



JBC Hockey Charter and Rules

Who we are:

JBC Hockey is a league for those players in the Des Moines area that are looking to have a good time, regardless of the final score. All of our players will recognize that this league has a variety of intermediate player abilities, and that temperament and demeanor are weighted higher than skill. This league is offered for adults who want to play recreational hockey and improve their skills and demonstrate their abilities. The league and hockey games will be conducted in the spirit of safety, fairness and fun, and excessive domination by any one player or team is not appropriate for this league.

Rules

JBC Hockey expects high standards of sportsmanship. Among the basic considerations of sportsmanship are such things as concern for spectators, other players, and respect to all game officiating and decisions made by league officials before, after, and during a game.

JBC Hockey will align to the most recent [USA Hockey rulebook](#), with the exception of the following rules:

- 1) Clock, time, and game length
 - a) Game clock
 - b) The first period of play will be 17:00. Second and third periods will be 20:00
 - i) There will be a 5:00 warmup prior to first period start
 - ii) No team timeouts
 - c) Stop Clock
 - i) Stop clock will only be used in the playoffs, when the difference in score is (or becomes) exactly 1, and there is less than 2:00 left in the third period. **Example:** Stop clock would begin immediately if a team scored with :50 left in the third period resulting in a 3-2 game.
 - d) Shootouts
 - i) Regular season games ending in ties will continue to a shootout with a total of three rounds/shooters. If there is a tie at the end of the three rounds, the game ends in a tie.
 - ii) Playoff games ending in ties will continue to a shootout, with no limitation on rounds. The entire player roster, excluding the goalie, must cycle through the rounds, barring ejection or injury only.
 - iii) Players serving a penalty at the end of the game are eligible to participate in shootouts.
- 2) Captains, Equipment, and Rosters
 - a) The team captains, or designated alternates, are required to meet between periods with the referees, with the intention of addressing any concerns before they become incidents. Failure to meet will result in a bench minor penalty.
 - b) Captains are responsible for ensuring that all players are active and registered to play in the league. Any captain using players that are not active or registered on their team will be assessed a 1 game suspension and will forfeit the game.
 - c) Only in the first half of the season can a player be replaced on a roster, and only with the consent of the commissioners. The commissioners may call for a captain vote for any replaced players.
 - d) A bench minor penalty will be assessed to any player participating in a regular season or playoff game without a legible jersey number affixed to the back of their jersey. The player without a



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number will serve the penalty, and will not be allowed back into the game until a legible jersey number is affixed to the back of their jersey.

3) 3-Goal Limit

- a) Players are not allowed to score more than 3 goals in a game.
 - i) If a player intentionally scores a 4th goal, the goal will be disallowed and a delay of game minor penalty will be issued to the player.
 - ii) If a player unintentionally scores a 4th goal, the goal will be disallowed.
 - iii) Players scoring 3 goals in regulation time can participate in a shootout.

4) Penalties

- a) Minor Penalties
 - i) Minor penalties will be 3:00 in duration, and end when the attacking team scores a goal.
 - ii) Minor penalties are issued generally for accidental infractions where no injury occurs.
- b) Major Penalties
 - i) Major penalties will be 5:00 in duration, and will not end when the attacking team scores a goal.
 - ii) Major penalties are issued generally for infractions that are intentional regardless of injury, or accidental infractions where an injury occurs.
- c) Misconduct
 - i) Misconduct will be 10:00 in duration, and will not shorthand the offending team.
 - ii) Misconduct penalties are issued to players that persist in conduct detrimental to the league or game
 - iii) Any player receiving a Misconduct in the last two regular season games, or during the playoffs, will be reviewed via the Disciplinary Process (Rule 5.a)
- d) Game Misconduct
 - i) Game misconduct will result in the offending player to be ejected from the game, and the team to serve a major or minor penalty.
 - ii) Game misconduct penalties are generally issued to players that intentionally injure, attempt to injure, or infractions that are retaliatory in nature.
 - iii) Game misconduct penalties are issued to players that verbally abuse officials before, after, or during the game, and will also include a 2 game suspension.
 - iv) Two Game misconducts in the same season will result in suspension for the remainder of the season, and Captain Review for entrance into following season.
 - v) Three Game misconducts in two seasons will result in lifetime expulsion from the league.
 - vi) Any ejection during the last two regular season games, or during the playoffs, will result in suspension for the remainder of the season.
- e) 3-Penalty Rule
 - i) Players that receive 3 penalties in the same game will be ejected from the game.
- f) Zero Tolerance
 - i) Dropping your gloves on the ice with the intention of fighting, threatening a player with physical violence on or off the ice, or assault on or off the ice will constitute lifetime expulsion from JBC Hockey.

