

# **Wings Adult Hockey League**

## **Rules and Regulations**

Summer Season 2026



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## Introduction

All players are reminded that the Wings Adult Hockey League (WAHL) is a recreational hockey league. The overall goal is to ensure that all patrons are participating in a fair, fun, competitive, and overall safe hockey environment.

It is the responsibility of each team's manager to make sure that all players on his/her/their team are made aware of the WAHL Rules and Regulations. A copy of the WAHL Rules and Regulations will be in the Ice Events Office with the Commissioner. A copy will also be available online at wings-west.com under the Adult League tab.

Players must be at least 18 years of age in order to participate in the WAHL.

**All games will be governed under USA Hockey rules unless specifically noted in the WAHL Rules and Regulations.**

## The Rink

**1.1** For every WAHL Contest, each team is assigned a locker room. The locker room will be used to dress in protective gear before a contest, as well as to undress from that same protective gear after said contest.

**1.2** Each locker room has a key available in the Ice Events office. In order to obtain a locker room key, a team representative must trade a collateral item such as car keys, drivers license, etc.

**1.3** Teams will have 30 minutes after the conclusion of a contest to be fully out of their designated locker room. Teams who are late out of their locker rooms will receive the following;

- First offense - Verbal Warning
- Second offense - Forfeit previous contest
- Third offense and beyond - Forfeit previous AND next contests

**1.4** In order for the team representative to get their collateral item back, they must return the locker room key AND be sure that the locker room is cleaned after using. This means taking care of any tape, wax, trash, etc. before exiting the locker room.

**1.5** Outside food and beverage is prohibited inside Wings Event Center, this includes alcoholic beverages. Adult beverages can be purchased at The Nest & Valley Cafe, and those beverages can be taken into locker rooms.

- Any outside adult beverage containers (cans, bottles, boxes, etc.) found in a locker room or team bench, including trash cans may result in a forfeiture of previous game, future games, or expulsion from the WAHL without refund.

## Teams

**2.1** Team managers are fully responsible for all players skating on their team including substitutes, this includes checking eligibility, pre/post game duties, player behavior, ect.

**2.2** Teams are required to have their rosters filled with all rostered players' first and last names, jersey numbers, and USA Hockey numbers. Rosters are to be turned in to the WAHL commissioner before the start of a team's first scheduled contest.

**2.3** Each member of each team is required to sign-in on the designated sign-in sheet before the start of every WAHL contest. This is to ensure accountability toward players present during each WAHL contest.

*Note: Players printed on the sign-in sheet are considered rostered players. Any individual players written-in on the sign-in sheet are considered substitute players.*

**2.4** Each team is to have a set of numbered jerseys for all rostered players. There are to be no duplicating numbers and numbers must be displayed on the backs of said jerseys with nothing obstructing the number. Numbers that are taped on must be large enough to read and must adhere to the jersey for the entire contest. Jerseys must also share a similar primary color.

*Note: It is recommended that teams have extra jerseys for substitute players including goaltenders.*

**2.5** Any player with a jersey that does not match the team's primary color, and/or has a duplicating or missing number will be removed from the ice and not be allowed to return until he/she/they are wearing a legal jersey.

## Equipment

**3.1** All players must wear USA Hockey approved helmets with chin straps attached and properly strapped. Helmets must also have facial protection equipped.

*Note: It is recommended that players wear a full cage, however a full or half shielded visor is also acceptable.*

**3.2** Elbow pads and shin guards are to be worn and completely covered with no areas exposed to prevent possible injury to other players.

**3.3** Goaltenders must wear all designated protective gear in order to be considered eligible to play the position. If a team is without a goaltender, that team is to play the contest six-on-five, or until an eligible goaltender is present for said team.

## Penalties

*Note: When a player receives a suspension in the WAHL, that player is suspended from the WAHL as a collective. This means that suspended players may not skate on any team for any reason while actively suspended, this includes playing as a substitute and as a rostered player. Games served will be determined by league, night, and team in which each player in question was suspended from. Example; If a player is registered to both a Friday and a Sunday team, and that player is suspended while playing for their Friday team, they must sit until the full length of the suspension is fully served for their Friday team and cannot play for their Sunday team while actively suspended.*

**4.1** Any player receiving three minor penalties in a contest will receive a game disqualification and will be removed from the ice for the remainder of that contest. Any player receiving a major penalty, will also receive a game misconduct.

**4.2** Any player who participates in excessive celebration will receive a minor penalty for unsportsmanlike conduct.

**4.3** Any player receiving a game misconduct will result in a one (1) game suspension with no appeal plus official and commissioners ruling.

