

Fraser Valley Rec Adult Hockey Handbook

Adult Hockey Leagues are Recreational Programs offered by the Fraser Valley Metropolitan Recreation District (FVMRD).

This Handbook is a guide to participating, officiating, and administering the Adult Hockey Programs. It is extremely important that all players, coaches, officials, and team representatives read and understand the information contained in the book. It is important to note that the programs provide an opportunity to participate and develop skills associated with the sport. It is a place to skate, to compete and to display a level of sportsmanship that is common in a community recreation program.



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League Policies

Minimum Age Requirement

The Icebox Adult Hockey Leagues are for **adults**. All players must be a **minimum of 18 years old**. No exceptions.

League Schedules

All league schedules will be posted on QuickScores.com/FraserValleyRec

Alcohol, Tobacco, Vape, and Drug Policy

The consumption of alcohol on the ice or prior to playing is strictly prohibited. Players may consume alcohol on the premises following the conclusion of their game.

Tobacco, Vapes, and Drugs are not allowed anywhere in the Icebox.

- Players “under the influence” will be removed from the game at the discretion of the rink personnel or officials and will be removed from the premises.
- Players spitting chewing tobacco on the ice will be removed from the game and/or suspended.
- Repeat violations will be subject to suspension.

Player Agreement and Liability Waiver

- All players must sign the league waiver in order to participate. Players must agree to abide by league rules. Players must agree to abide by the decisions of the FVMRD relative to issues not specifically covered in the rules and on issues pertaining to suspensions and reinstatements. These agreements and waivers are essential to good management of the league. No player will be allowed to participate without signing these documents.

Player Minimums for start of game

- A team must have 5 skaters and a goalie or 6 skaters for a game to begin.
- If a team has only 4 skaters, the game will be considered a forfeit.
- Officials, on and off ice, may stay at their own discretion if a team forfeits. They are not required to stay.

Player Equipment

Required Equipment:

- Helmet
- Gloves
- Elbow Pads
- Shin Guards

- Hockey Skates
- Athletic Supporter/Pelvic Protector

Recommended Equipment:

- Breezers (Hockey Pants)
- Shoulder Pads
- Cage/shield

Illegal Equipment:

- Figure Skates
- Speed Skates
- Jeans, Work Pants, or other pants with rivets or belt loops
- Goalie Equipment worn by players other than the designated Goalie (this includes skates)

It is each players responsibility to comply with the required equipment guidelines. All equipment must be made for hockey and worn in the intended protective manor. Elbow pads and shin guards must be completely covered to comply with uniform policy.

Rosters

Mixer Draft League

Team rosters are created by the Athletics Supervisor. All registered players will be placed on a roster. No additions will be made to rosters once they are created on 10/21/22. Team rosters will have a minimum of 12 players and a maximum of 15 players depending on the total number of players registered for the league.

B League

Team Captains will take part in a draft to create their team rosters. All registered players will be placed on a roster. No additions will be made to rosters after teams are drafted. Team rosters will have a minimum of 12 players and a maximum of 15 players depending on the total number of players registered for the league.

C League

Captains recruit players and create their own team rosters in C League. A team roster must be turned in prior to the first game. Teams must have a minimum of 10 players on their roster. A maximum of 15 players can be on a team's roster. Teams are allowed to make roster additions throughout the season as needed so long as they do not exceed 15 players. Once a player has been added to the roster and played in a game, they cannot be removed without the permission of the Athletics Supervisor. Removing a player from a roster will be allowed under the following circumstances: injury that prevents the player from continuing to play hockey, death, a player is expelled from the league, pregnancy, or other extenuating circumstances.

D League

Captains recruit players and create their own team rosters in D League. A team roster must be turned in prior to the first game. Teams must have a minimum of 10 players on their roster. A maximum of 15 players can be on a team's roster. Teams are allowed to make roster additions throughout the season as needed so long as they do not exceed 15 players. Once a player has been added to the roster and played in a game, they cannot be removed without the permission of the

Athletics Supervisor. Removing a player from a roster will be allowed under the following circumstances: injury that prevents the player from continuing to play hockey, death, a player is expelled from the league, pregnancy, or other extenuating circumstances.

Challenging Player Eligibility & Roster Checks

The FVMRD will evaluate any complaint about a team or player level and reserves the right to delete any player or team from the league who is above the general level of play for the league. The FVMRD also reserves the right to adjust teams in an effort to balance the play in any given league. Any team adjustments will be coordinated by the FVMRD with the team representative prior to making said adjustment. It is in all team's best interest to have teams adjusted to equal level of play as much as possible in the initial year of our league. All rosters will be locked after fifth game of season. No changes to team are allowed without FVMRD approval after fifth game.

