



Ice Vault Adult Hockey League
Rules & Regulations
Updated March 2026

Overview & Highlights

- Games will be scheduled Sunday through Thursday (Fall/Winter/Spring) or Monday through Thursday (Summer)
- Three 15-minute stop-clock periods
- If tie scores after regulation in the regular season, a 3-round shootout will decide the winner.
 - o When a playoff game ends tied, a 5-minute 4 on 4 sudden death period will be played. If both teams are still unable to score, a 3-round shootout will decide the winner.
 - o The captain of the designated home team will choose to shoot first or last.
- Champions receive \$100 gift certificate to In the Crease Sports Pub, runner-up receives \$75 gift certificate

Registration Requirements

- Discount is applied by the due date that is specified on the application. - No player will be permitted to participate without a current USA Hockey Registration. - No application will be accepted without a completed roster with USA Hockey Numbers.

Game Day Procedure

- Officials will pick up sign in sheets from the front office, and check-in teams during warmups.
- Players are not permitted on the ice while Zamboni doors are still open
- Teams must have a minimum of 6 players to begin a game. If present roster is lower, the short-sided team will be forced to forfeit

Mercy Rule

- If there is a six-goal difference in the second period the game will go to a running clock. If the score drops below six goal difference the clock will go back to stop time.
- The game will end if there is a ten goal difference in the third period.

Equipment Requirements

- Helmet with a visor or cage, hockey gloves, protective cup, pants or girdle, shin guards, elbow pads, ice hockey skates, and stick are required
- Shoulder pads are strongly recommended

Player Eligibility

- All participants must be at least 21 years of age and have a current USA Hockey registration.
- Rosters will be limited to 20 players for games.
- Rosters can have a maximum of 5 substitute players.
- Rosters will be locked after the fifth game unless deemed necessary by league administration to promote competitive balance.
- All participants must be registered with the league and on the roster of the team they are playing for.
- The use of non-rostered players is prohibited and will result in the team forfeiting the game in addition to team captain serving a one-game suspension
- Players must play at least 60% of games to qualify to play in playoff games.



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Penalties

- Any player, including goalies, who takes four penalties in the same game will be ejected and may face additional suspension pending review by league administration - Players who serve a penalty for another player shall not be charged for that penalty - A delayed penalty that is canceled by a goal scored will be reported to the scorekeeper and recorded, and does count toward a player's penalty total
- Any behavior that endangers the players, participants, referees, or spectators is intolerable and the league will immediately take action against those involved. - Any player that is substance-impaired may be prevented from playing or removed from the game
- If there is a 15th penalty called in a game, the game will be ended immediately. The score at the time will be the final score.

Stats and Standings

- Win: 2 points
- Regulation tie with shootout loss: 1 point
- Regulation loss: 0 points

Suspensions and Unruly Players

- All game misconducts will result in an automatic suspension per USA Hockey rules - Suspended players are not permitted on premise during any IVHL games - Any suspension appeals must be made within 48 hours of the incident - The league reserves the right to issue any length of suspension at any time following any incident
- Fighting is absolutely not tolerated and will result in a suspension of at least two games. Players who violate this policy will jeopardize their continued involvement in the league - All suspensions from regular season will carry over to both the playoffs, and suspensions that are not fully served during playoffs will carry over to future seasons
- Suspended players cannot play for any other team in the IV adult league, until they serve out their complete suspension for the team they received the suspension. Doing so will result in further suspension.
- Suspensions will be given for off-ice incidents as well, and will be punished more severely
- If a player participates in a game he or she is suspended for, the game will be forfeited, the captain will be suspended for the next game, and the offending player will be given an additional five-game suspension.

Fill-in Goalies

- A fill-in goalie list is provided to the team captains, but goalies who are not on the list may also be used.
- Fill in goalies must provide a valid USA Hockey registration number.
- When a fill-in is used, captains must inform the league admin who the fill-in goalie is.



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Shootout Procedure

- Three-round shootout
- The captain of the designated home team will choose to shoot first or last. - If after this best of three shootout the score is still tied, teams will alternate shooting in a sudden death "extra innings" format
- Each shot is taken by a different player, and all eligible players must take a shot before repeating shooters
- Any skater who is assessed a penalty that does not expire before the completion of the game is not eligible to partake in the shootout. An exception is made for players serving a penalty taken by another player.

Playoffs

- **Players must play in 60% of regular season games to qualify to play.**
- Upon the completion of the regular season, league administration will release a playoff schedule, with matchups based on regular season standings
- In the event of a tie in the standings, the playoff tie-breaking procedure is as follows:
 1. Most wins
 2. Head-to-head record
 3. Fewest total goals against
 4. Fewest goals against in games between tied teams

Rescheduling Protocol

- If a team will not have enough players to play in a game, it will only be rescheduled if the opponent agrees to a new date/time.
- This must be finalized at least three days before the scheduled game, so the team initiating the rescheduling must file a request with the league early enough to provide ample time for possible reschedule dates to be proposed and agreed to before the three day threshold.

Alcohol Policy

With In The Crease Sports Pub open for business on the mezzanine level over the lobby, we must comply with New Jersey state liquor laws to protect ourselves against any situations of liability as well as fines or loss of license. To that end I want to be crystal clear that the entire Senior Management and all of the staff of the Ice Vault and In The Crease Sports Pub will follow all of the laws put in place by the State and the Ice Vault. First and foremost: we will no longer be able to allow ANY alcoholic beverages of ANY kind being brought into our building, locker room, or outside in the parking lot.

With the responsibility of having a liquor license and a pub on the premises we cannot afford to have any team or member of a team bring any alcoholic beverage into our building. Any lack of compliance will be dealt with in the appropriate manner for us to comply with the law.

League Administration

- The league reserves the right to make any changes to the league's rules and regulations at any time, as well as alter the schedule based on the needs of the facility. Team captains will be notified if a game is rescheduled.
- League administration contact info:
 - Nicole Farrelly
 - Email: NicoleP@icevault.com
 - Phone: 973-628-1500