



SUMMIT HOCKEY LEAGUE ADULT LEAGUE HANDBOOK

Updated Summer 2025



Town of Breckenridge
Stephen C. West Ice Arena
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SEASON REMINDERS

1. Any Player receiving 15 penalties during a season will be prohibited from playing the remainder of the season and playoffs. Major penalties and misconducts are recognized as 2 penalties. The Ice Programs Coordinator will keep track of penalties and inform captains of the Players' ban when they reach 15 penalties.
2. To stay on schedule, any game that has 15 penalties combined will automatically go to a running clock for the rest of the game. Major penalties and misconducts are recognized as 2 penalties.
3. Contact, abuse, or threatening behavior towards any On-Ice or Off-Ice Official will result in a minimum 1-year ban.
4. The Scorekeepers are Off-Ice Officials. Scorekeepers have been instructed to sound the buzzer to call an On-Ice Official to the scorekeeper booth if a Player in the penalty box is being abusive. Players will be assessed with the same penalties as if the behavior happened on the ice and was directed towards an On-Ice Official.
5. Overtime in the playoffs will be played as follows:
 - 1st overtime, 12 minutes, stop time, played 4-on-4. Teams switch ends at the start of overtime.
 - If no winner is determined in overtime, a 3-round shootout follows.
 - The home team chooses which team shoots first.
 - Each team must use 3 separate shooters.
 - If still tied after 3 rounds, teams may use any shooter as often as desired until a winner is determined.
 - All overtime games are sudden death
 - Note: Premier League overtime Period is 15 Minutes
6. The Ice Rink will continue to enforce the 3 Penalty Rule this season. Any Player who receives 3 penalties in one game is no longer eligible to play the remainder of the game. This is a progressive penalty, meaning that the first time this happens during a season, the Player is asked to leave the game, and no additional penalties are assessed. The second time a Player is assessed a 3 Penalty Rule during the same season, the Player will be:
 - required to leave the game,
 - be assessed as a Game Misconduct penalty,
 - be suspended for their next game,
 - and be required to pay the \$40 Reinstatement Fee prior to returning to League play.
 - The third time is a 2-game suspension and \$80 Reinstatement Fee prior to returning to League play.
 - The 4th time in one Season. The player is suspended for the remainder of that season and Playoffs.

PLAYER AGREEMENT & WAIVER OF LIABILITY

All Players must sign the League waiver and roster form to participate in the SHL. It is the responsibility of each Player and Team Manager to ensure that all Players have signed the waiver prior to participating in a game. Players must agree to abide by League rules. Players must agree to abide by the decisions of the Ice Programs Coordinator relative to issues not specifically covered in the Handbook, and on decisions made regarding suspensions and reinstatements. These agreements and waivers are essential to fair play, as well as integrity and management of the League. No Player will be allowed to participate without agreeing and signing these documents.

USA Hockey Insurance is not in effect for Players, Team personnel or Officials. All Players should have sufficient personal insurance before participating. The Town of Breckenridge and the Ice Rink will not be liable for injuries to Players or responsible for articles which are lost or stolen while participating in League play. Only Team members and designated coaches are allowed in the Team bench area. All Players must sign the Waiver of Liability prior to participating. Players who fail to sign the Waiver of Liability will be dropped from the League without a refund.

WAIVER OF LIABILITY: In consideration of being permitted to participate in skating/hockey programs at Stephen C. West Arena, I hereby agree:

1. I understand that my participation in skating/hockey programs can involve significant risk of serious personal injury including death.
2. I have trained sufficiently and am in good physical condition with no known medical condition that could limit my ability to safely participate in skating/hockey programs.
3. I accept and agree to abide by the rules of the Stephen C. West Ice Arena and the skating/hockey program. I accept that my participation may be temporarily suspended or permanently terminated if I fail to abide by the rules.
4. I agree to release the Town of Breckenridge, its officers, employees, and insurers (Released Parties) are not responsible for my safety in connection with my participation in skating/hockey programs. I agree to accept all responsibility for the risks, conditions, and hazards, which may occur whether they now are known or unknown.
5. Being fully aware of the risks, conditions, and hazards of skating/hockey programs, I hereby agree and waive, release, and discharge all claims for damages, personal injury, or property damage as a result of my participation in skating/hockey programs.

This waiver shall remain in effect for the future and shall be binding upon my heirs and successors.

I have read, understand, and agree to abide by the terms listed above.