**4.4** Any player receiving a penalty for fighting will receive a three (3) game suspension with no appeal plus official and commissioners ruling. Fighting penalties will also stack within a calendar year starting at the day of the first fighting suspension. A second offence will result in a six (6) game suspension, followed by a nine (9) game suspension, followed by permanent ejection.

**4.5** Any player receiving a penalty for discriminatory/hateful language will receive a four (4) game suspension with no appeal plus official and commissioners ruling.

*Note: Discriminatory/hateful language is defined as any form of expression that's biased, bigoted, intolerant, prejudiced, contemptuous, or demeaning towards a person.*

**4.6** Any player receiving a penalty for abuse of officials (USA Hockey rule 601) will receive the following;

- Two (2) game suspension for verbal abuse of officials.
- Four (4) game suspension for physical abuse of officials.

**4.7** Any off-ice altercations on Wings Event Center property will result in permanent expulsion from the league. Furthermore, any player involved in stick-fighting, kicking, or injuring/deliberately attempting to injure an opponent, official, off-ice official, or ice events employees will be permanently expelled from the WAHL.

**4.8** Teams who participate with suspended players will have their contest forfeited and their team will lose eligibility for playoffs.

**4.9** The WAHL reserves the right to refuse service to any patron who does not meet the behavioral expectations set forth in the Wings Adult Hockey League Rules and Regulations. Any player who shows a pattern of unnecessary infractions on or off the ice will be subject to permanent expulsion from the WAHL.

## Officials

**5.1** Each WAHL contest will have two (2) USA Hockey registered officials, and will assume the duties of both a referee and a linesman.

**5.2** Officials will govern each contest under USA Hockey rules unless specifically noted in the Wings Adult Hockey League Rules and Regulations.

**5.3** Officials will have the authority to dismiss any player from the ice if said player is in violation of any team/equipment rules. Players who are dismissed for these violations may return if all is corrected.

*Note: A violation of these rules would mean having a jersey with no/duplicated number, jersey that is not the same primary color, not having facial protection, ect.*

**5.4** Scorekeepers will be considered off-ice officials, and are to be treated with the same respect as on-ice officials.

**5.5** Any call made by the officials is final. The league's disciplinary action will correspond directly with officials' calls with no appeal. The Commissioner holds the authority to take any additional disciplinary action if deemed necessary.

**5.6** The duty of officials in the WAHL is to promote a safe, fair, and competitive hockey environment. Officials are to keep in mind the safety and well being of WAHL players both on and off the ice.

## Playing Rules

**6.1** Before each contest, each player from each team will sign in on their designated roster with their initials and jersey number next to their name. Teams must be dressed and ready to play at their designated game time. Players may not enter the ice surface until the Zamboni doors have closed.

**6.2** Each contest will consist of a three (3) minute warm-up, and three twelve (12) minute periods with two one (1) minute intermissions.

**6.3** If a team does not have at least six players ready, five (5) minutes after warm-up, their contest will be forfeited.

**6.4** A running clock will be in effect if there is a six (6) goal differential anytime after the first period. Stoppages will resume once the goal differential has been decreased to two (2).

**6.5** A running clock will be in effect if there are twelve (12) total penalties in a contest. The clock will remain running for the remainder of the contest.

**6.6** Each team will get one sixty (60) second time out per contest. These may be used at any stoppage during a contest, or to wait on late arriving players.

**6.7** 'Blue line' icing will be in effect for each WAHL contest.

**6.8** If a contest ends in a tie in regulation time, each team will select three (3) skaters to participate in an overtime shootout. If the score is still tied after the six (6) total shooters have participated, the contest will end in a tie.

## Leagues

The WAHL consists of a total of five different leagues on separate days of the week. Leagues are organized based on a team's skill. The leagues within the WAHL are as follows:

- A League
- B League
- C League
- D League
- E League

**7.1** Teams may register to any league of their choice. However, the WAHL Commissioner will have final ruling over teams' placements within the WAHL.

*Note: Teams may be moved into a higher/lower league after registration. This could be for a number of reasons.*

**7.2** Participants in the WAHL are eligible to register to multiple rosters under these conditions;

- No players will be rostered on two separate teams in the same league as one another.
- No players will be rostered on two separate teams more than one league in skill gap.
- Each player's "primary team" will be the team that sits highest on the Leagues listed above.

**7.3** Any team that suspects that their opponent is using an ineligible player must report said player to the WAHL Commissioner prior to the conclusion of the contest.

*Note: Ineligible players are participants who substitute too low in the WAHL, suspended players, etc.*

**7.4** Players will be allowed to play in no more than three (3) games in one night.

## Substitutes

**8.1** Players wishing to substitute in the WAHL must first present their ID and USA Hockey confirmation number to the commissioner before they sign into their desired contest. Players will be evaluated and added onto a substitution list that will be used for future reference.

