Ithaca A/B Adult Hockey Rules and Information Document

Version 1: 10/6/23

For questions or concerns, contact the A/B board at [ab\_board@googlegroups.com](mailto:ab_board@googlegroups.com)

**Registration:**

A [preseason signup](https://www.signupgenius.com/go/10C0A44A5A82BA7F49-crcab/104361378#/) is available for all returning and new players, for both skaters and goalies. Players on the signup will have first priority for registration, and subsequently being placed on a team. If you are on the signup and are unable to play this season, please let us know so we can move someone else onto a roster. If the signup is full, put your name on the waitlist; you may be contacted if someone drops out.

**There are three components to registration:**

1. **Sign up for AAU**: Everyone must register for [AAU membership](https://play.aausports.org/JoinAAU/MembershipApplication.aspx) before stepping on the ice for insurance purposes. Sign up as an adult athlete. The cost is $31, and membership lasts from September 2023 - August 2024, covering the entire season.
2. **Fill out an application**, and turn it in during the preseason skates. The application consists primarily of name, position, personal contact information, and emergency contact information.
3. **Pay for the season**: Season cost for 2023-2024 is $615 for skaters; goalies play free. No skater will be assigned to a team until the registration fee is paid. Checks can be made out to the Community Recreation Center (CRC).

**New Players:**

Skaters and goalies in the A/B league for the first time should sign up at the above link, the same as returning players. Please attend a preseason skate if asked; they especially help with evaluating new players and making balanced teams.

**Play Together Requests:**

If there is a specific person(s) you would like to play with this season, let us know during registration. We will do our best to accommodate these requests while maintaining balance between the teams. This applies to both new and returning skaters.

**Preseason Evaluation Skates:**

Preliminary team rosters will be made based on a combination of previous years’ rosters and new players joining the league. Players must complete registration (AAU, application, payment) at or before these evaluation skates to be assigned to a team. Rosters will be adjusted in the first few weeks of the season following these opening skates.

**Movement between the B/C League:**

There is another local adult hockey league, the Ithaca Adult Hockey Association (IAHA, also known as the B/C league). This B/C league is geared more toward the novice player, with some intermediate skaters. If, during registration or after the evaluation skate(s), you feel that the A/B league isn’t your pace, we have made arrangements with the local B/C league to have player swaps between the two leagues. We will do our best to accommodate everyone’s skill levels to endorse a fun experience.

**Split Season:**

If you are unable to commit to a full season, there are options to split games and payment with another player. Payment must be made in full at the start of the season; either pay separately at registration time, or have one person pay for both and work out the details amongst yourselves later. Split season players will count toward one roster spot; therefore only one of the two can be at any game, unless the second is playing as a substitute.

**Substitutes:**

If you were not assigned to a full-time roster for this season, you can still skate in the A/B league as a substitute. Once you are on the substitute list for the signup page, teams may contact you if they need extra skaters. Pay $17 to the league venmo (@crcadulthockey) if you are subbing; it is the team captain’s responsibility to ensure payment. Players splitting with someone else may attend a team’s game as a substitute, even if the other split season player is also at that game.

Captains should not abuse the substitute policy during the regular season. Substitutes are not permitted in the 2023-2024 A/B League playoffs.

**Season Information:**

The 2023-2024 season will commence with preseason kickoff skates in early October 2023 to finalize registrations and sort out rosters. After the preseason skates, each of the 6 teams will have approximately 36 games, counting playoffs, with the season concluding in early March 2024. Playoffs format and schedule will be finalized at a future date.

**During the regular season, games will take place at the following times:**

Sundays: 6:15 PM, 7:45 PM, 9:15 PM

Mondays: 8:30 PM, 10:00 PM

Wednesdays: 9:15 PM

Generally, each team will play once on Sunday, then again on either Monday or Wednesday, for a total of 2 games per week. Weekly schedules may be adjusted due to holidays or other events, such as Thanksgiving, Christmas, Super Bowl Sunday, etc.

**Teams:**

For 2023-2024, there will be 6 teams, each with 13 roster spots for skaters. Goalies will rotate during the season, and will not be assigned to a specific team during the regular season. There will be a maximum of 13 skaters on a bench during any game; **it is up to team captains to decide if they are able to accommodate multiple split season skaters and/or any substitutes.** Split season skaters will count as 1 total roster spot, but 2 skaters.

For example, if a team has 12 full-time skaters and 2 split-season skaters, they would take up 13 roster spots (1 for each of the 12 full time players, and 0.5 for each of the 2 split players). If everyone shows up, that is 14 skaters, over the limit of 13 people, even though the roster technically only has 13 spots.

**Gameplay:**

Games will consist of three 13-minute periods with a stopped clock (i.e. not running time).

Two referees will be staffed for each game, and a goalie will be assigned to each team.

Minor penalties will be 1:30 minutes, while major penalties will be 4:00 minutes. See the Disciplinary Policy document for further consequences beyond major penalties

**Safety:**

Every player must wear a cage or full shield. No visors.

No body-checking. Contact is inevitable, but no hitting to separate people from the puck

or otherwise.

Exercise judgment when taking slapshots. Avoid high slapshots into traffic. Dangerous

plays may be penalized.

**Thank you so much to our sponsors for the 2023-2024 season!**

**Shepherd’s Way Farm**

**Diane’s Downtown Automotive**

**Orcutt Real Estate**  
**Mansour Jewelers**  
**Instant Replay Sports**  
**Community Recreation Center/Central Outlaws**

Sponsors are local businesses whose support helps to provide our league with jerseys.

Congratulations to our returning champions from 2022-2023, Mansour Jewelers!

**Board**:

The Ithaca A/B Hockey board is focused on developing rules and regulations to keep the league running smoothly, including registration, scheduling, gameplay, rosters, playoffs, sponsors, and discipline, among many others.

For 2023-2024, the A/B board consists of:

Alexander Hayes League Commissioner

Dylan McCrink Shepherd’s Way Farm team representative

Louis Russell-Cook Diane’s Downtown Automotive team representative

Suan Yong Orcutt Real Estate team representative

Michael Abdulky Mansour Jewelers team representative

Kevin Broderick Instant Replay Sports team representative

Matt Hobbs Goalies representative

Cameron Riley League statistician

If you have questions about anything in this rules document or the discipline document, or if you feel that we haven’t addressed something, let us know at [ab\_board@googlegroups.com](mailto:ab_board@googlegroups.com)