SHL ADULT HOCKEY LEAGUE HANDBOOK

The Summit Hockey League (SHL) consists of Adult Hockey Leagues and Tournaments. The SHL is a Recreational Program offered by the Town of Breckenridge (TOB) Recreation Department at the Stephen C. West Ice Arena (Ice Rink). The SHL utilizes USA Hockey Senior Rules unless otherwise noted. This Handbook is a guide to participating, officiating, and administering Adult Hockey Programs. It is imperative that all Team Managers/Captains, Players, Coaches, and/or Officials read and understand the contents of the handbook. This program provides an opportunity to participate and develop skills associated with the sport. It is a place to skate, compete, and to display a level of sportsmanship common in a community recreation program.

I. GOALS OF THE PROGRAM

SHL provides participants with:

- An enjoyable recreational experience
- A fair grouping of Teams and Players by level of play
- A safe environment for participation
- A fairly officiated and administered program.

II. ROSTERS

- A list of all participating Players must be provided to the Ice Programs Coordinator in email form one week prior to the first game of the season.
- Full names and jersey numbers are required for all participating Players.
- Players will be required to sign waivers before their first game at the front desk or online with a valid TOB Active Net recreation account.
- All Players must be able to provide a valid ID in the event of a roster check.
- Teams must carry a minimum of (10) ten eligible Players (at least 18 years of age) with a maximum of (20) twenty eligible Players.
- Teams wishing to carry more than (20) twenty Players must make a formal request, in email form, to the Ice Programs Coordinator.
- All waived and rostered Players must play in a minimum of 3 regular season games to be eligible to participate in playoffs.
- Any Player who wears another Players jersey number in a game for the purpose of meeting the minimum games played eligibility will be suspended 2 games and fined \$80. Teams second offense in that same season will forfeit that game and playoff eligibility for the season and the team will be fined \$100.
- Additional Players may be added to the roster (requested via email to the Ice Program Coordinator) prior to the start of the Team's 3rd game. The newly rostered Player must sign the waiver prior to them playing the start of the Team's 3rd game. Rosters are frozen and no Players can be added after this time.
 - Any other roster changes after a Team's 3rd game must first be requested via email to the Ice Programs Coordinator. The Ice Programs Coordinator will then respond with approval or denial of the request.
- Goalies will roster for their primary Team. Goalies may request to be rostered as a Goaltender on additional Teams with approval of the Ice Programs Coordinator. The highest League/Division Goalie is rostered on will be considered their primary League/Division.

Goaltenders may sub for other Teams in which they are not rostered. When subbing, a Goalie may only sub "down" one League/Division from their primary League and Division. They may sub "up" to any Division or League.

Examples apply to all seasons (Winter, Summer, Fall):

- Premier Goalie may only play as far down as Comp North Division
- Comp North Division Goalie may only play down as far as Comp South Division
- Comp South Division Goalie may play down as far as Rec North Division
- Rec North Divisions Goalie may play down as far as Rec South Division

- If a Team needs a Goalie to sub for them, a copy of the Goalie Sub List with Goalie contact information and League eligibility can be provided by the Ice Programs Coordinator.

III. PLAYER ELIGIBILITY

- Players must be at least 18 years old.
- Male Players may play for one Team in one League only. If a male Player plays for more than one Team or in more than one League, the Player will be suspended for 4 games and must pay the Reinstatement Fee (\$160) before playing again. Once reinstated, the Player will be required to play for the Team in the upper of the two Leagues they were playing in.
- Female Players are allowed to play for one Team in one League only. Rostered Rec League women may sub for other Rec League Teams but may not sub in any other Leagues. Rostered Comp or Premier League women may not sub for other Teams or Co-Ed Rec League Teams. In this case, the Player will be suspended for four games and must pay the Reinstatement Fee (\$160) before playing again. Once reinstated, the Player will be required to play for the Team in the upper of the two Leagues they were playing in.
- In Rec League, Female subs may only be used should a Team have less than two Female Players available to play for a particular game. In addition to the Team roster, Females who wish to sub for other Teams will need to be rostered in the Rec League only. Exceptions: Female Players may play in the Breck Betties Women's League in addition to one of the other 3 Leagues (Rec, Comp or Premier).
- Player eligibility is the responsibility of both the Team Manager and the Player. If a Player violates these rules, they will be removed from the League. Any game where an illegal Player is used will be declared a forfeit.

