

1. League Sanctioning and Jurisdiction

a. USA Hockey and Minnesota Hockey

The MNWAHL is sanctioned and governed by the rules of USA Hockey (USAH) and Minnesota Hockey (MNH), who are considered national and state governing bodies respectively. Participants are encouraged to read the USA Hockey Annual Guide, USA Hockey Rulebook, MN Hockey Bylaws, and MN Hockey Handbook. A participant's unfamiliarity with the rules will not be taken into consideration if a dispute arises.

b. National Sports Center

- i. The National Sports Center (NSC) is the local governing body for the MNWAHL.
- ii. The NSC may set additional rules and requirements at any time that are subject to change without notice or publication. The NSC is represented in these matters by a full-time MNWAHL Director.
- iii. The League Director has final authority over all league matters, including playing rules, team composition, player eligibility, discipline, and other aspects of the league as allowed by USAH and MNH.

2. Participant Eligibility

- a. Participants must be 18 years-old and out of high school by the start of league play.
- b. Participants must be registered with USAH for the current year to be on the team roster.
 - i. Substitute players (skaters and goalies) may be used if they meet all registration requirements, and the MNWAHL Director and NSC Registrar have provided written approval for them to play in that game(s). Without written approval, those players are ineligible for participation on that team.
- c. Players must complete all registration requirements as outlined by the NSC which are specific to the MNWAHL. These requirements will be made available to participants through the NSC Registrar.
- d. Players must be on each team roster they intend to participate on. Teams found with ineligible players will be penalized, up to player and/or team suspension from league and post-season play, without refund.
- e. Players may be rostered on multiple rosters, including those in the same division. Players may only play on one (1) team per division in playoffs. Players are responsible for notifying the NSC Registrar of their team choice prior to playoffs beginning.
- f. Rosters are frozen and cannot be changed on a date and time to be determined by the NSC for each league session.
- g. Players must have a current league eligibility sticker on their helmet to participate in the league.
 - i. Sticker Policy
 1. After the completion of league check-in at the start of each league, this policy will go into effect.
 2. In the first two periods of a game, a team may request that the On-Ice Official perform a sticker-check of the opposing team. This request must come from the Team Manager.
 3. Regular Season Play: If the sticker-check is found to be valid (the opposing team had a player without a sticker), that team will receive a 5-min Major Delay of Game penalty and the ineligible player must leave the ice immediately. If the sticker-check is found to be invalid (the opposing team's players have all their stickers), the requesting team will receive a 5-min Major Delay of Game penalty.
 4. Playoffs: If the sticker-check is found to be valid (the opposing team had a player without a sticker), the game will end immediately, and the offending team will automatically forfeit the game and advancement in playoffs. The game will be over. If the sticker-check is found to be invalid (the opposing team's players have all their stickers), the requesting team will receive a 5-min Major Delay of Game penalty.
 5. The On-Ice Official may call for a sticker-check at any point in the game at their own discretion.
 6. Once a player has been removed from the game for not following the sticker policies, they are not allowed back on the ice for any reason during that game.
- h. League Divisions are set by MNH and the NSC. Players must adhere to the division requirements to play in those divisions. These are available on the MNWAHL and MNH website.

- i. No refunds will be provided to those players or teams who receive game or league ejections.

3. Equipment and Jerseys

- a. All players on the team must wear matching jerseys of the same color. Jerseys must have permanent numbers on the back. Players shall wear the same jerseys and number for the duration of the league.
 - i. Goalies are exempt from this rule. However, they cannot wear a color that matches the opposing team.
 - ii. Opposing teams with similar jerseys may wear pinnies or another jersey with permission from the On-Ice Officials.
 - iii. Teams found without matching jerseys, once league has begun, will receive 20 jerseys from the NSC and will be charged double the listed price of jerseys. These jerseys must be paid for prior to playing another game.
- b. Players are required to wear a minimum of elbow pads, shin pads, hockey gloves, hockey pants/breezers, mouth guard, and HECC certified helmet with permanent chin strap. Full facial protection and shoulder pads are recommended.

