



The Tulsa Adult Hockey League is sanctioned by the United Hockey Union and follows all USA Hockey rules. Below is a link to the USA Hockey rule book. All players **MUST** be registered with United Hockey Union for the current year prior to playing. <http://www.unitedhockeyunion.com/>

Playing Rules & Suspensions

- In addition to USA Hockey rules, the Tulsa Adult Hockey League adopts the following rules to the league.
 - High Stick causing medical attention will result in an automatic **5 minute major and a game misconduct.**
 - No player is allowed to step onto the ice while the Zamboni is still on the ice. Once the zam doors are closed, players may step onto the ice. **If a player is on the ice while the zam doors are still open, a 2 minute minor will be issued prior to the puck drop.**
 - At the end of warm-up. Pucks are to be picked up and placed in the bucket or on the rail inside the benches. **If a puck is shot onto the bench, a 2 minute minor penalty will be issued prior to puck drop.**
 - ZERO TOLERANCE...If your team has a question about a call that a referee makes, then please have your captain address the referees at an appropriate time. **If you are called for 2 minutes, sit your penalty before it escalates to a 10 minute misconduct or to a Game Misconduct.** If you continue in harassing the ref, you will be called for a **2 minute unsportsmanlike (abuse of official).**
- **Suspensions:**
 - If a player receives a suspension on one of their teams, they will sit the required number of games for that team. If that player plays on multiple teams, they cannot play for the other teams while they are on suspension.
 - The referee shall call the game and go through the process of USA Hockey rule book for all penalties. However, if an incident needs to be reviewed the league director will review it to see if additional suspension is needed.
 - If a player participates in a game while they are on suspension, the game will be deemed a forfeit.



- Off-ice incidents at the rink may include game suspensions for a player's team they are playing for at the time of the incident.
- Standards of Game Misconducts based on the number of Game Misconducts they receive during a season, regardless of the number of teams you play for.
 - 1 GM in a game = Player will sit for 1 game
 - 2 GM in a season = Player sits for 2 games
 - 3 GM in a season = Player is suspended for the season

Player Code of Conduct:

- Alcohol and playing hockey do NOT mix. If a referee determines that a player is intoxicated, the referee will remove the player from the game if they feel they are a potential harm to others' safety for this reason. If a player refuses to leave, their team will forfeit and NO game will be played during that ice time.
- ZERO TOLERANCE...If your team has a question about a call that a referee makes, then please have your captain address the referees at an appropriate time. **If you are called for 2 minutes, sit your penalty before it escalates to a 10 minute misconduct or to a Game Misconduct.**
 - If there are issues on the ice that are happening and your team feels they are not being addressed in the game, the captain needs to approach the referee in between periods depending on the severity of the issue. The captain needs to be the one communicating to the refs about issues on the ice but need to do it in a professional manner and appropriate time. If the captain feels it wasn't addressed, then the captain needs to contact Eric Lawless.
- If there is an altercation on the ice, the etiquette is to leave it on the ice. Do not take the issue off the ice. If for some reason, it is escalated that high and it leaves the ice, you need to be prepared to face a potential suspension that is NOT in conjunction with penalties on the ice. The Oilers Ice Center will not tolerate threats off of the ice, fighting in the lobby, destroying items or property, or causing a scene in the open public. Any incident could be subject to review. Remember, the rink is a kid-friendly environment and we as the adult hockey players at the rink are the examples of what the kids are looking up to as they are watching. I understand emotions can get high on the ice during play, but we need to leave it on the ice.

Game Rules



- No player is allowed to step onto the ice while the Zamboni is still on the ice. Once the zam doors are closed, players may step onto the ice. **If a player is on the ice while the zam doors are still open, a 2 minute minor will be issued prior to the puck drop.**
- Each game consists of 3 periods of 20 minute run clock.
 - Prior to the game starting, each team has a 5 minute warm up and 2 ½ minutes between periods.
 - At the end of warm-up. Pucks are to be picked up and placed in the bucket or on the rail inside the benches. **If a puck is shot onto the bench, a 2 minute minor penalty will be issued prior to puck drop.**
- Each team will have 1 timeout during each game.
- In the event of a game in the third period with 60 seconds or less, the clock will be stopped at every whistle when the game is within 1 goal.
- Ties:
 - Regular Season Game: If the game ends in a tie, then the game will conduct a three person shootout, with home having the option to go first or last. If it is still a tie after the shootout, then the game is a tie.
 - Playoffs: If the game ends in a tie, a 5 minute 4 vs 4 OT will take place. If the game is still tied after OT, then the game will conduct a three person shootout, with home having the option to go first or last. If the game is still tied after the three person shootout, then the game turns into a sudden death shootout, meaning 1 for 1 until a winner is reached. All players must rotate through before a player is allowed to go again.
 - Any penalized player during game play will not be able to participate during the shootout.
- All games are NO checking. However angling is prohibited.