IV. TEAM MANAGERS

The Team Manager has an imperative role on the Team. They are designated to conduct business with the League and Ice Operations Coordinator. Their responsibilities include, but are not limited to:

- Ensure the Team is registered and that all fees are paid by due dates.
- Ensure that all Players on the roster are eligible to play in their League by verifying:
 - No active suspension.
 - Minimum 18 years old.
 - Males only registered for one Team.
 - Females only registered for one Team.
 - All Players, including Goalies, have signed the waiver.
 - All Players are appropriately skilled for the designated League's level of play.
- Submit a preliminary roster and have a valid email to be sent the season schedule.
- Distribute the League schedule and inform all Team members of any rescheduled information.
- Select an available/non-conflicting jersey color within the League of already established Team jersey colors.
- Ensure that the Teams Player jerseys match and have no duplicate numbers (00 - 99).
- Ensure that all Players have signed the waiver prior to them playing in their first game of the season and are on the official roster by the 3rd game.
- Provide the Ice Rink and Ice Programs Coordinator with current Player numbers on the score sheet.
- Communicate all League rules and information to the Players on their Team.
- Communicate any problems, concerns, or the Team opinion to the Ice Programs Coordinator.
- Confirm that weekly standings are correct when posted.
- Maintain accurate emergency contact information with the Ice Rink.
- Assist the League staff in managing Player's behavior when adverse issues arise at the Ice Rink.
- Make sure all sign-off sheets are signed in a timely manner to maintain good communications with the Ice Programs Coordinator.
- Uphold a high level of professionalism and leadership in all situations when dealing with League personnel.

The Team Manager/Captain is the only Player allowed to speak with Officials regarding calls made. In the event the captain is not available or in the penalty box, the alternate is allowed to speak to the Officials.

V. LEAGUE FEES & CHARGES

Team Payment Agreement Late Fee

- When enrolling a Team with a deposit, the Team Manager and Team has entered into an agreement with the SHL and TOB. Full payment must be made by the established deadline. If the balance on the agreement is not paid by the due date, a late fee of \$100.00 per week will be assessed. Late fees assessed are penalties and will not be paid towards the Teams enrollment balance.

- In the event a Team does not pay their league fees in full by week 6 of their season; the Team will forfeit the season, and the complete Team roster will be unable to play in subsequent seasons in the SHL until that balance has been paid.

No Call/No Show Fee

- Any Team who does arrive or play in a scheduled game and has not communicated with the Ice Programs Coordinator or Ice Rink Management 48 hours prior to the start of their game time, may be assessed a \$100 No Call/No Show fee.

League Suspension/Reinstatement Fees

- Any Player who is suspended by the League for any reason must pay the Reinstatement Fee prior to participating in their next game.
- The SHL carries a \$40.00 per game suspension fee, with a \$200 maximum fee per offense. For example: Player A receives a 4-game suspension and will now be required to pay a \$160 reinstatement fee. Player B receives a 6-game suspension and will now be required to pay the \$200 maximum reinstatement fee. Reinstatement fees are handed down per suspendable offense.
- Failure to pay the League Reinstatement Fee within one calendar year from player suspension will result in permanent ineligibility status in all S.H.L. Leagues and S.C.W Ice Arena Programs.

RULES OF PLAY

I. USA HOCKEY SENIOR RULES

- The Summit Hockey League utilizes USA Hockey Senior Rules unless otherwise noted.

II. PROTECTIVE EQUIPMENT

- The Stephen C. West Ice Arena requires all Players wear a full set of USA Hockey equipment including: HECC certified helmet, protective cup or pelvic protector, elbow pads, hockey pants, shin guards and hockey gloves.
- It is strongly recommended that all Players wear a full-face shield or cage, along with shoulder pads and a mouthguard.

III. ALCOHOL AND FEDERALLY PROHIBITED SUBSTANCES

- By Town ordinance, alcohol and federally prohibited substances are not permitted at the Stephen C. West Ice Arena.
- This rule applies to Players and spectators. It is the responsibility of the Team to ensure the Team fans, guests or spectators are in compliance. Non-compliance may result in forfeiture of the game.
- Players may not participate while under the influence of alcohol or federally prohibited substances.
- TOB Ice Rink Staff and Officials are authorized to prohibit any Player who is intoxicated or impaired from participating in a League game. This decision is final and failure to comply with may result in further disciplinary action.

IV. UNIFORMS

- Teams must provide their own uniforms.
- Teams may keep their same uniform color from season to season.
- Teams must wear matching jerseys, and all Players must have and display a unique jersey number between 0-99.
- Any Player who is not wearing a matching jersey (colors match and stripes, if any, match) with a unique number will be required to leave the game.
 - No penalties will be assessed, assuming this is done without incident.
 - If warned, and that Player returns to the ice without a legal jersey and unique number approved by the Officials, that Player is given a game misconduct.
 - Goalies are exempt. However, if Goalies do not have a matching Team jersey, they must wear a jersey that contrasts with the opposing Teams jerseys.
- Duplicate numbers on a Team are not allowed.
- Teams should make every effort to select a color in contrast to the existing Teams in the rest of the League.
- If two Teams wear similar colors, the visiting Team will wear pinnies provided by the rink. If a Team needs to borrow pinnies from the front desk, you will need a credit card to sign them out.
- All Teams must have one and only one Player wearing a "C" on the jersey as the designated captain. A Player wearing an "A" as the alternate is also recommended. Taping on a "C" or "A" is allowed.

