguments will be given as it is the burden of the proposer to explain why there should be a change. The proposal shall be voted on by each teampass or be rejected by a majority vote (4-2, 5-1, 6-0). In the event of a tie (3-3), the President and/or Secretary shall serve as a tiebreaker or shall postpone the vote until amendments can be made and a future meeting called for further discussion.

Any changes made to the rules or by-laws by the Board of Directors shall go into effect following a 2-week notice given to the league members.

Team Representatives will consist of two active members of the league. No Team Representative can be chosen from the spares list unless there is an opening in the league and such candidate meets the rating and lottery criteria set forth.

Fees & Team Players:

The League Treasurer shall assess Players fees during the off-season. The league fees shall be comprised of the following:

- Ice Rental
- Referees
- Scorekeeper
- Team Trays
- Regular Season and Championship money

1. League Players must remain in good standing throughout the season.
2. No player may be eligible for the draft until any outstanding money to the league is paid in full or payment arrangements have been established with and approved by the League Treasurer.
3. Payments shall be split into five (5) pay periods. Each pay period shall consist of five (5) games. The first payment of the league fees is due the first game of the year. Further payments by players may be required only for the purposes of Playoffs and only if agreed upon by the Board of Directors.
4. The 2025-26 pay period league fee is as follows: 100 for players; 75 for goalies.
5. After the start of each pay period, a player has until the end of that pay period to be current with league fees. If he/she is not paid in full (no carry over), they will not be allowed to play in that/next game. If a team rep, or assistant rep allows them to play, that team will forfeit that game.
6. Players who are not current with league fees will be removed from the league roster and replaced with a fulltime/permanent spare. They may become reinstated with the league, should they become paid in full or make payment arrangements that have been established with and approved by the League Treasurer.
7. All players must be paid in full to be eligible to play in the playoffs. Any player that plays in any game who is not paid in full, will force his/her team to forfeit that game.
8. Team Player must notify a team rep or Board member within 24 hours. Failure to do so will result in a one game suspension. [NO CALL NO SHOW RULE]
9. Any player/team member may bring up any issue to his team rep and request a league meeting.

Spares:

1. All spares will be placed on our League Spare List, according to ratings and join date. The join date will be used for Lottery purposes. Each rating will have its own lottery.
2. When a spare is needed to replace a player as a perm player, the spare at the top of the lottery list for that rating has first choice to play as a permanent player, if that player passes then you go to next and so on until you find someone that can play as a permanent.
3. Team reps do not have to use the lottery system when they need a spare unless a player will be out for more than three (3) games. If a player is out more than three (3) games, the President will seek out the perm player for that team in need.

4. When a team rep is notified that a player will be taking a leave of absence that team rep will notify the league and the President will seek out a replacement of similar rating for the team in need, unless there are two (2) or less games left in the season then he may use the spares list to finish out the season.
5. Once a spare becomes a permanent player, he/she falls under the same rules as a league player. When a spare becomes a permanent player replacing a player on leave of absence, this same player will have precedence the following year if the leave of absence player does not return.
6. As of 8/1/2025, the spare fee is \$15.
7. Spares who wish to join the league must have their contact information provided to the Secretary at least 24 hours before game time to be able to play in a game.
8. New spares will be looked at and rated by the Board of Directors to determine their playing ability for a maximum of three (3) games. The Board of Directors will then finalize the player rating after a maximum of three (3) games before officially becoming a spare in the league.
9. At any time, a Team rep feels a non-permanent spare should have their rating reevaluated after 3 games played, they will immediately inform the Board of Directors to discuss and determine if that spare should have their rating changed or not.
10. At any time, a Team rep feels a potential spare is too strong for the league, they will immediately inform the Board of Directors to discuss and determine that spares future playing ability within the league.
11. Spares are eligible to play in up to three (3) games per day. The Spare fee will be reduced and determined by the Treasurer and Secretary. As of 9/11/2022, the spare fee for two (2) or more games are \$25, and a single (1) game spare fee is \$15.

Playing Rules:

1. Each team must have ten (10) players plus a goaltender except due to injury, illness, or no call/no show during the game.
2. Any team missing a player must first contact all the spares from the current league spares list, rated the same as the player missing. If no spare of equal rating is available, then you move down one (1) rating only to find a spare.
3. When the rep has exhausted the spares list looking for an equal rating or one (1) rating down, then you are able to get a player from the league who is one (1) rating down from the missing player, providing they are willing to skate a second game. Any normal spare fees are waived for league fill-in players. The only rating where you can get a better rating is a four (4) for a five (5), if no fives (5's) are able to skate.
4. If a team is missing a one (1) or a two (2) and no spare or player from another team is willing to play a second game, then the team will NOT give the opposing team a goal at the start of the second period as in the past. The reason is the team is missing a one (1) or two (2) and is already at a disadvantage in not having the stronger rated skater.
5. If a team is missing a three (3), four (4) or five (5) and no spare or player from another team is willing to play a second game, then the team will give the opposing team two goals at the start of the second period.

