



PAHL

PANTHERS ADULT HOCKEY LEAGUE

OFFICIAL RULEBOOK

Panthers Ice Den
3299 Sportsplex Drive
Coral Springs, FL 33065
Office: 954-835-8544
www.panthersiceden.com

Baptist Health IcePlex
800 NE 8th Street
Fort Lauderdale FL, 33304
Office: 954-835-7080

www.ftlwarmemorial.com

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

Zach Randolph- Adult Hockey Manager

- RandolphZ@FloridaPanthers.com
- 954-835-7033

Jake Goldman- Adult Hockey Assistant

Jamie Allison- Recreational Hockey Director

- AllisonJ@FloridaPanthers.com
- 954-835-7089

REGISTRATION PROCESS & FEES

Captain Registration

Registration

- Team Captain must register the team using the registration link for the correct season.

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

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.

Player Registration

Registration

- Players are required to register for their team before stepping onto the ice.
 - **ANY GAME CONTAINING UNROSTERED PLAYERS IS SUBJECT TO BEING FORFEITED. ALL PLAYERS MUST BE APPROVED BY THE PAHL BEFORE BEING ADDED TO A ROSTER**

Panthers Ice Den Waiver

- In order to play in the PAHL each season, each player **MUST** complete a Panthers Ice Den Waiver before stepping onto the ice.

Team/Player Fees

Team Costs

- 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 the appointed deadline, otherwise teams will be removed from the schedule and start forfeiting games until the balance is paid

TEAMS & ROSTERING

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

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

Player Check-Ins

All 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!!!**

Jersey Requirements

All jersey numbers on the ice must match the numbers on the scoresheet.

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 for more information.

EQUIPMENT

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.

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

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

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
- Three (3) or more minor penalties in a game will result in an ejection
- Accumulating more than six (6) penalty minutes in a game will result in an ejection

Game Misconduct

- Major Penalty (5 minutes) 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

Any player deliberately trying to hurt another player (intentional body check, intentional slash/spear, intentional cross check to the head, etc) will be suspended multiple games. Repeat offenders may be removed from the league.

Penalty Cap

If a player receives three (3) minor penalties or accumulates a total of 12 minutes of penalties in a single game, the player will be ejected from the game immediately

PLAYING RULES

Regular Season Procedures

- 3-minute warm up
- Three (3) 14-minute 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
- Each team receives one time-out
- Overtime Procedure:
 - One 5-minute period played at 3v3
 - If nobody scores in overtime, it will be followed by a 3-player shootout

Playoff Procedures

- 3-minute warm up
- Three (3) 14-minute periods
- Each team receives one time-out

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)
- If a team has already used a timeout, they will be granted another one
- The teams will switch sides

Championship

- Continuous 14-minute period played at 5v5
- If a team has already used a timeout, they will be granted another one
- The teams will switch sides

Playoff Eligibility

- Players must participate in a minimum of five (5) regular season games to be eligible for playoffs
- Injuries are the only exception, however the league must be notified of the injury beforehand

Any team caught trying to use ineligible players in the playoffs will be forced to forfeit that game, and the team captain will receive a suspension

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 (including overtime)
3. Head to head points
4. Lowest Penalty Minutes
5. Coin Toss

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 no shows a game or forfeits more than once during a season, the captain will be suspended.

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 to get the game played prior to the start of the playoffs.

Injuries

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