

**MVIA Adult Hockey League
Rules & Regulations
Updated August 2025**

Overview & Highlights –

- Games will be scheduled Saturday through Thursday (Fall/Winter/Spring) or (Summer)
- Three 20-minute run-clock periods –
- 3 minute warm up
- Stop time last 3 minutes of a game that is within 2 goals.
- Regular season:
 - If a tie score after regulation in, a 3-round shootout will decide the winner, if still tied after the 3 player shoot-out sudden death shoot-out until a winner is decided, there are no ties in adult hockey
- Playoff / finals
 - A 5-minute OT will be provided for tied playoff / finals games.
 - When a playoff game ends in a tie after OT a 5-round shootout will decide the winner.
 - If no winner after 5 rounds, then single round “sudden death” will continue until winner is decided.
- The captain of the designated home team will choose to shoot first or last.

Registration Requirements

No player will be permitted to participate without a current MVIA player registration and current insurance.

Game Day Procedure –

- All players will sign the sign-in sheet in the lobby before the first game & present a photo ID. Photo ID is required for playoff games.
- Players are not permitted on the ice while Zamboni doors are still open.
- Teams must have a minimum of 6 players to begin the game. If the present roster is lower, the short-sided team can ask the opposing team for players to at the very least loan additional players to the short-sided team and it is an official game under MVIA Adult league. If the opposing team declines, it is a forfeit, and the referees/scorekeepers can leave and wait for the next game and the ice is available to two teams to use for the allotted time of the game. No players from outside the league can skate during that time other than the refs.

Equipment Requirements

A helmet with a visor or cage, hockey gloves, protective cup, shoulder pads, pants or girdle, shin guards, elbow pads, ice hockey skates, and stick are required. **Helmet must be worn at all times while on the ice. First time offense will be a warning and subsequent violation will be a minor penalty. Penalty assessed at the end of the game will carry to the start of the next game.**

Player Eligibility –

- All participants must be at least 18 years of age before the start of the season.
- All participants must be registered with the league and on the roster of the team they are playing for.
- The use of non-rostered players is prohibited and will result in the team forfeiting the game in addition to the team captain serving a one-game suspension and a \$50 fine.
- Rosters will be locked after a predetermined number of games played unless deemed necessary by league administration to promote competitive balance.
 - for 15 game seasons, rosters are locked after 10 games.
 - for 10 game seasons, rosters are locked after 6 games.
- Any player signing up at the league deadline will be charged for the playoff game regardless of whether you can attend.

Game Rules:

- USA Hockey Adult Hockey rules will be enforced. Icing will be a variance from USA Hockey rule 624
 - **Icing (Variance from USA Hockey)**
 - Defensive blue will determine icing of the puck.
 - Icing is permissible when the offending team is shorthanded (below the on-ice numerical strength of their opponent) when the puck is shot.
 - **Offside (Adult Hockey Classification Call Out)**
 - The Official shall signal a delayed offside if an attacking player proceeds the puck into the Attacking Zone and the delayed offside will be nullified if:

- (1) The puck was to exit the attacking zone.
 - (2) All attacking players are simultaneously clear of the attacking zone by making skate contact with the blue line, at the same instant.
- If any of the following conditions are met, play shall be stopped, and a face-off conducted according to sub-section (c) of this rule:
 - (1) An attacking player touches the puck.
 - (2) An attacking player attempts to gain possession of the puck or continues to apply pressure to the defending puck carrier.
 - (3) The puck is shot directly on goal.
- **Penalty Minutes**
 - Minor: 3 minutes
 - Major: 6 minutes
 - Misconduct: 12 minutes

Penalties –

- Any player, including goalies, who takes 12 or more penalty minutes in the same game will be ejected and may face additional suspension pending review by league administration. This is not a game suspension this is you're retired for the rest of that game.
- Players who serve a penalty for another player shall not be charged for that penalty.
- A delayed penalty that is canceled by a goal scored will be reported to the scorekeeper and recorded and **does** count toward a player's penalty total.
- Any behavior that endangers the players, participants, referees, or spectators is intolerable and the league will immediately act against those involved.
- Any player that is substance-impaired may be prevented from playing or removed from the game. and may face additional suspension pending review by league administration.
- **If there is a 15th penalty called in a game, the game will end immediately. The score at the time will be the final score.**

Stats and Standings

- Win: 2 points
- Regulation tie with shootout loss: 1 point
- Regulation loss: 0 points

Suspensions and Unruly Players

- All game misconducts and match penalties will result in an automatic suspension until review by Hockey Director.
- Major penalties will be reviewed by the Hockey Director for potential further discipline.
- Suspended players are not permitted on premises during any MVIA league games.
- The league reserves the right to issue any length of suspension at any time following any incident.
- MVIA maintains a zero-tolerance policy towards fighting and it will result in a suspension of at least two games. Players who violate this policy will jeopardize their continued involvement in the league.
- All suspensions from regular season will carry over to both the playoffs, and suspensions that are not fully served during playoffs will carry over to future seasons.
- Suspensions will be given for off-ice incidents as well and will be punished more severely.
- If a suspended player participates in a game he or she is suspended for, the game will be forfeited, the captain will be suspended for one game, and the offending player will be given an additional five-game suspension.
- If an Unregistered player participates in a game, the game will be forfeited, the captain will be suspended for two games.

Fill-in Goalies

- A fill-in goalie list is provided to the team captains, but goalies who are not on the list may also be used provided they get approval from the Hockey Director ahead of the game.
- When a fill-in is used, captains must inform league admin who the fill-in goalie is. Fill-in goalies can only play one level down. And over 35 and over 50 have a 5-year grace for fill-in goalies.
- Unapproved or illegal substitutions will result in game forfeit and captain one game suspension.

Shootout Procedure

- Three-round shootout
- The captain of the designated home team will choose to shoot first or last.

- If after this best of three shootout the score is still tied, teams will alternate shooting in a sudden death “extra innings” format.
- Each shot is taken by a different player, and all eligible players must take a shot before repeating shooters.
- Any skater who is assessed a penalty that does not expire before the completion of the game is not eligible to partake in the shootout. An exception is made for players serving a penalty taken by another player.

Playoffs

During the pre-game check-in, photo ID is required for playoff games.

All teams will make the playoffs.

Upon the completion of the regular season, league administration will release a playoff schedule, with matchups based on regular season standings.

In the event of a tie in the standings, the playoff tie-breaking procedure is as follows:

1. Most wins
2. Least penalty minutes
3. Head-to-Head
4. Coin Toss

Alcohol Policy:

Mountain View Ice Arena is an alcohol-free arena; MVIA will not allow ANY alcoholic beverages of ANY kind to be brought into our building, Team Reps will be responsible for their teams in the event there is an incident involving alcohol in a locker room. That could result in Team Rep and/or team expulsion from league. We must comply with MVIA insurance policy to protect ourselves against any situations of liability as well as fines or loss of MVIA. To that end I want to be crystal clear that the entire MVIA Management Team and all the staff of the Mountain View ice Arena will follow all the rules put in place by MVIA. Any lack of compliance will be dealt with in the appropriate manner for us to comply with the MVIA Policy.

Any teams with alcohol on the bench during league play will face league expulsion with no refunds for league fees.

League Administration

The league reserves the right to make any changes to the league’s rules and regulations at any time, as well as alter the schedule based on the needs of the facility. Team captains will be notified of game changes during the season if necessary.

League Administrators

Hockey Director: Gabe Zelico hockey.director@mtviewice.com

Hockey Coordinator: Tracy Lawson mviaez@gmail.com