



LEAGUE GUIDELINES & SUPPLEMENTAL RULES





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Edition

Please always refer to the latest revision of the League Guidelines & Supplemental Rules for the most accurate and up to date information.

This League Guidelines & Supplemental Rules handbook was last updated: 5/19/2024 9:45:29 PM Pacific Time

This date and time stamp and all its changes/revisions supersede all previous editions.

Change Log

All changes throughout the season will be recorded here.

- Regular season game time changes: from 17:00 minute periods to 16:00 minute periods.

Welcome to the Seattle Pride Hockey League

Seattle Pride Hockey League wants to provide a fun and exciting – and above all, inclusive – recreational hockey league for adult players of all skill levels.

Seattle Pride Hockey League is sanctioned by USA Hockey, Inc. (“USA Hockey”) and follows – at a minimum – the Official Rules of Ice Hockey set forth by USA Hockey. USA Hockey’s Official Rules of Ice Hockey can be found by visiting <http://www.usahockey.com/rulesandresources>. Please reference and follow all rules contained within USA Hockey’s rulebook.

In addition, Seattle Pride Hockey League also has additional guidelines and supplemental rules contained herein that enhance or supplement the Official Rules of Ice Hockey. Seattle Pride Hockey League reserves the right to amend and/or change the following guidelines and/or supplemental rules at any time, and Seattle Pride Hockey League is the final arbitrator on how these guidelines and supplemental rules will be interpreted, applied, and enforced.

Mission

Seattle Pride Hockey Association is committed to promoting and advocating for diversity and inclusiveness in the Pacific Northwest ice hockey community. Through this mission and our pillars – education, opportunity & inclusion – we are excited to offer the Seattle Pride Hockey League to provide a safe, fun, inclusive and positive environment for both players and officials.

Pillars

- **Education** – Challenging homophobia and changing culture are just the start. We firmly believe acceptance can only be achieved when education is used to unlock understanding.
- **Opportunity** – Hockey is for everyone, and we’re one of countless organizations around the world working to make that a reality. On or off the ice, our mission comes to life when the LGBTQ+ community and allies can play, learn, practice, watch, and gather around hockey. More so, we recognize the importance and value of these opportunities. For many, this is the first or only queer hockey space they’ve ever been a part of. By creating a welcoming space to enjoy a sport they love, we have a chance to truly affect peoples’ lives for the better enabling them to enthusiastically and authentically participate in the sport they love.
- **Inclusion** – Our primary purpose is to create a safe space for all LGBTQ+ hockey players and fans. Hockey can be an intimidating sport to play and follow, especially for youth athletes or those who are just starting out. We believe in creating an environment where all feel comfortable – we cheer for each other, regardless of ability, and we reach out to one another

in the spirit of making hockey better-without fear from hate or judgement of skill.

Standards of Play

All people of the Seattle Pride Hockey League, including players, officials, administrators, and spectators, are expected to exhibit good sportsmanship and abide by USA Hockey Codes of Conduct. Seattle Pride Hockey League players are encouraged to remember to:

1. Play for fun.
2. Work to improve your skills and those around you.
3. Be a team player – get along with your teammates.
4. Learn teamwork, sportsmanship, and discipline.
5. Be on time.
6. Learn the rules and play with them. Always be a good sport.
7. Respect your teammates, opponents, and officials.
8. Never argue with an official's decision.

