



LEGEND LEAGUES OF HOCKEY Rules and Guidelines

The LEGENDS LEAGUE OF HOCKEY league mission is to foster a friendly, competitive Adult Hockey experience and to further develop camaraderie between the teams, players, officials and staff that participate in its leagues. The players in the league are asked to partner with the LEGENDS LEAGUE OF HOCKEY to achieve this mission. If at any time a player feels something is being done that is contrary to this mission it is that player's responsibility to bring the issue up with the League Commissioner-Bill Auld. You can reach the League Commissioner at 908-872-7877 OR thecommish.bill@gmail.com

The following are the LEGENDS LEAGUE OF HOCKEY League Rules and Guidelines. The league will abide by USA Hockey rules unless noted otherwise.

1. USA Hockey rules apply unless noted otherwise.
2. All players must be 18 years of age or older for open divisions
3. Game will be played in 3-15 minute periods.
4. Automatic Red Line Icing and Tag up Offsides will be the rule of the League.
5. The season will consist of officiated 12 games regular season plus playoffs. All teams will qualify for the playoffs.
6. The team fee is \$4725. 1/2 payment prior to first game. Final payment by game 3
7. Final and complete MAIN ROSTERS must be received by the League Commissioner prior to the first game of the season.

a Team rosters will be limited to a maximum of 20 skaters plus goaltenders.

b. Teams do not have to list their SUBS before the season. If SUBS are listed on the original MAIN ROSTER make sure to designate who is a SUB.

c. Players are only allowed to SUB on one team.

d. SUBS not submitted on the MAIN roster must be approved by the Commissioner before being eligible to play.

e. To be eligible for playoffs a player must have played in 4 games for said team. SUBS ARE eligible for playoffs if they have played 4 games for said team AND are NOT on a MAIN ROSTER for another team in the same division.

f. MAIN ROSTER exception. A team can carry more than 20 skaters but their TEAM FEE is raised \$200/EXTRA PLAYER. The SUBS would still have to abide by all other SUB rules outlined here.

g. Players not adhering to these SUB rules will be viewed as an EXTRA PLAYER and will be subject to the TEAM FEE increase of \$200/EXTRA PLAYER.

h. Roster revisions for injury or other circumstance are allowed but require prior approval from the league Commissioner.



