



MHL Playing Rules

Mullett Hockey League (MHL) is sanctioned by USA Hockey. MHL will use USA Hockey playing rules as a base. The following are modifications and additions to suit the MHL. The commissioners have the final say in any matters regarding the MHL.

Players

- 18 years of age minimum
- USA Hockey registration required
- Can only play if registered/paid and verified as printed on the roster by the league Commissioners
- Must fall within MHL rating system to fit within roster approved by league Commissioners (winter league)
- Cannot ref in the MHL unless League Commissioners have no other options to supply two refs for a game

Teams

- Must abide by MHL rating system
- 22 players max rostered plus goalies per team.
- Only league approved, USA Hockey registered goalies are permitted to substitute
- A player can only be rostered on 1 team
- Cross team subbing is only allowed when teams have 9 or fewer skaters. League commissioner must also pre-approve the sub and that players name must be printed on score sheet. Subs must be equal or greater rating for player they are subbing for. Subs penalties count toward total penalties for that player.
- Use of a non-registered players is not permitted and will result in forfeit

Games

- Seasons: Winter/Fall is 24 games plus playoffs. Summer is 10 games no playoffs.
- Championship round of the playoffs is a best of 3 series
- Blue line icing
- 1.5 hour game slot
- 5 minute warm up
- 3- 24 minute run time periods
- 1 minute between periods
- 3rd period will be stop time during the last 3 minutes if within 3 goals. Run time will continue with a goal differential of 4 or more.
- 3 player shoot out will take place if tied after regulation and time permits in the 90 minute time slot.

Penalties

- Minor penalty 2 minute stop time, Major 5 minute stop time.
- Game misconduct is removal from game and a 1 game suspension; effected team must serve and play shorthanded 2 minutes.
- 1 (One) fight will result in a league expulsion.
- All coincidental penalties will be run time.
- 3 penalties by a single player in 1 game will result in removal from the current game at the time of the third penalty; the offending team will place a player from the ice in the box to serve the penalty. Serving player for this penalty does not count toward their personal penalty count.
- 20 minutes accumulated (Level 1) in penalty minutes is a 1 game suspension (12 minutes summer)
- 2 years of Level 1 suspensions results in expulsion from league
- 30 minutes accumulated (Level 2) in penalty minutes is a 2 game suspension (16 minutes summer)
- Level 2 suspension results in probation for next season
- A player on probation that accumulates 10 penalty minutes will result in a 1 game suspension. 20 minutes accumulated will result in Expulsion from league
- 40 minutes accumulated (Level 3) in penalty minutes results in expulsion from the league (20 minutes summer)



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- 2 Game misconduct penalties per season including playoffs results in expulsion from the league (1 summer)
- Verbal abuse to game official's scorekeeper/referee will result in removal from current game; the offending team will place a player from the ice in the box to serve the penalty. Serving player for this penalty does not count toward their personal penalty count.
- Any player that is substance impaired may be prevented from playing or removed from the game
- MHL Commissioners reserve the right to deny/expel any person(s) or player(s) that have shown misconduct/action on or off the ice for any reason seen unfit by the league.
- Game misconduct penalties or any penalties requiring your removal from a game also requires you to leave the ice center. Failure to remove yourself from the ice center immediately after ejection from a game could result in expulsion from the league.
- Suspended players are not allowed in The Mullett Ice Center for any MHL events until the suspension is fulfilled
- Penalty totals will not carry over for the Playoffs, but suspensions will. 10 minutes accumulated penalties during playoffs will result in a 1 game suspension. Penalties accumulated during playoffs will be added to total penalties for the season.
- Any 10 minute penalty will be reviewed by league officials.

Playoffs (winter league only)

- Seeding will be determined in the following order
 - Most points
 - Most wins
 - Head to head wins
 - Most goals head to head
 - Lowest team penalty minutes
 - Coin toss
- Championship round of the playoffs is a best of 3 series
- Players need to play in a minimum of 5 regular season games to be playoff eligible
- Goalies need to play a minimum 3 regular season games for any team to be playoff eligible.
- Tie game will result in a 5 minute stop time sudden death overtime
- If tied at the end of overtime, a 3 player shootout will determine the winner, visiting team will shoot first.
- If tied at the end of the first 3 player shootout, staying in the same order a 1 player shootout will occur until the tie is broken, each team getting equal opportunities.

Facilities

- All players must comply with Mullett Center rules and regulations. Any fines or damages charged to MHL will be billed to the team(s) responsible.

Liability

- All players playing in the MHL have read and accept that there are certain dangers inherent in playing MHL, which includes but is not limited to injuries from contact with other players, sideboards, goal standards, the ice, the puck and equipment. In consideration of being allowed to participate in the MHL, each player individually and for all others who may make a claim based on injury, accepts the risk of physical which may occur while participating in the MHL. Participants understand that the purpose and intent of this release is to prevent any player participating and others who may claim, from recovering any money from MHL or Mullett Ice Center and its employees for any physical injury suffered while participating in the MHL.



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Summer League will be draft format open to all player levels

Winter league level of play will be "C". USA Hockey considers this "Bronze level"

This player is considered a "C" level player which can be broken up into two levels (example: C1 and C2). He/she may be a less experienced adult recreational player with some youth hockey playing experience up to the Bantam house level. The player has limited understanding of where they should be positioned on the ice. Forward and backward skating may be somewhat strong, but maneuverability and transition still needs work.

MHL modified team roster rating parameters. 8-28-2015

- Each team is allowed one (1) player that averaged 1.5 – 2.5 points per game from the previous winter season to be evaluated on a year to year basis to achieve parity in the league.
- 1 player with 9 pts
- 3 players 10-11 pts
- Remainder 12 pts or greater per player
- Rating system is a guideline for building rosters. MHL league administration will have the final say on team rosters.

HIGHEST LEVEL PLAYED

- 1 pt. Professional (All levels anywhere in the world), Men's NCAA Div. I or III College, Tier I Junior, Junior A
- 2 pts. Junior B, ACHA (Non-Varsity College), Midget AAA, Prep School, MN Varsity High School, Canadian Youth Hockey
- 5 pts. Junior C, Varsity High School, Competitive Midget, Women's College Hockey
- 7 pts. Bantam, Pee Wee, Squirt, Some Youth
- 9 pts. Very Little Youth, Pond Hockey
- 11 pts. Did not play Youth Hockey, Began playing as an Adult

Highest Level = _____ points

PLAYER'S AGE

- 1 pt. 18-25 years old
- 2 pts. 26-30 years old
- 3 pts. 31-39 years old
- 4 pts. 40-49 years old
- 5 pts. 50-59 years old
- 6 pts. 60+ years old

Age Range = _____ points

YEARS OF ADULT RECREATIONAL HOCKEY EXPERIENCE

- 0 pts. 25+ years
- 1 pt. 15-24 years
- 2 pts. 10-14 years
- 3 pts. 6-9 years
- 4 pts. 0-5 years

Years of Rec. Experience = _____ points

TOTAL SCORE = _____ POINTS

RATINGS

- 2-4 points Gold-level player
- 5-10 points Silver-level player
- 10-14 points Intermediate-level player
- 12-16 points Bronze-level player
- 16+ points Novice-level player