

Full Stride Hockey League Handbook

Introduction

Full Stride welcomes you to a unique and exciting brand of adult recreational hockey programming for players of all skill levels ages 18 and older.

Philosophy

The Full Stride Hockey League strives to create a variety of exciting seasonal adult programs that are founded on the principles of fair play, sportsmanship, camaraderie, and safety.

Commissioner/Disciplinary Committee

Dan McFall serves as Commissioner for the Full Stride Hockey League. The Commissioner is responsible for the general administration and operations of the league. These responsibilities include, but are not limited to: team/player placement, captain's correspondence, official's correspondence, and policy interpretation/execution. The Commissioner of the Full Stride Hockey League is responsible for any disciplinary problems that may arise. His primary responsibility is to enforce the rules and regulations of the Full Stride Hockey League.

Full Stride Correspondence

For questions and general information, please use the following:

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Team Captains

Each team in the Full Stride Hockey League is required to name one captain at the onset of each season. Captains are required to attend any meetings called by the Commissioner. Captains shall act as the team representative for all correspondence with the Commissioner. Player questions and concerns must first be directed toward the team captain. Captains will be held responsible for any outstanding league payments.

Team Registration

Registration deadlines are noted on all registration materials and on the web site prior to the start of each session. Captains are responsible to the Commissioner to ensure all fees and documentation are collected and submitted by the appropriate dates.

Player & USA Hockey Registration

All players must be registered with USA Hockey to be eligible to play in a Full Stride Hockey League game. Any player not registered and in good standing with USA Hockey for the current season will not be allowed on the ice.

Schedules

Schedule formats for the divisions offer one game per week with time off during major holiday weeks. Fall and Winter sessions are twelve (12) weeks. Spring and Summer sessions are eight (8) weeks. Division schedules are made based off of the available ice times offered to Full Stride.

At the beginning of a new session, a preliminary schedule will be presented to the team captains. Preliminary schedules are subject to change with the addition/subtraction of teams during this time. Once schedules are finalized, the captain will give the Commissioner a down payment to secure a spot on the finalized schedule.

Rules & Regulations

The Full Stride Hockey League uses adult league rules under the USA Hockey rule book. The rules and regulations for all divisions are identical. The caliber of play is the only difference between the various divisions.

Playing Rules

USA Hockey rules govern play of all sanctioned Full Stride games. All captains are responsible for the knowledge of USA Hockey rules and regulations.

Game Times

All Full Stride Hockey League games consist of sixty (60) minutes of ice time. All games will have a three (3) minute warm up period. All games will consist of three (3) periods. Each period will be twelve (12) minutes of stop-time. If no time keeper is available, the game will consist of two (2), twenty seven (27) minute run-time halves. Due to scheduling efficiency, all games will start and end in accordance with the daily facility schedule.

Ties & Overtime

All regular season and non-championship games: If the score is tied at the end of regulation, a shootout will commence. Each team will select three (3) players to alternately attempt a penalty shot. In the event the score is still tied, the game will end in a tie.

Championship Games Only: If the score is tied at the end of regulation in a championship game only, a five (5) minute sudden death over time period will commence. Teams will play five (5) on five (5). Teams will not switch ends. The five (5) minutes will be running time until the final two (2) minutes. The final two (2) minutes will be stopped time.

If the game is still tied at the end of the sudden death overtime period, a three (3) player shootout will commence. If it is still tied, a sudden death shootout will commence to determine a champion.

Note: Shootouts and overtime periods are not a guarantee. Shootouts and overtime will only be played if there is time left in the hour.

Standings Tie Break Rules

In the event teams are tied in the standings, the following tie break rules will be applied to determine which team receives the higher playoff seeding.

1. Points (The team with the fewer number of games played ranks higher).
2. The greater number of games won in regulation.
3. The greater number of points earned in games between the tied clubs (Head to Head).
4. Goals against.

Forfeits

In the event a team is forced to forfeit a game for the use of ineligible players, the opponents will receive the victory.

In the event a team is forced to forfeit a game because they are unable to field a team, that team will receive a \$200 fine for the cost of ice to reschedule the game. All teams are held responsible for fielding a team for every game.

Game Cancellations

Although alterations to the schedule are avoided at all costs, Full Stride reserves the right to cancel Full Stride Hockey League games due to facility malfunction, weather, or other circumstances. In the event a game is cancelled, the Commissioner will notify the captains immediately.

No Referees Present for Game

In the event referees are not present for a scheduled game, the game will be rescheduled for a later date. Teams may utilize the ice for a half-ice practice or scrimmage. Teams will be expected to monitor themselves during these times and may be subject to disciplinary action if incidents occur.

Referees

All Full Stride Hockey League games are officiated by certified USA Hockey officials. All appropriate USA Hockey rulings made by an official during a game will be supported by the Commissioner.