LEGEND LEAGUES OF HOCKEY Rules and Guidelines

8. No players may be on more than one team's MAIN ROSTER in a given league without prior approval from the League Commissioner. If approval is given no player may play on more than two teams.
9. All players must sign in with name and number on the official score sheet prior to each game. No exceptions. If an ineligible player is found to be playing the Team Captain will be suspended for the following game.
10. If a game ends in a tie there will be a 3 minute 4 on 4 overtime period. If still tied then a three person cumulative shootout rounds will be conducted. If still tied sudden death shootout rounds will be conducted until there is a winner. No player can shoot again until all eligible players have shot with the following exception. If one team has less players suited up for the game than the other, players from either team may shoot again when the team with the fewest players has used all of its players. The cycle would then continue in similar fashion. No player who was in the penalty box at the end of regulation may participate in the shootout but is to be included in the number of suited up players. The winning team will receive 2 points. The losing team will receive 1 point.
11. Playoff Tiebreaker format. If two teams are tied with the same number of points at the end of the regular season, the Tiebreaker shall be: Head to Head, Goal differential, Games Won, Goals against, Goals for. If more than two teams are tied in points at the end of the regular season, the Tiebreaker shall be: Goal differential, Games Won, Goals against, Goals for. ****Note: Any team that has forfeited a game in the regular season loses any tie breaker to a team that has not forfeited any game during the regular season.**
12. If a playoff game ends in a tie at regulation, there will be a 5 minute 5 on 5 sudden death overtime period followed by a 5 minute 4 on 4 playoff period if necessary. If still tied after 4 on 4 play the sudden death overtime will continue 3 on 3 in 15 minute periods until a goal is scored.
13. There will be absolutely no FIGHTING allowed. A fighting penalty will be a minimum 5min major penalty and game misconduct.
 - FIRST INCIDENT: 1 GAME SUSPENSION
 - SECOND INCIDENT: 6 GAME SUSPENSION
 - THIRD INCIDENT LEAGUE EXPULSION
 - ALL FIGHTING PENALTIES WILL BE REVIEWED BY THE LEAGUE DIRECTOR. ADDITIONAL DISCIPLINE MAY BE ENFORCED AT THE FULL DISCRETION OF THE LEAGUE DIRECTOR AND SHOULD BE EXPECTED FOR REPEAT OFFENDERS REGARDLESS OF SEASON THE INFRACTION OCCURED. NO REFUNDS WILL BE ISSUED FOR ANY SUSPENSION TIME ISSUED. IF YOU PLAY IN THE LEAGUE YOU ARE INDICATING THAT YOU UNDERSTAND AND AGREE TO THE RULES AND GUIDELINES SET FORTH IN THIS DOCUMENT.
 - SUSPENDED PLAYERS ARE NOT ELIGIBLE TO PLAY ON ANY TEAM IN ANY LEAGUE/DIVISION UNTIL THE SUSPENSION IS SERVED ON THE TEAM THE SUSPENSION WAS GIVEN.
14. Any player who receives an INTENT TO INJURE PENALTY will be indefinitely suspended and faces discipline review and League Expulsion. No refunds will be issued.
15. In the Frontier League D2+ and Pioneer League D2 regular season, the following Elevated Double Minor penalties will be issued as follows: The minor for Checking, Cross-Checking, Roughing or Slashing will be elevated to a double minor penalty. Each Elevated Double Minor penalty will count as 2 penalties for use in rule #16. In the post season the Elevated Double Minor penalty does not apply.



LEGEND LEAGUES OF HOCKEY Rules and Guidelines

16. Any player receiving 4 penalties in one game will also receive a 10 min misconduct penalty. Any further penalties received in the same game will result in a game ejection. If at any time a player hits five penalties in the game, the 10 minute misconduct would not be issued and the player would automatically be issued the Multiple Penalty Game Ejection.
17. Any "Abuse of Official" 10 minute misconduct or game misconduct penalty will result in 1 game suspension and further review and discipline as per the discretion of the League Director.
18. If the goal differential between teams reaches 6 goals in the third period and only the third period, the game timing will be "running clock". Game will return to "stop time" when goal differential is back to 6.
19. Officials may end a game at any time for any reason. The score will be noted, and the League Commissioner will review with the game Officials to determine a winner. All decisions by League Commissioner will be final.
20. Players are to employ the "24 Hour Rule." This means that should a player have a problem with anything that takes place in a game and wish to voice his/her concerns, he/she is to wait 24 hours after the game has ended before confronting the League Director. This is a proactive measure to ensure that cool heads prevail.
21. Full equipment is required, including a minimum half face shield.
22. All players are to dress in their designated locker room. Teams are responsible for securing their valuables and extra equipment. Leave locker rooms clean and treat them with care.
23. All games will start no later than 5 minutes after the scheduled game time. If a team does not have a minimum of 5 skaters and a goalie or 6 skaters after 5 minutes they can call their one timeout. If said team does not have the requisite number of players after the timeout the game will be forfeited. Game Officials will have final say with regards to enforcement of this rule.
24. ID must be shown prior to ALL PLAYOFF GAMES or when requested by the League Commissioner and/or Rink Management.
25. These rules may be amended at any time by the League Commissioner.

LEAGUE LINEUP PAGE:

<https://www.leaguelineup.com/welcome.asp?url=fiah>



<https://www.facebook.com/AIAHLHOCKEY>



<https://twitter.com/hockeyllh>

UPDATED February 16, 2026