Process for challenging players & teams levels:

The FVMRD League Supervisor. may declare any player ineligible for a league, based on ability level, without a challenge. Team Representatives may challenge the eligibility of a player based on skill level. If in their judgement, the player exceeds the level of play for the league, the player will be dropped from the roster. The decision of the FVMRD League Supervisor is final. There is no guarantee that the player will be placed on another team in an upper division, but all possible efforts will be made to place that player on a team. The team may replace the player with the approval of the FVMRD Athletics Supervisor.

Roster check rules:

A roster check can only be called 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 player and only this player can be checked at this time.

If a roster check takes place in the first period, both team rosters will be checked. The officials will call both teams to center ice, obtain copies of the rosters from the front desk and check each player. Each player is required to have their I.D. in their possession. If a player is not legally rostered, (name and signature) his or her team forfeit 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.

If a roster challenge is called and both teams check out OK, the team calling the challenge will be assessed a double minor 4:00 penalty for delay of game. In addition, the opposing team will have choice of all players to sit the penalty.

Substitutes:

If a team that needs players (has less than 6 legal skaters) asks a player not rostered on that team to play, the player may do so under the following conditions:

- They are a legally rostered player for another team in the same league or lower league.

- Both team representatives and both officials are in complete agreement and understanding of the situation and the game will be official for league standing purposes, no matter the outcome.
- The agreement takes place prior to the start of the game.

League Information

The FVMRD currently operates four (4) adult leagues. See league and skill descriptions below that are intended to help participants determine which league represents the most appropriate division for their skill level.

Mixer Draft League- Just for Fun: Mixer league is a mix of players from B, C, and D league. Games are usually medium pace.

B League – Intermediate to Advanced: B League Skaters have substantial hockey abilities, skills, knowledge, and experience. Most have been coached and have extensive hockey experience. These players are the best skaters in the league.

C League - Intermediate: C League Skaters are the great wide middle of adult recreational hockey. Most C league skaters have not had significant coaching or played noteworthy youth hockey as a child, but are generally athletic, have good knowledge of the game, skating and puck handling skills and can play at a general competitive level. Some may be slowing with age and moving down from higher ranks. An intermediate league has the greatest numbers of skaters and the widest range of average skills within the rank.

D League - Developmental: D League Skaters are often new to the game of hockey and those that are developing fundamental skating and stick handling skills. Most are learning basic rules of the game and team play. Some will have general knowledge of the game and have fundamental skating and stick handling skills. Some may be slowing with age and moving down from higher ranks.

Playing in Multiple Leagues

This rule sets guidelines for players who play in multiple divisions. It is intended to keep divisions fair. Allowing players to play in multiple divisions creates more teams and a better league experience.

- All abilities are welcome to play in the Mixer Draft League
- “Playing down” is not allowed. A C League level player may play up in B League to challenge themselves, but they may not play in D League.
- Players may play D and C **OR** C and B. Players may not play in D and B.
- Goalies can play in all divisions
- A player may not play on multiple teams in the same division.
 - A player may substitute onto another team in their division with the permission of the opposing captain

Mixer Draft League

Mixer Draft League Will Begin on October 24th, 2022. All players must register for this league individually. Players may register at FraserValleyRec.org/register or by visiting the Icebox Ice Rink.

Games are played on Monday, Wednesday, and some Thursday nights. Each team will play 6 games. Final games will be held on December 8th There are no playoffs for Mixer Draft League. All Registered Players are guaranteed to be placed on a team. The Fraser Valley Rec Athletics Supervisor will create rosters for all teams.

League Fees-

\$100 per player. League fees must be paid prior to playing.

Registration Deadline: 6pm on 10/20/22

Team Jerseys

All players will be issued a team jersey to use during the season. Jerseys must be returned at the end of the season.

B League

B League is a draft league. All players must register for this league individually. Players may register at FraserValleyRec.org/register or by visiting the Icebox Ice Rink. All registered players are guaranteed to be placed on a team. Team Captains are responsible for recruiting a goalie for their games.

Free Agents-

Any new players looking to join B League should register for the league on FraserValleyRec.org. All registered players will be placed on a team.

Team Captain Responsibilities-

- Ensure that all players are on the roster and have signed the roster by the 4th game of the season.
- Distribute the league schedule to all members of the team and inform all members of the team with any rescheduled information
- Communicate all league rules & information to the players on their team.
- Ensure that any Goalie has signed the Goalie Liability Waiver
- Communicate problems or concerns to the FVMRD Athletics Supervisor

League Fees-

\$185 per player. League fees must be paid prior to playing.

Registration Deadline: 6pm on 12/30/22

Team Jerseys

All players will be issued a team jersey to use during the season. Jerseys must be returned at the end of the season.