**8.2** Each rostered player in the WAHL is eligible to substitute under these conditions;

- Players may substitute as many league's "up" as they would like.
- Players may substitute only one league "down" from their highest team they are rostered on.

*Note: This means if a player is on an A League roster, they can substitute no lower than B League, B can substitute no lower than C, and so on.*

**8.3** During the regular season, any non-rostered goaltenders may substitute in any league.

**8.4** Any teams that use illegal substitute players will have their contest forfeited.

## Eligibility

**Any player under eighteen years of age is considered ineligible to participate in the WAHL under any circumstances.**

**9.1** With the WAHL being sanctioned by USA Hockey, all players are required to be USA Hockey registered before the start of the season. Any team found playing with an ineligible player will have their contest forfeited.

**9.2** In order to qualify for playoffs;

- Rostered players must sign-in a total of four (4) times during the regular season.
- Substitute players must sign-in a total of four (4) times during the regular season.

*Note: A team's registration fee pays for the regular season, playoffs are free games earned by qualifying teams at the end of the regular season. Any concerns regarding playoff qualification must be brought to the Commissioner prior to the end of the regular season.*

**9.3** Any WAHL players ages 18-23 will be ineligible to participate in D and E Leagues if they have participated in any level of competitive hockey before the WAHL. This would include leagues such as;

- SCHSHL (South Central High School Hockey League)
- NCAA & ACHA (Collegiate Hockey)
- NAHL, USPHL, USHL, & EHL (Junior Hockey)
- FPHL (Federal Prospect Hockey League)
- SPHL (Senior Prospect Hockey League)
- ECHL (East Coast Hockey League)
- AHL (American Hockey League)
- NHL (National Hockey League)

**9.4** The WAHL commissioner has the final authority on any and all matters of player eligibility, and any other matters relating to the league. Any exception may be granted on an individual case-by-case basis, only by the WAHL Commissioner.

## Point System

**10.1** The point system for the WAHL standings is as follows;

- Wins are worth two points.
- Over-Time Losses and Ties are worth one point.
- Losses are worth zero points.

*Note: A forfeit loss is described as a contest that is surrendered by a team as a penalty for breaking WAHL rules. Each forfeit loss will be recorded as a 0-3 loss in the penalized teams' standings and said team will receive zero points in their standings as a result. The opposing team will receive a 3-0 win in their standings regardless of the original score and therefore receive two points.*

## Playoffs

**11.1** Each individual league in the WAHL will have its own playoffs, the top teams from each league (number of teams will vary) will qualify to play additional games after the regular season.

**11.2** A team who is eligible for playoffs may only use a substitute goaltender if that goaltender is on a team in a corresponding league that is not in the playoffs.

**11.3** If a playoff contest ends in a tie at the end of regulation time, there will be an additional five (5) minute run-clock overtime period. If the contest is still tied after the overtime period, a shootout will determine the winner.

*Note: Playoff shootouts will go until there is a winner, unlike the regular season.*

**11.4** In the event of a tie in points at the conclusion of the regular season standings, the following tiebreaker protocol will be used:

1. Head-to-heads
2. Wins
3. Overall goal differential
4. Goals for
5. Team penalty minutes (lower moves on)
6. Coin Toss

## Suspensions and Unruly Players

**12.1** If a player receives a suspension at the end of their season, or if their suspension is not fully served before the end of their season, then their suspension will carry over into the future season(s) until fully served.

**12.2** Suspensions will 'stack', meaning if a player receives multiple suspensions throughout the season, the time suspended from the previous suspension(s) will add onto the new time served.

*Note: For example, if a player receives a three game suspension for fighting, and receives another one game suspension for slashing after their return, they will be suspended for three games rather than one.*

**12.3** Players who are deemed to be continually dangerous, unruly, or unsportsmanlike may be suspended at the sole discretion of the WAHL commissioner and/or officials.

**12.4** Players receiving a match penalty will be suspended for thirty (30) days pending an investigation from USA Hockey. Said player will be notified by the commissioner about any reinstatement and is not allowed to resume playing prior to receiving notice from the commissioner. In addition, the player will not be allowed to participate in any other leagues for the duration of the suspension.

## Miscellaneous

**13.1** "Free Ice" times are intended to be used as a practice or scrimmage for the WAHL team and not to be donated to other user groups or used towards private ice times.

**13.2** "Free Ice" will expire after one calendar year. For example, Free Ice sessions awarded for the Fall/Winter 2024-25 season must be used before the start of the Fall/Winter 2025-26 season.

**13.3** Unclaimed gift cards will be voided after one calendar year. For example, gift cards awarded for the Fall/Winter 2024-25 must be picked up prior to the start of the Fall/Winter 2025-26 season