



2023-24 MHL Playing Rules

updated 1/2/24



Mullett Hockey League (MHL) is an Adult C Level league 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

- Men and women 18 years of age minimum
- USA Hockey registration required
- Can only play if registered/paid and verified as a listed player on the roster by the league Commissioners
- Must fall within MHL rating system to fit within roster approved by League Commissioners (winter league)
- All players must have a current "paper rating" on file with the league
- Cannot ref in the MHL unless League Commissioners have no other options to supply two refs for a game
- No players previously expelled (fighting, penalty limit, intent to injure) from the league are allowed to play

Teams

- Must abide by MHL rating system
- 24 players max rostered plus goalies per team.
- Rosters with "Paper Ratings": Teams are allowed 1 player with 9 pts. 3 players 10-11 pts. Remainder 12 pts or greater per player. This includes and subs or part time players
- Teams are allowed to have 1 player on their roster that has a 1.25-1.5 GOALS per game average. Assists are not included in player points averages. Post season will be tracked separately from the regular season with the same points per game restrictions, keeping higher skilled players in check during the post season.
- Rosters need to be finalized and LOCKED by December 1st and no additions can be made. Roster additions after deadline for extraordinary situations must be reviewed by league captains and approved by league commissioner
- Captains are required to maintain an updated roster in GameSheet and give the score keeper a hard copy of your roster before each game can start, noting players that are playing. **A 5 minute** bench penalty will be given if rosters are not entered or submitted before the game.
- Captains are also required to sign the score sheets on the ipad after a game (similar to the refs)
- Only league approved, USA Hockey registered goalies are permitted to substitute
- A player can be rostered on 2 teams as long as they are under the 1.25 goals/game rating. Points and Penalties for a player rostered on 2 teams will be combined for one total.
- Cross team subbing is only allowed when teams have 9 or fewer skaters. Team Captains must approve the sub and that players name must be printed on score sheet. If one Team Captain does not agree to the sub, the game will be forfeited. **NO SUBS FOR SUMMER**
- Use of a non-registered players is not permitted and will result in forfeit and suspension for that teams captain

Games

- Seasons: Winter/Fall is 21 games. Summer is 10 games no playoffs.
- Blue line idng
- 1.25 hour game slot
- 5 minute warm up to start no earlier than the actual ice time start.
- 3- 20 minute run time periods
- 1 minute between periods
- 3rd period will be stop time during the last 5 minutes if within 3 goals. Run time will continue with a goal differential of 4 or more.
- 5 minute run-time sudden death OT if Tied. No shoot-out.

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.
- Fighting will result in a league expulsion. Fighting is considered one (1) punch thrown. Expulsion is Lifetime



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- 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 in penalty minutes is a 1 game suspension (12 minutes summer)
- 30 minutes accumulated in penalty minutes is a 2 game suspension (16 minutes summer)
- 40 minutes accumulated in penalty minutes is a 3 game suspension (20 minutes summer)
- 50 minutes accumulated in penalty minutes results in expulsion from the league (24 minutes summer)
- 3 Game misconduct penalties per season including playoffs results in expulsion from the league (2 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 and will receive an expulsion.
- 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. MHL Commissioner can also add suspensions to any player for any reason.
- 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
- **Any abuse of an on-ice or off-ice official will result in a 30 day suspension or expulsion from the league.**
- Any player that received an expulsion from the league is not eligible to play in future seasons
- Probation for penalized players: If a player on probation receives 10 minutes in penalties, they will receive a 1 game suspension. If that player reaches 15 minutes in penalties, they player is out of the remainder of the season. If a player on probation receives a major penalty, that player is out for the remainder of the year.
- Video review requests. Captains can request an incident be reviewed, but must be requested within 48 hours of the game.
- Expulsion appeal process. After an expulsion, the Commissioner can make the call to allow an appeal or not. Captains need to make an appeal for their player. If an appeal is made, the incident will be reviewed by the captains and their feedback will be given to the Commissioner. The Commissioner will make the final call.

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 8 regular season games to be playoff eligible
- Goalies need to play a minimum 3 regular season games for any team to be playoff eligible
- Regular season penalty totals carry over to playoffs. Penalty totals do not reset for playoffs.
- Players with over a 1.5 goals per game average, (regular season) will not be eligible for postseason games
- If a team has more than 1 player between 1.25-1.5 goals per game, only one player can be rostered for a postseason game
- Postseason games: 4 goals max per player over 2 games. If violated, that player will stay in the current game (goals will count), but that player will not be allowed to play in any other post season games
- 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, 1 player shootout (any player) will occur until the tie is broken, each team getting equal opportunities. Shootout goals do not count towards a players average goals per game.

Liability

- All players playing in the MHL have read these rules 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. Any damages to the Facility will be billed to either the person responsible or the team as a whole.

RATING WORKSHEET

Winter league level of play will be "C", while Summer League will be draft format open to all player levels.

Each team is allowed one (1) player that averaged **1.25 – 1.5 GOALS** per game from the previous winter season to be evaluated on a year to year basis to achieve parity in the league. Post season will be tracked separately from the regular season with the same points per game restrictions, keeping higher skilled players in check during the post season.

- 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 VAR HS
- 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

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

Years of Rec. Experience = _____ points

TOTAL SCORE = _____ POINTS