

As of Sep 1, 2010 O AHL is a USA Hockey sanctioned and insured league. All of our players are in the process of registering with USA Hockey. We are following USA Hockey adult rules unless the below rules conflict in which case the O AHL rules supersede the USA Hockey rules.

O AHL RULES:

GAMES:

- Games are (3) 15 minute stop time periods.
- Each game is preceded by a 4 minute warm-up period.

REGULAR SEASON TIES:

- **NEW REVISED SHOOTOUT PROCEDURE:** Regular season games ending in a tie are decided by a shootout. It is a **3** player per team format. After **3** players from each team shoot, the team with the most goals wins. If the teams are still tied after **3** players each then the shootout goes to one player rounds in a sudden death format. Each team gets one shooter per round until one team scores and the other does not. **Important - No player may shoot twice until every eligible player has shot for that team, regardless of the number of players on the opposing team.**
- Players that are serving a penalty at the end of regulation are **not** permitted to participate in the shootout.

PLAYOFF TIES

- Playoff games ending in a tie go to a sudden death 10 minute stop time period. If the game is still tied then the game is decided by a 3 player shootout (same format as regular season).

ICING

- We use the **RED** line for icing - **NOT** blue line.

RUNNING TIME:

- If at any point during a game the score differential is **8** goals or greater (ex. 9-1, 8-0, 12-4) then the game goes to running time. However, during running time if the score differential becomes less than 8 goals the game goes back to stop time. **One exception to the running time rule: the clock should be stopped in the event of an altercation or injury that causes an unreasonably long stoppage in play.**

5 PENALTIES:

- According to USA Hockey an adult player that gets 5 penalties is automatically ejected from that game. The player is not suspended from future games.

MAJOR PENALTIES/ GAME MISCONDUCTS:

- If a player is assessed a major penalty and/or game misconduct penalty the player is ejected from that game and at least one more game. I (Adam Mims) review and investigate each Major Penalty/ GM.

REFEREES NAMES AND CONTACT INFO:

- The referees should print their name and sign each scoresheet. If a Major penalty or GM is assessed then a phone number and/or email address should be supplied.