5) Disciplinary Process

- a) For situations involving player ejection, or a misconduct at the end of the season (per d.vi), accounts will be gathered by all players penalized, on-ice officials during incident, scorekeepers, and anyone else deemed necessary. The Disciplinary Board will then review, discuss and vote to determine if that player will receive additional suspensions.



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- b) The discipline flowchart will be used as a guideline for Disciplinary Board review.
- 6) End of the Year Survey
 - a) The end of the year survey will be posted after regular season has ended, and before the summer Captain's meeting. It is sent to all captains for distribution to their players.
 - b) The goal of the end of the year survey is to gauge the overall health of the league. In order to gather the most accurate metrics, a level of anonymity is required. Due to the personal nature of comments, suggestions, and values associated with players, teams and referees, the survey results will solely be reviewed by the league commissioners. League commissioners will provide a summary of the results to the captains for review during the Captain's meeting.
 - c) In order to maintain the health of the league and to promote a safe, fair, and fun league format, calibration based on the survey results may be issued. There are two levels of calibration that may be issued:
 - (1) A player that is indicated by 25% of the survey responses to be a concern or not a good fit will no longer participate in JBC Hockey.
 - (2) The top 20% of listed results from highest vote count to lowest vote count will be reviewed during the Captain's meeting, and a vote may take place to determine if a player may return to the league.

Summary

These rules have been designed in spirit to promote a safe, fair, and fun league format, and have aligned the rules to support who we are.

Some situations and events in hockey can be complicated and potentially indefinable by any rule-set. If a situation is not covered in these rules, the decision shall be made in accordance with safety and fairness, with decisions being influenced by who we are. Often a logical extension of the closest existing rule, or rulings in the past that are closely related will provide guidance for determining the resolution.

Revision Log

Revisions and amendments require 100% approval from all active league commissioners. All revisions and amendments will be logged.

Version	Modification Log	Approved by	Date
1.0	Created new Charter and Rules document.	Matt Johnson	9/9/15
1.1	Updated document to JBC Hockey. Updated Rule 1.c.i to state that stop clock is only used in the playoffs Updated Rule 4.c.iii to state: Any player receiving a Misconduct in the last two regular season games, or during the playoffs, will be reviewed via the Disciplinary Process (Rule 5.a)	Chris LeFleur	8/31/16



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	<p>Updated Rule 4.d.vi to state: Any ejection during the last two regular season games, or during the playoffs, will result in suspension for the remainder of the season.</p> <p>Updated Rule 5.a. to include misconduct penalties issued in the last 2 games of the season, or in the playoffs.</p>		
1.2	<p>Added shootout rules to 1:</p> <p>1.d Shootouts</p> <ul style="list-style-type: none"> i) Regular season games ending in ties will continue to a shootout with a total of three rounds/shooters. If there is a tie at the end of the three rounds, the game ends in a tie. ii) Playoff games ending in ties will continue to a shootout, with no limitation on rounds. The entire player roster, excluding the goalie, must cycle through the rounds, barring ejection or injury only. iii) Players serving a penalty at the end of the game are eligible to participate in shootouts. <p>Added the following to 2:</p> <ul style="list-style-type: none"> b) Only in the first half of the season can a player be replaced on a roster, and only with the consent of the commissioners. The commissioners may call for a captain vote for any replaced players. c) A bench minor penalty will be assessed to any player participating in a regular season or playoff game without a legible jersey number affixed to the back of their jersey. The player without a number will serve the penalty, and will not be allowed back into the game until a legible jersey number is affixed to the back of their jersey. 	Todd Bentzen	8/31/17