



# PAHL

PANTHERS ADULT HOCKEY LEAGUE

## OFFICIAL RULEBOOK

**Spring 2024**

Baptist Health Iceplex  
800 NE 8<sup>th</sup> Street  
Fort Lauderdale, FL 33304  
Office: 954-835-7080  
[www.ftlwarmemorial.com](http://www.ftlwarmemorial.com)

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## **LEAGUE PHILOSOPHY**

The Panthers Adult Hockey League (PAHL) exists to provide a safe and enjoyable hockey experience for players of all skill levels in a competitive and organized environment. The PAHL has a strong emphasis on sportsmanship, friendly competition, and fair play. All divisions are non-checking, and fighting/reckless play will not be tolerated.

It's the responsibility of each player to conduct themselves accordingly, and it's expected that players exhibit respect for the officials, teammates, opponents and facilities. The desire to win often produces a style of play contrary to the principles of sportsmanship, but the PAHL will not tolerate players that deliberately ignore sportsmanship or fair play. The PAHL has the authority to disqualify, suspend, or remove any player who behaves in an unsportsmanlike manner before, during, or after a game.

Except for and in addition to the PAHL Rules specified below, the most recent rules of USA Hockey will serve as the standard in all league activities. The following PAHL specific rules have been established for this league and are for the protection of everyone in the PAHL. All participants should become familiar with these rules as they apply to all PAHL games and league-sponsored events.

## **PANTHERS ADULT HOCKEY LEAGUE DEPARTMENT**

Larry Cahn – Hockey Director

- [CahnL@FloridaPanthers.com](mailto:CahnL@FloridaPanthers.com)
- 954-835-8544

Zach Randolph- Adult Hockey Manager

- [RandolphZ@FloridaPanthers.com](mailto:RandolphZ@FloridaPanthers.com)
- 954-835-7033

Hunter Balkjy- Hockey Operations Coordinator

- [BalkjyH@FloridaPanthers.com](mailto:BalkjyH@FloridaPanthers.com)
- 954-835-8540

Mike Sabatino – Head of Officials

- [Mikesab215@gmail.com](mailto:Mikesab215@gmail.com)

## **DIVISIONS**

- A Division
- B Division
- C1 Division
- C2 Division
- C3 Division

## **1.0 REGISTRATION PROCESS & FEES**

### **1.1 Captain Registration**

#### Registration

- Team Captain must register the team using the registration link for the correct season. This step needs to be completed so that players will be able to register themselves to the correct team

#### Responsibilities

- Team Captain will be responsible to organize, update, and maintain their teams each season as well as relay all communication from the hockey office to their teams. It is also the responsibility of the Team Captain to notify the Adult League Coordinator of a player change, addition, or removal. Failure to notify the league will result in a forfeiture of all games that said player(s) participated in

### **1.2 Player Registration**

#### Registration

- Players are required to register per season for their team before stepping onto the ice. Players must make sure their team captain has successfully registered the team for the division before registering

#### Daysmart/USA Hockey Numbers

- It is the captain's duty to submit all players USA Hockey numbers prior to the start of the season. The captain must also submit their entire roster into Daysmart before the season starts

#### Baptist Health IcePlex Waiver

- To play in the PAHL each season, each player MUST complete an Iceplex waiver before stepping onto the ice

### 1.3 Team/Player Fees

#### Team Costs

- The PAHL allows each team to have a maximum of 20 players on the season's roster. Every team's fee may vary and is up to the Team Captain to understand team fees and to share amount owed by each player. If a player is too skilled for a division, the hockey office will remove that player and the Team Captain must handle the fees accordingly.

#### Failure to Pay Team Costs

- Team balances must be paid in full by July 1st, 2024, otherwise teams will be removed from the schedule and start forfeiting games until the balance is paid

## 2.0 TEAMS & ROSTERING

### 2.1 Rosters

The PAHL allows each team to have a maximum of 20 players on a team roster (not including goalies).

- No subs/write-ins
- Can add/subtract players (not on a weekly basis)
- Rosters will be locked eight weeks into the season

### 2.2 Roster & Team Regulations

- Players may only be registered, rostered and play on one (1) team within each division
- All players **MUST** receive approval prior to being placed on a team
- The PAHL reserves the right to make changes regarding players and/or teams at any point throughout the season for those players and/or teams who appear to be "too skilled" for their current level. If the Hockey Department sees fit, players will be removed from their divisions
- At the discretion of the PAHL, any team that wins a championship may be required to move to the next highest level prior to the start of the next season

### 2.3 Division Regulations

#### A Division

- A Division teams are primarily comprised of premier level players. These players have prior professional, semi-pro, NCAA D1/D2/D3, Major Jr. or Junior A experience. **NO ACTIVE/SIGNED PLAYERS!!!**

#### B Division

- B Division teams are primarily comprised of elite level players. These players have prior NCAA D2/D3, ACHA, and travel hockey experience

#### C1 Division

- C1 Division teams are primarily comprised of advanced level players. These players have prior travel hockey and high school hockey experience

#### C2 Division

- C2 Division teams are primarily comprised of intermediate level players. These players have prior high school or recreational hockey experience

