

## 2025-26 SEASON OUTLINE

Updated: 06.14.2023

*All players are responsible for knowing*



## RULES AND REGULATIONS.

*rules prior to playing.*

### I. PURPOSE

The BAHA Adult Hockey Leagues are recreational hockey experience for all skill levels. Treat teammates, other participants, rink staff, referees, volunteers, and fans with respect. We have a ZERO TOLERANCE POLICY – *we are a non-checking league with absolutely no fighting*. Checking, fighting, and any other harmful intentional acts to other players will not be tolerated and will likely result in suspension from the BAHA program.

### II. ELIGIBILITY

- a. HHL Skaters must be at least 18 years of age to join the league.
- b. All players must be registered BAHA members & have a visible membership sticker on their helmet at all games.
- c. Any player caught **poaching** (playing in a game unregistered, without prior league approval and/or failure to make payment in advance) will be ejected and subject to a disciplinary hearing.
- d. Team captains and fellow teammates are responsible for their benches and locker rooms.
- e. On site rink staff, BAHA Committee and Gallatin Ice BOD members, and game referees have authority to eject players and/or spectators from the facility and enforce all rules.

### III. GENERAL LEAGUE AND GAME RULES

- a. Five different levels of play are offered for the HHL Regular Season: **A**lpha (Highest), **B**ravo, **C**harlie, **D**elta, and **E**cho (Lowest). Three other elective leagues are offered for the regular season: VHW (40 & over), Legacy (50 & over), and Weasels (Women only). Please review league descriptions to help determine rankings and appropriate league level.
- b. All skaters are self-ranked 1-5 for skill level. See BAHA Skill Level Guidelines online for additional information. The BAHA Adult Committee members reserve the right to adjust self-rankings.
- c. Cross-Rostering: No multiple memberships (cross rostering) accepted with initial sign-up. **ALL** cross rostering must be approved by the BAHA Hockey Director.
- d. **All HHL League Rules:**
  - i. Teams will have a minimum of 16 skaters and a goalie on their roster.
  - ii. Players are not allowed to roster on two teams simultaneously within the same league without league approval.
  - iii. Game Substitutions: Teams that are short players (less than 10 skaters not including a goalie) for a game are allowed substitutes from the same or a lower league. Substitute goalies are allowed for any game but must be registered members of BAHA and rostered on a BAHA team. Any goalie used as a substitute in a league below the one they are registered in must have the approval of the opposing team Captain prior to the game.
  - iv. All games will be governed by USA Hockey rules and regulations, unless noted here-in. Rules are non-checking rules and will be strictly enforced. Rules are available online:

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See **USAH Rule & Case Book** online or download the mobile app:

<https://www.usahockey.com/rulesandresources>

- v. Games will consist of a 4-minute warmup followed by (3) 18-minute run-time periods. Stop time will occur if there is only a 1 goal difference between the two teams in the final two minutes of the third period.
  - vi. Run time penalties are assessed at 1.5 times the normal penalty time.
    - 1. 2 Minute Minor = 3 minutes
    - 2. Double Minor = 6 minutes
    - 3. 5 Minute Major = 7.5 minutes
    - 4. 10 Minute Misconduct = 15 minutes
  - vii. Any player assessed three penalties of ANY type in one game will be immediately ejected from that game.
  - viii. All Major, Misconduct, and Match penalties will be reviewed by the Discipline Committee, which consists of the Hockey Director, Assistant Hockey Director, and Adult League Commissioner, and may be subject to further suspension. The GHOA will have a representative in the hearing as well to clarify any rule questions. Any player or team that is suspended from the BAHA program will not be given any refund of fees. A suspended skater found to be playing or otherwise participating in events they are suspended from will result in further suspensions and possible expulsion from BAHA programs.
  - ix. Regular season games will end in a tie at the conclusion of the third period. Playoff games will go to a 5-man shootout.
  - x. Alcohol and tobacco are prohibited on the benches, scorekeepers' area, and penalty boxes. A player who shows signs of intoxication is a safety risk to themselves and others and will be removed from the game.
- e. **Echo and Delta League Rules:**
- i. The use of the Slap Shot is prohibited in **Echo and Delta Leagues**. When a player who, in the process of making a forehand or backhand shot or pass raises the blade of his/her stick above his/her waist as a part of the backswing, play shall be stopped immediately, and a face-off is conducted at one of the defensive zone face-off spots of the offending team.
  - ii. 3-Goal limit per player per game; all goals after the third goal by the same player do not count and an additional one goal is removed from the offending player's team score.
- f. **Charlie League Rules:**
- i. 3-Goal limit per player per game; all goals after the third goal by the same player do not count and an additional one goal is removed from the offending player's team score.
  - ii. Slap Shots are allowed.
- g. **Bravo League Rules:**