C League

C league teams are self-organized. Rosters are submitted by captains. Captains are responsible for recruiting players and their team's goalie.

Free Agents-

Any new players looking to join a C League team should visit the Icebox Ice Rink and add their name to the free agent list. Placement is not guaranteed.

Team Captain Responsibilities-

- Ensure that all team fees are paid.
- Ensure that players are a minimum of 18 years old.
- Ensure that the roster is submitted and includes player numbers.
- Ensure that all players on the roster are eligible and proper skill level for play in the C League
- Ensure that all players have signed the liability waiver
- Distribute the league schedule to all members of the team and inform all members of the team with any rescheduled information
- Communicate all league rules & information to the players on their team.
- Ensure that any Goalie has signed the Goalie Liability Waiver
- Communicate problems or concerns to the FVMRD Athletics Supervisor

League Fees-

Fees for C League are \$3,000 per team. 50% of fee (\$1500) is due by 12/8/22. Teams that have not paid 50% of their league fee by 12/8/22 will not be placed on the schedule. The remaining 50% (\$1500) is due by 3/8/22. Teams that have not paid their entire league fee by 3/8/22 will not be eligible for playoffs.

Team Jerseys

Teams must have same-colored jerseys with all players having a unique and permanent number on the back. Taped on numbers are not allowed. Team Captains are responsible for compliance. Returning C League teams have reserved their jersey color for the 22-23 season. New Teams are encouraged to have a light and dark jersey or pick a jersey with a primary color that is not already being used. Any returning team that chooses to purchase jerseys of a new color must chose a color not already used by another team.

Returning team colors are:

- Deno's= Red
- Powder Whores= White
- RM CAT= Black
- Red Army= Red
- Hideaway Brewery= Orange
- Snowflakes= Blue
- Hosers= Green

Available colors for the 22-23 C League: Teal, Purple, Yellow, Green, Brown, and any colors not listed above.

D League

D league teams are self-organized. Rosters are submitted by captains. Captains are responsible for recruiting players and their team's goalie.

Free Agents-

Any new players looking to join a D League team should visit the Icebox Ice Rink and add their name to the free agent list. Placement is not guaranteed.

Team Captain Responsibilities-

- Ensure that all team fees are paid.
- Ensure that players are a minimum of 18 years old.
- Ensure that the roster is submitted and includes player numbers.
- Ensure that all players on the roster are eligible and proper skill level for play in the C League
- Ensure that all players have signed the liability waiver
- Distribute the league schedule to all members of the team and inform all members of the team with any rescheduled information
- Communicate all league rules & information to the players on their team.
- Ensure that any Goalie has signed the Goalie Liability Waiver
- Communicate problems or concerns to the FVMRD Athletics Supervisor

League Fees

Fees for D League are \$3,000 per team. 50% of fee (\$1500) is due by 12/8/22. Teams that have not paid 50% of their league fee by 12/8/22 will not be placed on the schedule. The remaining 50% (\$1500) is due by 3/8/22. Teams that have not paid their entire league fee by 3/8/22 will not be eligible for playoffs.

Team Jerseys

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Returning team colors are:

- EGSD/WPD= Teal
- RM CAT= White
- WP Wine & Spirits= Yellow
- S.G. Farmers Insurance= Grey
- Ski Patrol= Black
- Real Sick Hockey= Green
- Hideaway Brewery= Orange
- Camber Brewery= Purple
- Pizza Pucks= Red

Available colors for the 22-23 D League: Brown, Blue, Pink, and any other colors not listed above.

League Rules

RULES OF PLAY

Fraser Valley Rec uses the USA Hockey Rulebook as a base guideline for rules. A few 'House' rules apply. **Fraser Valley Rec Adult Hockey Leagues are not USA Hockey Affiliated.**