V. COMPLETE TEAM

- A Team must start a game with at least 6 eligible Players on the ice.

- In the Rec League, one of those Players must be a Female.
- Team Managers must make sure the score sheet is complete, with all Player numbers recorded properly, prior to the start of every game.
- If there is a delay due to a Team fielding an incomplete or ineligible Team, that Team will be penalized for Delay of Game.

VI. CHECKING

- Checking is not allowed in any League.
- Body checking will be penalized by a 5-minute major (or more) at the discretion of the referee.
- Body Contact that appears to be Intent to Injure will be reviewed and can result in a minimum 4 game suspension.
- The Ice Programs Coordinator may impose further penalties for excessive checking.
- Two major penalties for checking in the same season by the same Player will result in 2 game suspension from all League play.
- Three Major Penalties for checking in the same season by the same player will result in a suspension for the remainder of the season including playoffs without a refund including all other Teams of which the Player is a member.
- Some body contact can be expected in upper levels. The level of contact in the Premier League is more significant than lower Leagues.

VII. SLAPSHOTS

- Slap shots are allowed in the Premier and Comp Leagues. Slap shots (with recoil above the knee) are not allowed in the Rec League.
- If a Player does a slap shot in the Rec League, they are penalized with a 2-minute minor for High Sticking.

VIII. ICING

- Hybrid icing will be used to determine icing infractions in the Premier League.
- The red line will be used to determine icing infractions in the Comp League.
- The blue line will be used to determine icing infractions in the Rec League.

IX. PENALTY BOX DOOR

- Penalized Players are responsible for closing the penalty box door completely at the expiration of their penalties.
- Failure to abide may result in an additional 2-minute minor penalty.

X. WARM-UP TIME

- A bucket of pucks will be provided for Teams to use during pre-game warm-ups.
- Players are not permitted to intentionally shoot pucks at the dasher boards or glass in the neutral zone during warm-ups. Doing so may result in a 2-minute Un-Sportsmanlike penalty at the start of the game.

XI. ONE-MINUTE TO LEAVE RULE

Players who have been ejected (Game or Match Misconduct, etc.) or disqualified (3 minor penalties, etc.) are required to leave the ice immediately and must cooperate with Officials instructions.

- If a Player is ejected or disqualified from a game, the Official will inform the Player that they need to leave the ice immediately.
- If the Player refuses to leave immediately or begins to argue, the captain or alternate, will be notified that the Player has one minute to leave the ice and enter the locker room.
- If the Player does not leave the ice and enter the locker room within one minute of notification by the Official, the Team will forfeit the game, and each individual member will be subject to further disciplinary action by the League.
- Players who have been ejected are not permitted to return to the ice, or players benches. Ejected Players are permitted to watch the remaining game from the stands if they maintain acceptable behavior. Any additional improper behavior will be subject to further disciplinary sanctions under the zero-tolerance policy.

XII. FIGHTING

- The SHL is a Recreational League and has a zero-tolerance policy on altercations and/or fighting.
- USA Hockey rules deem that any circumstance where a punch is thrown constitutes a "fight". If a Player is involved in a fight before, during or after a game, they will be suspended from the League without a refund on the first offense for a minimum of 6 games. They will then be responsible for paying the applicable reinstatement fee prior to returning to play.
- Fighting suspensions will carry over to the next season.
- A Player who is suspended for fighting a second time in a twelve-month period will be suspended for 12 games (or one full season) including the playoffs in that season.
- A Player who is suspended for fighting a third time in a twelve-month period will be banned from participation from all Summit Hockey Leagues for a period of no less than one year.

XIII. SLASHING GOALIES

- If a Goalie has the puck covered, the play is dead, even if the Officials have not yet blown their whistles.
- A Player, who in the Official's opinion, is slashing or digging for a puck that is covered by a Goalie, before or after the play is whistled, may be assessed a 2-minute Slashing minor.

XIV. PENALTY THRESHOLDS

Player and Team penalties are recorded by the Ice Programs Coordinator throughout a season and are subject to the following sanctions: (Major penalties and misconducts are recognized as 2 penalties)