#### C3 Division

- C3 Division teams are primarily comprised of beginner to novice players

### 2.4 Player Check-Ins

All PAHL players are required to check in before the start of each game. If players do not check in at the front desk, it is the responsibility of the player and/or Team Captain to check in with the scorekeeper before puck drop. If the player fails to check in prior to the game, they will not receive credit for playing. There is no going back and changing the amount of games a player has received credit for. **NO EXCEPTIONS!!!**

### 2.5 Matching Jersey Requirements

The PAHL requires all teams to wear matching jerseys with numbers, and each player's jersey number must match their roster number. The PAHL staff can assist with number changes if needed. If a jersey does not have a number, that player will be asked to tape a number on their jersey

Team captains can purchase their own jerseys or may arrange to purchase jerseys directly from our PAHL Partner, Dynasty Custom. Please email [Brian@DynastyCustom.com](mailto:Brian@DynastyCustom.com) for more information

## **2.6 Jersey Numbers**

Players may select numbers between “0/00 to 99”. Three-digit numbers or use of any letters are not allowed

## **3.0 EQUIPMENT**

### **3.1 Required Equipment**

Players are required to wear basic equipment in order to participate in any PAHL game (league or tournament). Basic equipment to be worn is listed below:

- Hockey Skates
- Hockey Helmet (HECC approved)
- Hockey Gloves
- Hockey Stick
- Shin Pads
- Elbow Pads

Goalies are required to wear FULL protective equipment in order to participate as a goalie.

### **3.2 Recommended Equipment**

Although this equipment is not required by USA Hockey, the PAHL highly recommends all players wear the following:

- Shoulder Pads
- Hockey Pants
- Facial Protection (Cage, Visor, Full Shield etc.)
- Mouth Guard
- Neck Guard

## 4.0 PENALTIES

The PAHL follows 'Section 4 – Penalties' of the 2021-2025 USA Hockey Rulebook.

We follow USA Hockey's Zero Tolerance Policy. Any use of derogatory language will automatically result in a Match Penalty and three game suspension

### 4.1 Penalty Lengths and Disciplinary Action

Minor: Two Minutes

Misconduct: 10 minutes

Ejection: Removal from game (No suspension for single ejection)

- Three (3) game ejections in a single season will result in a one game suspension

Game Misconduct

- 5 Minute Major Penalty and Game Ejection
- Automatic **minimum** one game suspension
- Three (3) game misconducts in one season results in a season suspension
- Five (5) game misconducts in one calendar year results in up to a year suspension

Fighting

- Automatic suspension
- Two (2) fights in one season results in a season suspension
- Three (3) fights in one calendar year results in an automatic year suspension

Intent to Injure

- Any player deliberately trying to hurt another player will be suspended multiple games
- Penalties that fall under Intent to Injure: Intentional Body Check, Intentional Slash/Spear, Intentional Cross Check to the head, etc.

### 4.2 Penalty Cap

If a player receives three (3) penalties or accumulates a total of 12 minutes of penalties in a single game, the player will be ejected from the game immediately (no suspension will follow)



## **5.0 PLAYING RULES**

### **5.1 Regular Season Procedures**

- 3 Minute Warm Up
- Three 14-Minute Stop Time Periods
  - If a team leads by a goal differential of six (6) goals or higher, the clock will continue to run. If the goal differential is brought back to five (5) goals or less, the game will revert back to stop time
- One Time-Out for each team
- Overtime Procedure:
  - One 5-minute period played at 3v3
  - If nobody scores in overtime, it will be followed by a 3-man shootout

### **5.2 Playoff Procedures**

- 3 Minute Warm Up
- Three 14-Minute Periods
- One Time-Out for each team

If a playoff game ends in a tie, the following is the Overtime protocol:

- One 5-Minute period played at 5v5
- One continuous period played at 3v3 (NO SHOOTOUT)

Championship

- Continuous 14-minute period played at 5v5

### **5.3 Playoff Eligibility**

Players must participate in a minimum of five (5) regular season games to be eligible for playoffs.

### **5.4 Tiebreakers**

If two teams are tied at the conclusion of the regular season, the following tiebreakers will be implemented:

1. Most Points
2. Most Wins
3. Lowest Penalty Minutes
4. Head-to-Head
5. Lowest Goals Against

## **5.5 Forfeits**

If a team must cancel a game, the Team Captain must notify the PAHL Coordinator at least 48 hours in advance, or it will result in a forfeit win for the opposing team.

If a team does not show up for a scheduled game, the opposing team will receive a 1-0 win, and will have the sheet for a team practice.

If a team forfeits 3 or more games during a season, the captain will receive a 1 game suspension.

## **5.6 Game Cancellations**

The Panthers Adult Hockey League reserves the right to change or cancel any game at any time. If a game must be changed or cancelled, the PAHL Coordinator will contact each Team Captain immediately.

If any game is cancelled by the PAHL, it will be rescheduled PRIOR to playoffs. The PAHL Coordinator will make every attempt to reschedule the game for the same night of play as the normal night for that division.

In instances where it is not possible to reschedule the game for the same night the division usually plays on; the game may be rescheduled on a night that may be different than the night the division normally plays in order to get the game played prior to the start of the playoffs.

## **5.7 Injuries**

ALL injuries must be reported on the scoresheet. They Hockey Office must be notified of the injury within 24 hours of occurrence.