6. Penalties will be called as seen fit by referees adhering closely to NHL Rules unless otherwise stated.
7. All Minor penalties will be one and a half (1:30) minutes, Majors will be four (4:00) minutes, and Misconducts will be six (6:00) minutes.
8. Any player except for the goalie, receiving more than three minor penalties or a total of four and a half (4:30) penalty minutes excluding Misconduct penalties will be given a Game Misconduct for just the remainder of that game. This will not carry any additional game suspension(s).
9. Game Misconduct penalties, player is removed from the ice, if there is two minutes or less in the game the game misconduct will carry to the next game.
10. Game Disqualification penalty, player will be removed from the ice and suspended for the next two (2) games.
11. Any player receiving more than one Game Misconduct or Game Disqualification during the season will be considered for further suspension or possibly expulsion.
12. Any player receiving a Game Disqualification for fighting will be suspended accordingly by the referee association and league.
13. High stick ruling (non-penalty), face-off will be conducted at one of the end zone face-off dots of the offending team.
15. Hand pass, Face-off conducted at one of the furthest neutral zone face-off dots.
16. Icing will be from the defensive side of the blue line and not the center red line. Once play has reached the neutral zone then it may be iced without penalty.
17. Games will consist of three (3) Periods each consisting of twelve (12) minutes with time stoppages.
18. Slap Shot can be taken from the top of the face-off circle and back for the attacking team. The defending team may use a slap shot in their own zone at any time.
19. A Slapshot will be considered any shot in which the stick is raised above knee level prior to the shot being taken.
20. Slap Shot (non-penalty), face-off will be conducted at one of the end zone face-off dots of the offending team.
21. No timeouts during Regular Season, only in Round Robin Playoffs and Championship.
22. Overtime only in Championship Game.

Round Robin Playoffs:

1. The Playoffs will be conducted in a Round Robin format. The last five (5) games of the league schedule will be the Round Robin Playoffs. The First-place team at the end of the Regular Season will start the Round Robin Playoffs with a half (.5) of a point while all remaining teams will start with Zero (0) points. Each playoff game is worth a maximum of two (2) points to the winner, one (1) point per team for a tie and zero (0) points to the loser.
2. All currently rated Spares and Permanent Spares are eligible to play in the Round Robin Playoffs. All Permanent Spares must be a Permanent Spare for all five (5) Round Robin Playoff games to be eligible to play in the Championship game should that team make the Championship game.

3. Any 'Needs to be Rated' player(s) are ineligible to play in the Round Robin Playoffs and Championship game. No player(s) can be added to the league spares list through the Round Robin Playoffs and Championship game.
4. There is no Overtime during Round Robin Playoffs. Games can end in ties.
5. At the end of the Five (5) game Round Robin Playoffs, the two (2) teams with the highest point total will play for the League Championship. The four (4) remaining teams will play two (2) fun games.
6. If there are two (2) or more teams tied at the end of Round Robin play, the following tie breaker procedure shall be used to determine who will play in the Championship game:
 - A. Most Wins, or if the same by; B.
 - B. Record vs the other Team(s) / Head-to-Head, or if the same by; C.
 - C. The least goals against for the entire Round Robin Playoffs, or if the same by, D.
 - D. The most goals scored for the entire Round Robin Playoffs, or if the same by, E.
 - E. The better Plus/Minus (+/-) Goal Differential.

Championship:

1. The Championship Game will consist of three (3), Twelve (12) minute periods, and, if necessary, play as many Twelve (12) minute Sudden Death Five (5) on Five (5) Overtime periods as are necessary to determine a Champion.
2. Spares are not eligible to play in the Championship Game. If you have a Permanent Spare and you make the Championship game, that Permanent Spare can only play for that team.
3. If you need a player, you must choose a drafted player from one of the four (4) eliminated teams. You cannot choose a Permanent Spare from an eliminated team.
4. Each team will be allowed one (1) timeout that can be used at any time. Should you not use your timeout during regulation, and the Championship game goes into Sudden Death Overtime, you are still eligible to use that timeout.