- If a Player receives 3 penalties in one game, the Player will be ejected. The Player must leave the ice for the remainder of the game and a Teammate will serve the resulting penalty. Should the Player leave the ice immediately, no additional penalties are assessed.
- If the same Player receives 3 penalties in a second game, in the same season, the Player will be assessed a Game Misconduct penalty. This means that the Player will not be allowed to finish his/her current game, will be suspended for the next game, and will need to pay the Reinstatement Fee prior to playing again.
- If a Goalie receives 3 penalties in one game, the Goalie will be ejected. The Team may choose to either play 6 v 5 for the remainder of the game or have an eligible rostered Player tend goal for the remainder of the game (playing 6 v 5 while the Player suits up).
- Any Player receiving 15 total penalties during a season will be immediately ejected and prohibited from playing the remainder of the season, including playoffs.
- Any game that has 15 total penalties combined between each Team will automatically go to a running clock for the rest of the game.
- Should a Team take 10 or more penalties in a single game, that Team will be subject to a forfeit and the game will end immediately. If both Teams eclipse 10 penalties individually in a game, it is considered a double forfeit, and the game will end immediately.
 - On the Team's first offense, the game is forfeited, and they must pay a \$100 reinstatement fee.
 - On the second offense, the game is forfeited, and the Team will be suspended for one additional game and will have to pay a \$200 reinstatement fee.
 - On the third offense, the Team will forfeit the remainder of their season without a refund, will have to have an in-person meeting with the Ice Programs Coordinator, and be required to pay a \$200 reinstatement fee if approved for reinstatement.
- Should a collective Team roster take 85 total penalties in a single season, including playoffs, that Team will immediately forfeit the remainder of the season.

XV. PLAYER CONDUCT

- Players are subject to the disciplinary procedures of the League for all actions that occur before, during, or after games in the Ice Rink Facility or in the parking lot.
- Any Player or Team, who in the judgement of the Ice Programs Coordinator or the Ice Rink Manager is dangerous, belligerent, uncooperative, disruptive, or non-compliant with League rules or decisions, will not be permitted to participate in the SHL.
- Refunds will not be given when a Player or Team is dropped from the League.

XVI. PLAYER SUSPENSIONS

- Any Player who receives a game misconduct will be suspended at least one additional League game.
- Any Player that receives a game misconduct or match penalty, under rule 601 - Abuse of Officials and Other Misconduct, will be suspended for a minimum of 4 games. In addition to the suspension, the Player will be ineligible to participate in playoff games for the same season should their Team advance to playoffs, regardless of when the suspension occurs in the season. Missed playoff games will not count toward the 4-game suspension.
- Any Player that receives two Abuse of Officials in a year will be suspended for a minimum of one full season including Playoffs.
- Any Player who receives an Abuse of Officials suspension that involves threats or intentional physical contact with an on or off ice Official will receive a minimum 1-year suspension.
- Any Player suspended for a match penalty will receive a minimum 4 game suspension.
- The Ice Programs Coordinator may require the Player to sit out additional games or suspend them for the remainder of the League, depending on the severity of the offense.
- Players who are suspended may not be in the Team area (bench and dressing room areas) during their suspension.
- A Player who is suspended must pay the reinstatement fee per the schedule outlined in Section V. above.
- Players who are penalized during the last regular season game will serve their suspension during the playoffs or at the beginning of next season to remain eligible to participate in Adult Leagues

- The SHL imposes a progressive discipline procedure, whereas repeat offenses may be disciplined more severely than outlined in the handbook for future occurrences. If circumstances warrant, egregious offenses may be disciplined more severely than outlined in the handbook, even if it is first time offenses.

XVII. PLAYER FINES

- If a rostered player is suspended and fined, the player must pay the fine within 30 days after serving the last day of their suspension.
- Failure to pay the fine within the 30-day window will result in the player being suspended indefinitely and requiring a hearing for reinstatement.
- This will be treated as a failure to complete the suspension and fine process, and the unpaid fine will then be applied to the team for immediate payment.
- If both the player and team fail to pay the fine by the end of the same season, the fine will be added to the team's registration fee for the following season.
- The player will remain suspended until the original fine is paid plus a \$100 reinstatement fee, payable by either the player or the team.

TIMING AND SCORING

I. DURATION OF GAME

Rec and Comp Leagues

- Each game will begin with a five-minute warm-up period.
- Regulation games consist of three twelve-minute periods.
- The first period will be a running clock period. The clock will stop during the last two periods.
- If the difference in score is five goals or more, any time during the third period, the clock will run.

Premier League

- Each game will begin with a five-minute warm-up period.
- Regulation games consist of three fifteen-minute periods.
- The first period will be a running clock period. The clock will stop during the last two periods.

Running Clock Policy

- A running clock will now only be used during the final 5 minutes of the 3rd period in all leagues.
- If any game reaches fifteen (15) penalties combined between the two Teams, the game will become a running clock for the remainder of the game.

II. PENALTIES DURING RUNNING CLOCK PERIODS

- During all games played indoors and outdoors, USA Hockey penalty timing will be used.
- The scorekeeper will stop the penalty clock during the stoppage of play.
- The running game clock will continue to run during running clock periods.