Note: Although you may not agree with every call made (or not made) by the officials, it is important to remember that as a player in the Full Stride Hockey League, you are responsible for conducting yourself in a professional and appropriate manner. Full Stride has a zero tolerance policy for abuse of officials.

Score Keepers

Full Stride employs score keepers for all Full Stride Hockey League games. Score keepers act as off-ice officials and are responsible for clock management and the official score sheets. Score keepers are also available to the Commissioner for statements regarding on and off-ice incidents.

Player Equipment

In accordance with USA Hockey rules, all Full Stride players must wear full equipment including a HECC certified helmet.

Face/Eye Protection: In addition to a certified helmet, Full Stride requires all players to wear a half shield or a full face mask for the safety of all participants. Players with out a half shield or full face mask will not be allowed to play.

Jersey Policy

Prior to the first game of the session, all Full Stride Hockey League participants are required to have uniformed jerseys with a number on the back.

Rosters

All teams are allowed to roster a maximum of twenty (20) players including a goalie. A rostered player constitutes a player that:

1. Completes all Full Stride Hockey League registrations.
2. Has a valid USA Hockey registration number for the current season.
3. Makes payment on all necessary fees.
4. Captain has been notified by the Commissioner that the player(s) are verified and in good standing.

Full Stride Hockey League Roster Approval & Replacement

Full Stride reserves the right to place individual teams and players in the appropriate division, based on skill, if necessary. Full Stride also reserves the right to remove a player that is not suited for that level of play. A player can be removed at anytime during the season as the Commissioner sees fit.

Ineligible Players

Any team participating in a Full Stride game and is found using a non-rostered player, or player determined to be ineligible, shall forfeit all games the ineligible player participated in.

Note: The Commissioner reserves the right to remove any player from a roster if he feels the player is not in the appropriate division.

Playoff Eligibility

Fall & Winter Sessions: Players must be listed on the roster and participate in at least three (3) regular season games.

Spring & Summer Sessions: Players must be listed on the roster and participate in at least one (1) regular season game.

Scoresheets/Sign In

Score keepers for all Full Stride games utilize an official Full Stride Hockey League score sheet. Prior to each game, all players must sign in on the score sheet.

Three (3) Penalty Rule

Players committing any three (3) penalties in one period, or five (5) penalties in a game, shall receive a game misconduct penalty and be removed from the remainder of that game. The first occurrence applies for that game only. The second and third occurrence will include a game misconduct and a one (1) game suspension for the next scheduled league or playoff game. A fourth occurrence will include a two (2) game suspension and a hearing with the Commissioner.

Zero Tolerance

The Full Stride Hockey League enforces a zero tolerance policy for the abuse of officials and score keepers. Abuse includes, but is not limited to, verbal, physical or otherwise. Abuse of officials will result in an immediate and indefinite suspension, pending a review by the Commissioner. Pending the outcome of the review, Full Stride reserves the right to impose a lifetime expulsion from activities at Full Stride.

Game Misconduct Penalty

The Full Stride Commissioner will review all game misconduct penalties with the on and off-ice officials to determine if it warrants any further disciplinary action. Further disciplinary action could include a minimum one (1) game suspension from the league and/or playoff game or league expulsion.

Match Penalties

In accordance with USA Hockey, any player receiving a match penalty is ejected from the current game and automatically suspended for 30 days or until a meeting is held and a ruling made by Full Stride. The Full Stride Hockey League also reserves the right not to meet within the 30 day time period. If this occurs, the player is reinstated after the 30th day. Match penalties may result in league expulsion.

Fighting

The Full Stride Hockey League has a zero tolerance policy for fighting. Any player(s) ejected from a game for fighting will be suspended indefinitely. There will be no exceptions. Any player suspended or expelled from the league for fighting is not entitled to a refund from Full Stride for any missed games.

Game Called

Full Stride officials have the right to stop a game at any time if the game becomes too physical, out of control, and/or if the game is deemed unsafe for players and officials.

Playoffs

Each Full Stride Hockey League session ends with playoffs. The playoff format, dates, and times for each session will be determined by the Commissioner and will be distributed to the team captain.

Drug & Alcohol Policy

The consumption of drugs or alcohol within arena facilities is prohibited.

Player Code of Conduct

All members of the Full Stride Hockey League are required to conduct themselves in a professional and appropriate manner both on and off the ice while at the rinks. These facilities are billed as family entertainment centers and failure to uphold this standard is unacceptable and will not be tolerated. Violators may be subject to a disciplinary committee review.

The following guidelines are to be adhered to at all times while at the game facilities:

1. Foul language will not be tolerated.
2. Players are to treat all facility members with respect.
3. Players are to dress in the locker rooms only.
4. Ice access is not allowed until the start of the game.
5. No one is allowed on the ice until the Zamboni doors are closed.