Seasons

- Every year, Oilers Ice Center operate four seasons (Winter, Spring, Summer, & Fall).
- During each season, each team will be scheduled for 10 games. The top teams of each division make the playoffs.
- Season Points for Standings
 - Win = 2 points
 - Lose = 0 points



- OT Lose = 1 point
- Standings Tie Breakers.
 - First – Points
 - Second – Wins
 - Third – Goal Differential
 - Forth = Head to Head
 - Fifth – Goals For

Rosters, Jerseys, and Divisions:

- Player Registration: To sign up with a team, email the adult hockey director, Eric Lawless, at eric@tulsaoilers.com and provide your playing background and you desired division you are looking to play in. Your information will be dispersed to the captains and they will contact you when they have an opening.
- Team Registration: Teams **MUST** register with two options of payments, either the team pays in full or the team will put a 50% deposit down and have the remainder 50% paid by the second week of the season. If a team fails to make the final payment, they will receive a 5 game schedule for that season with no playoffs. Once the schedule is written passed this, the league will not add that team back onto the schedule.
 - League fees are payable with check, cash, credit card (if paying with American Express you will need to call Justin to setup payment). Payments can be made over the phone or in person.
 - Once a team is paid, there will be no refunds. Individual player refunds will need to be handled amongst the team.
- Each team's captain is responsible for building their roster to fit into the division of their choice. If a roster does not fit into the division of their choice based on the roster levels, that team will be moved up a division.
 - Each team may roster up to 25 skaters and can use any league approved goalie for each division for their games. All rosters will be submitted to the league director by the **Second** week of play. All rosters are then approved unless the league director responds with questions about the roster.
 - **Players must be 18 by their first night of play to participate**



- **Policing of team rosters and detection of illegal players is primarily the responsibility of the individual teams.** If an illegal player is found, the captain may notify the ref. If the player doesn't have a sticker or their sticker color is out of range for that division, they player will be removed from the game, (all USA Hockey rules apply on illegal player during the game). The League may, however, declare a game a forfeit if it is found a team is avoiding the rules or the league and/or USA Hockey.
 - The name of an illegal (non-roster) player, defined as any player who does not have complete paperwork on file with the league, plays or appears on the ice.
 - A suspended player dresses while under suspension
 - League or game officials recognize an illegal player on the ice.
 - The number of players dressed for any game is more than the number of players listed on the score sheet.
 - In cases where a player's identity is in question, the protesting team has the right to require that said player produce a valid photo I.D. Any player unable to produce valid I.D. will automatically be declared illegal, unless a league or game official is present who can vouch for his identity. In the absence of any such verification, a forfeit declared in favor of the protesting team may occur after the game.
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- Rosters for Game Day: Each team may use one of their listed subs on their roster. If the opposing team believes that their opponent is using a non-rostered player, it will be reviewed by the league director by email request after the game. If a roster is found to be invalid, then the roster in question will cause that team to forfeit the game.
 - Jerseys: Each team MUST have two different jerseys with numbers on the back of each players jersey.
 - Home is always dark
 - Away is always light/white
 - All jerseys must be the same main color jersey.
- Player Stickers – Each player is ranked and based on their skills and talent. Each player will receive a sticker that is color coordinated by their ranking and divisional play
 - Red sticker: Examples: Former Pro/Juniors or College last 10 years/AAA Travel)
 - Orange sticker: Examples: Former Pro last 20 years/Junior or College last 20 years/AA or AAA Travel



- Yellow sticker: Examples: Played only adult/Rec hockey growing up
- Green sticker: Examples: New to Ice Hockey/55+ with no pro or college experience
- Divisions:
 - Open: Any sticker
 - Gold: Max of 5 red stickers. All other stickers may be play
 - Silver I: No red, max of 10 orange stickers, green/yellow may play
 - Silver II: No red, max of 5 orange stickers, green/yellow may play
 - Silver III: No red, max of 3 orange stickers, green/yellow may play
 - Bronze I: No red/orange, max of 10 yellow stickers, green may play
 - Bronze II: No red/orange, max of 5 yellow stickers, green may play
 - Rec: No red/orange, max of 1 yellow sticker, green may play
- Teams Changing Divisions: (Must accomplish 2 of the following 3)
 - Moving Up: Division Winner; 15 points or more; Goal differential of 30+
 - Moving Down: Finish bottom of division; 5 points or fewer; Goal differential of -30
- Teams may request to move up or down each season, but it will not always be granted. Your roster will be evaluated prior to any move.
- If one of the teams being forced to move is going to have a significant roster change, then their status will be evaluated.