III. TIME OUTS

- Each Team will be allowed to call one, one-minute time out during the game.

IV. TIED GAME

- If a regular season game is tied at the end of regulation time, there will be a one-minute intermission followed by a three-minute, stop-time, sudden-death overtime period.
- No additional time outs will be allowed.
- Comp and Rec Leagues: A game that remains tied at the end of overtime will be declared a tie.
- Premier League: A 3-round NHL Format rule shoot out will occur. The Home Team will shoot first.
- During playoffs or championship games, 1st overtime, 12 minutes, stop time, played 4-on-4.
- Teams switch ends at the start of overtime.
- If no winner is determined in overtime, a 3-round shootout follows.
- The home team chooses which team shoots first.
- Each team must use 3 separate shooters.
- If still tied after 3 rounds, teams may use any shooter as often as desired until a winner is determined.
- Note: Premier League overtime Period is 15 Minutes

- *All overtime games are sudden death

DIVISIONS OF PLAY

I. LEAGUES

Team Managers have a responsibility for fielding Players with an appropriate level of play for their specific League. Players possessing a superior level of play or ability for their League will be evaluated by the Ice Programs Coordinator or Ice Rink Management and considered to be relocated to the appropriate League.

“Premier” League

The Premier League is the most competitive League offered in the SHL. Many Players have played youth hockey and above for several years and skaters have the knowledge of intermediate to advanced game strategies and playing with their head up. In this League, all are welcome to participate, as we will not entertain challenges for eligibility based on advanced playing ability or skill level. This League uses hybrid icing and 15-minute periods. Slap shots are allowed in this non-checking League environment. There is no gender requirement, and both men and women are encouraged to play in this League.

“Comp” League

The Comp League is a competitive version of the Recreational League and should comprise the strongest recreation level Teams. There is no gender requirement. This League uses standard red-line icing and 12-minute periods. Slap shots are allowed in this non-checking League. There is no gender requirement, and both men and women are encouraged to play in this League.

“Rec” (Co-Ed) League

The Rec League is our recreational co-ed division. The Rec League should be comprised of skaters with a basic recreational level of talent. Skaters have knowledge of basic skills and concepts. This League uses blue-line icing and 12-minute periods. One Female skater is required to be always on the ice (not including the Goalie). Slap shots are not permitted, and the recoil of the stick must be kept below the knees in this non-checking League.

II. DIVISIONS

Comp or Rec Leagues with more than 8 Teams registered will be divided into two Divisions (North and South) within their respective League. There will be two separate Divisions using the same set of League rules.

III. DIVISION RELEGATION OR PROMOTION

For an upcoming season, final Team placement within a division will be decided by the Ice Programs Coordinator at the completion of the previous season. Teams will be promoted or relegated based on the following factors:

- Previous seasons standings
- Playoff results
- Team registrations for the upcoming season

IV. LEAGUE PROMOTION

Should a Team exceed the level of play for a certain League, as determined by the number of Championship appearances/wins within a term, they may be promoted to the next higher League. The Ice Programs Coordinator will make determinations at the completion of the previous season.

V. REC & CO-ED LEAGUE ELIGIBILITY

Females:

- Teams designated in the Co-Ed League must have always at least one woman on the ice.
- Female Players are allowed to play for one Team in one League only.
- A Female in the Goalie position does not count.
- A Female in the penalty box does not count as a Player on the ice.
- If there is only one Female available and she receives a penalty, she will be substituted for. This is the same for a Goalie receiving a penalty.
- If she receives a game misconduct penalty, and the Team does not have another Female, the Team will forfeit, and the game is over.
- If the only available Female for a Team is injured during the game and cannot continue play, that Team will forfeit the game.
- Every Team in the CO-ED League must have at least 2 Female Players rostered, with full intentions of regularly participating for that Team.

- If a Team doesn't have two Females dressed and ready to play on a given night, they may acquire up to a maximum of 2 Female Players to participate in the game if they are legally rostered in the Rec League. (Non-Adult League women may sub if they have signed the Female Player Roster by week 3. i.e. Breck Betties Players).
- If a Team has only one of their Females show up, they may acquire just one invited eligible substitute Female to participate.
- If none of their rostered Female Teammates are available to play, they may acquire just two invited eligible substitute Females to participate.
- If two or more rostered Female Teammates are available to play, no additional Females may be called upon to participate.
- For any circumstance regarding Females participating for Teams which they are not rostered on, the opposing Team Manager, and the Officials, must be aware and in complete agreement with the situation prior to the start of the game.
- It is the responsibility of the Team Manager to notify the scorekeeper of any additional Females, their name and Player number to be added to the score sheet for that game.
- If a Female is regularly participating for a Team in which she is not rostered, then we can only assume that the above rules are purposely being violated and the result may be forfeit of games, expulsion from the League, or loss of the Team's right to acquire any Females who are not rostered.

