

Divisions

“B” Division Non-Checking

Sunday 10 Team Division

“C” Division Non-Checking

Tuesday 6 Team Division

“D” Division Non-Checking

Thursday 4 Team Division

After game procedures:

The Triangle SportsPlex would like to ask all teams to please respect facility grounds by keeping locker rooms, parking lot and facility clean. We appreciate all of your help and hope you appreciate the SportsPlex for yourself and others.

TAHL Director:

Mark Hamlett Email: mhamlett@trianglesportsplex.com
Phone: 919-644-0339 Ext.243

2007-2008 TAHL Board Members:

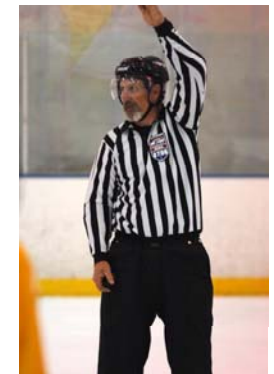
Scott Stingley
Jason Botwick
Markus Seppanen
Chip Hoppin

Triangle Adult Hockey League

**TAHL
Rules and Directory**



2010-2011





T.A.H.L.

Rules and Directory

TAHL Rules:

TAHL will follow **USA Ice Hockey** rulebook and policies. TAHL Director will handle all game, gross misconducts and match penalties incurring additional game or season suspensions. T.A.H.L. emphasizes good sportsmanship and athletic competitiveness. Slap shots are allowed in all divisions. C and D Division, all players will be capped at no more than 3 goals per game. Any official challenges to the league can be addressed and only addressed 24 hours after game time. All players must be USA Hockey Members and submit proper USA registration, no exceptions. All players will be required to wear jerseys that are the correct color and have a number. This is to ensure that statistics can be kept up to date. Playoff seeding in case of regular season tie, will be determined by head to head play, if still tied, penalty minutes is secondary.

TAHL reserves the right to refuse any player the right to play for infraction of the league rules or those of USA Hockey and the TAHL.

TAHL Game Format

Five (5:00) minute warm-up. Three (3), twenty (20:00) minute periods. Periods will be run time. Last two (2) minutes of the third period, if teams are within 2 goals, stop time will commence during stoppages. (If teams score to make score greater than two (2) goals, stop time will not apply.) At the end of regulation, if teams are tied, teams will proceed directly to a shoot out. (Regular Season) Game points are as follows: Two (2) point for win. One (1) point for a tie in regulation (Each Team). Zero (0) for loss in regulation. Each team will have an opportunity to gain (1) one point for a shoot out win.

T.A.H.L. Shoot Out:

Regular Season- Shoot Out Shoot Out will be best of three (3).

Three (3) players in from each team shall participate in the shootout and they shall proceed in such order as the captain sets. After the 3 players that are on roster to shoot, any chosen player may shoot. All players must shoot once to be eligible to shoot there after.

Any player may participate in the shootout unless he has been assessed a game misconduct, gross misconduct or match penalty during the game.

A visiting team player shall take a penalty shot on the opposing goalkeeper. A home team player shall follow and the procedure shall be repeated until a decisive goal is scored. The team with the most goals scored shall be declared the winner and awarded a point. If the result is still tied after each of the three (3) players have taken a penalty shot, the captain will designate any player that has not shot to take a penalty shot in sudden death one and one round. Teams may not use the same shooter again until everyone on the lineup has taken a penalty shot. Team must win by one goal. Both visiting and home team will have one penalty shot per round and the team to score and block a penalty shot, will be declared winner.

Abuse of Officials will not be tolerated.

Zero Tolerance will be enforced. If you have concerns with an official, please direct concerns in written format or email to TAHL Director.

Team Composition

A team must start a game with six players on the ice. Any time that a team has been reduced to less than four players, the game shall be declared a forfeit. A maximum of sixteen(16) players, excluding goalkeeper, shall be permitted to play in a game. The minimum number of players per team registered on roster is thirteen (13). All roster are frozen for playoffs on week 10 of regular season.

The TAHL director reserves the right to add or move players on team rosters.

For B, and C divisions a maximum of three (3) players from higher divisions will be allowed to be added to a team roster. Only players on a team's permanent roster will be allowed to play in TAHL Regular Season and TAHL Playoff games. Sub Players will be deemed ineligible for playoffs.

If a participant that is not on permanent roster, plays without informing the league director, the opposing team's captain, is not on the official roster prior to the beginning of the game, or is not a USA Hockey member, that team shall forfeit the game.

If a player is not a participant in TAHL and a roster player on the team that he/she is playing for, the league director and opposing captain must be contacted in advance for permission. In this case the sub player must also pay a game fee of \$25.00 dollars and USA Hockey fee (\$38.00) if applicable.

If a captain allows a non roster player to participate in a game that hasn't followed league procedure as listed above, the player will pay \$25.00 game fee and the captain will be fined \$25.00. Subsequent offenses will accumulate game suspensions.

If a player does participate in TAHL in the division that he/she is subbing for (i.e. If he/she were asked to play for a later game due to lack of players.) only the opposing team's captain must be asked for permission. In this case the sub player will not be held responsible for any game fees for the game subbing in.

If a sub player is dressed under another roster player name that is not present for that game, the team will forfeit the game, the sub player will have to pay \$25.00 sub fee, and the team's captain will serve a 1 game suspension and will be fined \$25.00.

Uniforms & Equipment

All teams must supply same color jerseys for all players and goalies. Jersey must have a distinct number on back of jersey that player will wear for the season for its entirety. SportsPlex Pro Shop offers discounts to TAHL teams on Jersey purchasing.

All TAHL participants are personally responsible to wear protective equipment for all games and warm-ups. Such equipment should be a HECC approved helmet and all equipment required by USA Hockey rules. Shoulder pads are optional. **Face protection is Strongly Recommended!**

TAHL Code of Conduct

Be on time for games.
Play for fun. Work hard and improve your skills.
Learn teamwork, sportsmanship and discipline.
Learn the rules and play by them.
Respect the officials.
Never argue with an official's decision.
Respect the facility and locker rooms.

TAHL Payment and Refund Policy

USA Hockey and League dues are required to be paid in full before first game. Checks made payable to Triangle SportsPlex. Master Card or Visa accepted. Fees will not be pro-rated. Registration refund requests will be accepted no later than one week after teams are formed and a \$25.00 fee will be charged.