4. Game Protocols

- a. Four (4) minute warm-up.
- b. Three (3) seventeen (17) minute, running time periods.
- c. One (1) minute rest between periods.
- d. No timeouts allowed.
- e. No overtime in regular season play. Overtime will be used in Playoffs.
- f. Stop-time will be used in the last two (2) minute of the game if the score is within two (2) goals or less. It is the responsibility of the trailing team to start and stop the clock. In the event the game is tied, the home team will be responsible for clock operations. If the score becomes greater than a two (2) goal differential, running time will resume.
- g. Teams must have a minimum of six (6) skaters and one (1) goaltender for a game to begin.
 - i. If the required number of players is not on the ice by the conclusion of warm-ups, the game will be considered a forfeit and recorded as a 3-0 loss for the offending team. On-Ice Officials are not required to officiate forfeited games.
 - ii. If a goaltender becomes injured during the game, the game may continue if the team has a minimum of six (6) eligible skaters participating.
 - iii. If at any time a team does not have the required number of skaters to participate in play the game will be forfeited. This includes penalized player(s) in the penalty box creating the inability to have the correct number of players on the ice during play.
- h. Tag-up off-sides will be used for all MNWAHL games.
- i. Icing is called from the defensive blue line.

5. Penalties

- a. Players serving a penalty must sit in the penalty box for the duration of the penalty.
- b. The penalty clock will begin at the drop of the puck. If the penalty expires during a stoppage of play, the player will leave the penalty box when the puck drops for the next play, at which point the penalty shall be considered complete.
- c. A player receiving three (3) penalties in a game will be given a Game Ejection and must leave the ice and arena immediately. This Game Ejection does not carry additional suspensions.
- d. Any physical abuse of an official will be called as a Match penalty, result in immediate league suspension, and may carry greater consequences, including legal and/or civil charges.
- e. Any player verbally abusing an official will be given a minimum of a Major penalty, and Game Misconduct with a three (3) game suspension.
- f. Fighting will be called as a Match penalty and carries a minimum of a league suspension.
 - i. A single punch thrown is considered fighting.
 - ii. On-Ice Officials may use their discretion to call fighting so long as no punch was thrown.
- g. Teams may be penalized due to the actions of their spectators.
- h. Any player ejected from a game for any reason and does not leave the arena immediately will be subject to a Match penalty.

- i. The League Director may impose tougher penalties after the game has completed at any time during the league.

6. Post Season Play and Playoffs

- a. Any team that forfeits more than one (1) regular season game may be disqualified from playoffs at league discretion.
- b. If illegal/unapproved players are used in a playoff game, the team shall forfeit playoffs.
- c. Playoffs rounds will be single elimination.
- d. Seeding and playoff schedules will be made available on the league website.
 - i. Seeding Tie Breaker
 - 1. Head to Head
 - 2. Most Wins
 - 3. Fewest Goals Against
 - 4. Most Goals Scored
 - 5. Coin Flip
 - ii. If multiple teams are tied, procedure will follow the above tie breakers, and start over.
- e. Overtime Procedures
 - i. Five (5) minute, running time, sudden death four-on-four (4v4) period shall be played.
 - ii. If no team scores, a best of three (3) man shootout shall occur.
 - iii. If no winner at end of shootout, a sudden-death single player shootout will be held until a winner is determined.
 - iv. No player may shoot twice in the shootout until all skaters on the team have shot.

7. Protests

- a. Protests are only allowed by Team Managers and must be submitted, in writing, to the League Director.
- b. Protests must be made within forty-eight (48) hours of the protested offense.
- c. Protests will only be accepted for the following:
 - i. Violation of eligibility rules
 - ii. Behavior that may be considered detrimental to the play of the game
- d. Protests may result in additional penalties, suspensions, and/or fines to players upon investigation.

USA Hockey: www.usahockey.com

Minnesota Hockey: www.minnesotahockey.org

National Sports Center: www.nscsports.org

MNWAHL: www.mnwildadultleague.org