Males:

- Male Players may play for one Team in one League only.

PLAYER ELIGIBILITY: LEVEL OF PLAY & ROSTER CHECKS

The Officials and Ice Rink Management will evaluate any complaint about a Team or Players level of play and reserves the right to remove any Player or Team from the League who is above the general level of play for the League. This does not mean that the best Player on the Team is at risk. Only those Players who exceed the general level of play may be removed.

I. PLAYING ABOVE THE LEVEL OF PLAY (ALL LEAGUES EXCEPT PREMIER LEAGUE):

Players deemed to be playing significantly above the league's intended level of competition—examples include skating end-to-end consistently, serving as a dominant defensive "ringer," noticeably escalating their play during the final minutes or playoffs, or accumulating multiple consecutive goals/assists—will be subject to the following graduated enforcement:

- First Offense: Verbal warning issued to both the player and the team captain
- Second Offense: Minor penalty assessed to the player
- Third Offense: Major penalty, game misconduct, and a pending league review to determine the player's eligibility for continued participation in that league

II. CHALLENGING PLAYERS & LEVELS OF PLAY:

- After evaluation of a Players ability and level of play, the Ice Programs Coordinator may declare a Player ineligible for a specific League. This determination can be made with or without a specific challenge made.
- Team Managers may challenge the eligibility of a Player based on ability, skill, or overall level of play. Challenges must be made in the form of an email to the Ice Programs Coordinator. If based on the Ice Programs Coordinator's judgement, the Player exceeds the level of play for the League, the Player will be dropped from the roster. The decision of the Ice Programs Coordinator is final. There is no guarantee that the Player will be placed on another Team in an upper division. The Team may replace the Player with the approval of the Ice Programs Coordinator if the appeal is made after League Rosters are frozen.

III. ROSTER CHECKS:

- A roster check can only be called for in the first period of a game with the following exception: A Player that joins his or her Team in the second or third period can be checked. This particular Player and only this Player can be checked at this time. All other Players are safe after the first period horn sounds.
- If a roster check takes place in the first period, both Teams get checked. The Officials will call both Teams to center ice and check the scoresheet with valid names and numbers. If there is a Player in question, the Player must present a valid id. All Players are required to have their I.D. in their possession (in the dressing room). If a Player is not legally rostered, (name and waived signature) his or her Team forfeits the game, and the game is over. If both Teams have Players that are not legally rostered, (names and signatures) both Teams forfeit, and the game is over.
- The definition of a legally rostered Player is having their full name and a waiver signature on file; the I.D. serves as proof. If a Player is legally rostered, but doesn't have I.D. in possession or on file, the Player is not eligible to continue the game and must present proof to the League before their next game to avoid a Team forfeit.
- If a roster challenge is called and both Teams are fielding eligible players, the Team calling the challenge will be assessed a double minor 4-minute penalty for delay of game. In addition, the opposing Team will have choice of all Players to sit the penalty.
- The Team manager is responsible for their Players and must ensure accurate Team information is provided to the League. If a Team Manager is unsure about any Players on their Team, it is their responsibility to check for accuracy and eligibility.
- If a Team fields less than 6 legal skaters for a game and asks a Player not rostered on that Team to play, the Player may do so under the following conditions:
 - The game is played and the Team using a non-rostered Player/Players forfeits that game regardless of the outcome.

- No suspension is incurred by the non-rostered Player/Players. The game Officials make a note prior to the start of the game on the score sheet as a "Forfeit" by the home or away Team.

IV. ROSTER MANIPULATION AND UNAUTHORIZED ELIGIBILITY REQUESTS:

- If a team knowingly attempts to manipulate roster rules or seeks approval from opponents or officials to break eligibility rules, the following penalties apply:
 - Immediate forfeit of the game.
 - Teams will be ineligible for playoffs for the current season.
- Examples of violations include but are not limited to the following::
 - Asking the opposing team or officials if a non-waivered or unrestored player can participate.
 - Asking if an ineligible player (one who has not met the three regular-season game minimum) can play in playoff games.
 - Knowingly engaging in any form of roster tampering.