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- i. 3-Goal limit per player per game; all goals after the third goal by the same player do not count and an additional one goal is removed from the offending player's team score.
    - ii. Slap Shots are allowed.
  - h. **Alpha League Rules:**
    - i. There is no maximum skill level for this league.
    - ii. No limits on the number of goals each player may score per game.
    - iii. Slap Shots are allowed.
  - i. **VHW (Over 40) League Rules:**
    - i. 3-Goal limit per player per game; all goals after the third goal by the same player do not count and an additional one goal is removed from the offending player's team score.
    - ii. Slap Shots are allowed.
  - j. **Legacy (Over 50) League Rules:**
    - i. The use of the Slap Shot is prohibited in the Legacy League. When a player who, in the process of making a forehand or backhand shot or pass raises the blade of his/her stick above his/her waist as a part of the backswing, play shall be stopped immediately, and a face-off is conducted at one of the defensive zone face-off spots of the offending team.
    - ii. 3-Goal limit per player per game; all goals after the third goal by the same player do not count and an additional one goal is removed from the offending player's team score.
  - k. **Weasels (Women only) League Rules:**
    - i. The use of the Slap Shot is prohibited in the Weasels League. When a player who, in the process of making a forehand or backhand shot or pass raises the blade of her stick above her waist as a part of the backswing, play shall be stopped immediately, and a face-off is conducted at one of the defensive zone face-off spots of the offending team.
    - ii. 1-Goal limit per player per game; all goals after the first goal by the same player do not count and a faceoff is held in the offending team's defensive zone.

### IV. **EQUIPMENT**

- i. All players must wear an unaltered hockey helmet, securely fastened at all times with snapping or permanently attached straps. String or tape for straps is unacceptable.
  - ii. ALL Players are required to wear approved half shields, full shields ("Bubbles"), or cages.
  - iii. Goalies must wear an approved helmet and face mask during all games and warm-ups. No waiver may be signed regarding mask, helmet, or separate throat protection.
  - iv. Mouth guards and neck protectors are strongly encouraged.

### V. **DELAYS/CANCELATIONS/FORFEITS**

- i. **Composition of Teams:** A team must start a game as scheduled with a minimum of six players or it will be declared a forfeit on the Scoresheet.

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- ii. Game times where less than 10 total players (including goalies) are on the ice surface (at the end of the warm-up) are considered canceled and are subject to referees and scorekeepers leaving. Balance of ice time may be used by remaining skaters.
- iii. Play can continue with players/referees/scorekeepers present using shorter equal lines (4 on 4, 3 on 3, etc. – as determined by players present). Teams may choose to share players accordingly. Shooter tutors can be used as necessary for missing goalies.
- iv. Captains may dismiss referees/scorekeepers with low numbers.
- v. Game clock for warmups will start at the scheduled time. Any delayed games will result in time off the clock to ensure the next ice slot is not impacted.

### **VI. OTHER NOTES**

Referees have the ability and authorization to stop any game due to adverse playing conditions.

All teams must designate a Captain and at least 1-2 Assistants. Captains and Assistants must be identified with a “C” and “A” respectively on their jerseys during all games. If the Captain and Assistant are not in attendance of a game, referees may ask for team to designate a responsible player.

Schedule will be subject to change.

Season ends with League Play-offs in a double elimination format.

Refunds will be issued on the following criteria: 1) If a refund is warranted in the first 25% of the season, a 75% discount will be issued. 2) If a refund is warranted in the first 50% of the season, a 50% discount will be issued. 3) Refunds will NOT be issued after the season has reached the 50% mark.

Refunds may be considered for the following reasons: sickness, injury, relocation, and other reasons to be reviewed on a case-by-case basis.

A \$75 admin fee will be applied to all refunds.

A \$125 admin fee will be applied to all participants that sign up after the registration deadline.

These policies and any rule changes and amendments are at the sole discretion of the Hockey Director(s) and BAHA Board of Directors and are subject to change at any time.

### **VII. OTHER SEASONS**

#### **a. Summer 4 on 4 League**

All the rules stated above will apply with the following exceptions:

1. There will be two levels: Big Sky (A/B/C/VHW) & Bridger (C/D/E/VHW) based on the previous year’s level classifications.
2. Games will be played 4 on 4 (4 skaters and 1 goalie on the ice per team). If teams have adequate players and both Captains agree, games may be played 5 on 5. This must be decided before the game’s first face-off.
3. The 3-goal limit rule will apply for both levels.

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4. Slap Shots will NOT be allowed at the Bridger level but will be allowed at the Big Sky level.
5. Games will consist of a 4-minute warmup followed by (3) 18-minute run-time periods. Stop time will occur if there is only a 1 goal difference between the two teams in the final two minutes of the third period.
6. Regular season games will end in a tie at the conclusion of the third period. Playoff games will go to a 5-man shootout.
7. When a penalty occurs, the offending team will have 3 skaters on the ice for the duration of the penalty. If a second penalty occurs to the same team, then it goes to 5 on 3. When the first penalty expires, it goes to 5 on 4, and when the final penalty is completed, it goes to 5 on 5 until a whistle. Then play resumes at 4 on 4. No team will ever have less than 3 skaters on the ice at one time.

### b. Hocktober Scramble

All the rules for the Summer 4 on 4 league will apply with the following exceptions:

1. There will be two levels: Big Sky (A/B/C/VHW) & Bridger (C/D/E/VHW).
2. Games will be played 5 on 5 (5 skaters and 1 goalie on the ice per team).

**THANK YOU FOR YOUR PARTICIPATION IN, AND SUPPORT FOR,  
BAHA and HHL ADULT HOCKEY.**