- i. USA Hockey rules will be followed unless otherwise noted.
- ii. Each team will be allowed a timed 3 minute on ice warm up.
- iii. **Game Length:** Games will consist of three (3) twelve (12) minute stop clock periods.
- iv. **Sudden Death Overtime:** If game is tied at the end of regulation play, a five-minute sudden death overtime will be played. If there is no score during this overtime period game will end in a tie. There is no overtime in Mixer Draft League
- v. **Running Clock-** The game clock will run in 3rd period if there is a 5-goal differential.
- vi. **Off-sides** will be delayed until all players from the offending team vacate the attacking zone.
- vii. **Icing** will be automatic with no touch up required. Teams may ice the puck during a penalty kill.
- viii. **Protective equipment:** The FVMRD requires that all players wear a full set of USA Hockey equipment including: HECC certified helmet w/chinstrap (protective cage optional, but highly recommended), protective cup or pelvic protector, elbow pads, shin guards and hockey gloves.
- ix. **Checking:** This is a no check recreational adult hockey league. This does not mean there is no contact. Some body contact should be expected by all participants.
- x. **Penalties:**
 - a. **B League and C League-** Minor Penalty: 2:00; Double Minor: 4:00; Major: 5:00; Game Misconduct: It is the player serving the penalties responsibility to close the penalty box door at the termination of his/her penalty. If the door is not secure, an additional 2:00 minor penalty for delay of game may be assessed to that player.
 - b. **D League and Mixer Draft League-** Minor Penalty: 1:00; Double Minor: 2:00; Major: 5:00; Game Misconduct: It is the player serving the penalties responsibility to close the penalty box door at the termination of his/her penalty. If the door is not secure, an additional 1:00 minor penalty for delay of game may be assessed to that player.
- xi. **Progressive Penalties:** If a player receives three penalties in one game, the player must leave the ice for the remainder of the game and the third penalty will be served by any player from the penalized team. This rule applies to goalies as well. If a goalie receives three penalties, the team may forfeit that game or finish that game with six skaters on the ice.
- xii. **Player Conduct:** Players are subject to disciplinary procedures from the FVMRD for all actions that occur before, during games or after games in the facility or the

parking lot. Any player or team, who in the judgment of the FVMRD, is dangerous, belligerent, uncooperative, non-compliant with league rules or decisions, or disruptive to league will not be allowed to participate. Refunds will not be given when a player or team is dropped from the league for disciplinary reasons.

- xiii. **Fighting:** A player, who in the officials' opinion, is involved in a fight before, during or after a contest at the Ice Box will be suspended from league without refund on the first offense for a minimum of 1 game. Fighting suspensions carry over to following season if there are not enough games to finalize suspension period in a given season.
- xiv. **Player Suspensions:** Any player who receives a game misconduct will sit out at least one additional league game. Players suspended from play may not be in the team area during the suspension period.
- xv. **Zero Tolerance:** The FVMRD will maintain a Zero Tolerance with relation to Officials Abuse.

Body Checking is NOT ALLOWED in any Division

- Hockey is a contact sport, but a deliberate body check should be penalized.
- A body check that causes an injury to an opponent will face suspension(s) and/or additional disciplinary action.

Fighting is NOT ALLOWED in any Division

- Ejection from current game
- Minimum 1 game suspension
- Progressive discipline will be used for repeat offenders, Athletics Supervisor's discretion for expulsion from league

Deliberate Attempt to Injure

A match penalty for attempt to injure or deliberately causing injury to an opponent or official with result in:

- Major Penalty served by offending team
- Ejection from current game
- Minimum 2 week suspension and potential additional progressive discipline
 - The suspension will carry into any additional league(s) you play at the Ice Centre.
 - Players causing severe injury to their opponent intentionally may face a suspension that last the duration of the opponent's injury.

Three Penalty Ejection rule - House Rule

- If you incur 3 minor penalties in a game you will be ejected for the remainder of the game.
 - A major or misconduct count as two toward this rule
 - Any player ejected 2 times in a season for this rule, will receive a 1 game suspension.

- Players ejected 3 times in a season for this rule, will be suspended for a minimum of 2 additional games and must meet with league officials (Parks and Athletics Manager, Athletics Supervisor, or Athletics Coordinator) before being allowed to play in any league again.

Suspension & Progressive Discipline

All suspensions will be reviewed by the Fraser Valley Rec Parks and Athletics Manager and Athletics Supervisor. You may not challenge or dispute the final ruling. No refunds will be provided to players who are ejected or expelled.

Progressive Discipline: Players who are repeat offenders will incur longer suspensions, up to and not limited to league expulsion. This will carry over from previous seasons. This is in place to keep a safe environment for all players, officials and staff. Problem players will be dismissed/suspended indefinitely.

Supplemental Discipline: Any incident that occurs prior to, during, or after the game is subject to being penalized regardless of whether the action was penalized by the Referee.

2022/23 Icebox Adult Hockey Leagues Calendar

THE ICEBOX ICE RINK OPENS FOR THE 22/23 SEASON MID OCT

October 2022						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2022						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2022						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2023						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2023						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March 2023						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

B League

Registration Deadline is 6pm 12/30

B League Drop In 12/13&12/20

Regular season marked teal

Playoffs marked darker teal

C League

Captains Meeting is 11/16 at 6pm

Regular season marked blue

Playoffs marked darker blue

Some Games may be held on Thursday evenings as needed.

D League

Captains Meeting is 11/17 at 6pm

Regular season marked purple

Playoffs marked darker purple

Draft Mixer League

Registration Deadline is 6pm 10/20

Games marked in Green