OFFICIALS

I. The Town of Breckenridge makes every effort to put the best available Officials on the ice.

- The game Officials are in charge before, during, and after the game. This includes any incidents that may occur either inside or outside the facility, but still on the premises.
- Players are subject to the rules of the League before, during, and after the contest while at the Ice Rink.
- The League will not entertain any protest based on the judgment of an Official.
- League Officials will file an incident report to the League any time an incident occurs with a recommendation for discipline of the offending Players.
- Referees for the Adult League are not required to register or be certified with USA Hockey.
- A two-referee system will be used in all games where possible. Officials are employees of the Town of Breckenridge.
- If for some reason, the rink is only able to put one referee on the ice, Players will need to make the necessary adjustments to the situation and in most situations the game will be played without protest.
- Contact or threatening of any on-ice or off-ice Official will be a minimum 1-year ban.
- Scorekeepers are considered Off-Ice Officials. Any abuse directed towards these Officials will be assessed the same as if the infraction occurred on the ice and was directed towards the On-Ice Officials.

II. The rink maintains a position of ZERO TOLERANCE policy regarding inappropriate interaction with Officials:

- Only designated Captains or Assistant Captains with a "C" or an "A" on their jerseys are permitted to communicate with Officials regarding calls. Should these communications not be respectful and/or professional,
- Arguing with Officials will result in assessment of one or more penalties, up to and including possible ejection from the game.
- The SHL does not accept protest of Officials' judgement or calls will not be tolerated.
- If a Player repeatedly abuses Officials and or the policies above, they may be removed from their eligibility to participate in the SHL without a refund.
- Only the Official's opinion and judgment are accepted during a game. It is their call, and they oversee managing the game.

CANCELLATIONS AND MAKE UPS

Schedules are made available on Teamsideline.com (<https://www.Teamsideline.com/sites/breckrec/home>)

I. CANCELLATION POLICY FOR GAMES

- Plan to play the scheduled game at its scheduled date/time.
- SHL games may be cancelled due to unforeseen circumstances such as weather, Officials and/or staffing issues, or due to facility, machine, and/or ice complications. In the event of these circumstances occurring, games will be cancelled and rescheduled.
- Outdoor Games will be cancelled on the Outdoor Rink if the Official Ice Rink thermometer reads -6 degrees or below.
- A decision will be made by Ice Rink staff and communicated no sooner than one hour prior to the start of the first game.
- Game cancellations will be communicated to the Team representative/captain and posted on the Team Sideline League schedule (<https://www.Teamsideline.com/sites/breckrec/home>). Team Managers are responsible for informing all members of their Team.
- The rink staff and game Officials will have final authority over playing conditions and will make every attempt to ensure safe playing conditions for all participants.
- In most cases, the first game will be played if possible. The second outdoor game may be canceled if weather conditions worsen.
- If 2 out of 3 periods have been completed prior to either a power outage, excessive/game snowfall, or other unforeseen circumstances impacting continued play on the outdoor rink, the game will be recorded as an Official game.
- The Officials and ice arena staff will have 15 minutes to determine if a game is done or can be finished.

- This policy does not apply for the Playoffs and Championship Games. If a Power Outage occurs during either a Play-off or Championship game, the game will be rescheduled. After an extended warmup the game will resume where it left off.
- In cases where available, the decision can be made to move all games indoors if scheduling allows.

II. MAKE-UP GAMES

- When possible, make-up games will be scheduled on the specific Leagues usual nights of play.
- Ice time is limited. The rink reserves the right to reschedule make-up games on any available dates and times.

LEAGUE SCHEDULE, STANDINGS & PLAY-OFF GAMES

The Summit Hockey League uses "TeamSideline" for scheduling (<https://www.Teamsideline.com/sites/breckrec/home>)

I. REGULAR SEASON STANDINGS

- League standings are determined by points.
- Each Team receives two points for a win, one point for a tie, no points for a loss and one point for an overtime loss.
- League standings will be updated on a weekly basis.

II. AT THE END OF THE REGULAR SEASON

If two or more Teams are tied at the end of the regular season, playoff positions will be determined in the following order until all positions are determined:

1. Winning percentage
2. Head-to-head win-loss records will determine the higher seeding.
3. The Team who scores the most goals in head-to-head games will determine the higher seeding.
4. The Team with the greatest goal differential in the regular season will determine the higher seeding.
5. The Team with the fewest goals against in the regular season will determine the higher seeding.
6. The Team with the most goals in the regular season will determine the higher seeding.
7. The Team with the least number of penalties during the regular season.
8. Coin toss will determine the higher seeding.

III. PLAYOFF AND CHAMPIONSHIP GAME FORMAT

Double Elimination Playoffs-If the game is tied after three periods, it will proceed to overtime. Teams will switch ends and play one 12-minute, stop-time overtime period in a 4-on-4 format, with regular league rules still applying. If the game remains tied after the overtime period, it will be decided in a 3-round shootout. The home team will decide which team to shoot first, and each team must use three different shooters in the initial rounds. If still tied after three rounds, the game will enter a sudden-death shootout, where teams may use any shooter as often as desired until a winner is determined.

Note: For Premier League games, overtime will consist of one 15-minute period for overtime.