Game Day Logistics

1. Locker rooms are assigned by the rink prior to game time and displayed in the entrance area of the facility. Team captains are responsible for ensuring locker rooms are properly utilized while occupied and that all locker rooms are left equal to or cleaner than their team's game. Please report any facility issues to the Seattle Pride Hockey League.
2. Valuables should be taken with the team from the locker rooms to the bench area for the duration of the game. Neither Seattle Pride Hockey League nor the facility assumes responsibility for any items lost and/or stolen.
3. Warm-up and game pucks are provided by Seattle Pride Hockey League to each team. All team captains should bring the provided pucks to every game. However, it is the responsibility of the scheduled **HOME** team to furnish pucks for both teams' warm-up and the game. If the home teams' captain is absent, the away team may provide pucks for that warm-up and game.
4. The team captain must submit the team roster to the scorekeeper before the start of the game, representative of both absent and present players for that game.
5. Game clocks, penalties, goals, and all game-related statistics will be recorded by the scorekeeper and posted to <https://stats.SeattlePrideHockey.org>. Any amendments or

corrections should be submitted to Seattle Pride Hockey League at League@SeattlePrideHockey.org.

6. Team captains must submit a valid game roster including all rostered players and substitutions to the scorekeeper prior to each game. Only valid, actively registered Seattle Pride Hockey League players and/or substitutions (with prior approval) are allowed to play.
7. If your team's goaltender is absent, please call upon your other goaltender. If your team's other goaltender is unavailable, there are up to six (6) other goaltenders that can be called upon within the Seattle Pride Hockey League. Please make attempts to source from within the league prior to external goaltenders.
8. With approval from the overall team, both half-time goaltenders and half-time skaters are permitted to play additional games – without additional registration dues – should the team have nine (9) or fewer skaters for any applicable game.

Seattle Pride Hockey League Guidelines

Joining the Seattle Pride Hockey League

To join Seattle Pride Hockey League's draft league, anyone aged 18-years and older should register via the mySPHA portal (<https://my.SeattlePrideHockey.org>). All registered players will be placed on a team during the leagues draft.

All active and returning players must register with and keep current a USA Hockey annual membership prior to participating in the Seattle Pride Hockey League.

The annual USA Hockey membership fee varies each season and is posted on USAHockey.com/Membership. USA Hockey registration begins on April 1 annually and covers a 16-month period through August 31 of the following year. Registering with USA Hockey provides players with several benefits, including supplemental insurance coverage for incidents that may occur during USA Hockey sanctioned events/games.

Evaluation Skates & Player Drafts

Currently, Seattle Pride Hockey League does not plan to offer evaluation skates.

However, once registration closes, all registered players will be drafted onto teams formed by the Seattle Pride Hockey League.

Team Captains

Seattle Pride Hockey League will itself elect one team captain, and ideally one or two alternate team captain(s), who are all responsible for organizing the team, and serving as the main point(s) of contact with the league. Team captains and alternate team captains are also the main points of contact with game officials (both on- and off-ice) during Seattle Pride Hockey League games. The team captain and alternate team captain(s) do not have to be the best players on the team. To the contrary, the best leaders are sometimes the least skilled players.

If a team captain is not present for a game, the player(s) taking that responsibility should be noted on the roster that is submitted to the scorekeeper prior to the start of the game.

Registration and Dues

Seattle Pride Hockey League will collect all registration dues upfront from players. Currently, teams are not responsible for managing player finances.

Payment Plans

Seattle Pride Hockey League understands that ice hockey is not inexpensive and wants to provide a supportive and inclusive environment. To that end, we are offering payment plans to provide easier options for entry into the league. We hope players will find these options helpful in breaking up payments. In the future, we hope to offer scholarship options for those with financial need. That said, all players are expected to pay their dues in a timely manner according to the payment schedule established. If, for any reason, a player is in default by more than three (3) calendar days of their scheduled due date, the applicable player(s) will not be permitted to participate in Seattle Pride Hockey League until the default is rectified. As a reminder, Seattle Pride Hockey League does not provide any refunds, in whole or part, for missed games, including those because of default of an established payment plan. If a player remains in default to Seattle Pride Hockey League at the conclusion of the season, the player will not be eligible to return to the league until the default is rectified.

Team Rosters

1. All players, both skaters and goaltenders alike, whether full-time, part-time, or on a

spare/substitute basis, must be USA Hockey registered for the active/current season and be officially registered members with the Seattle Pride Hockey League. Unregistered, non-membered players with either USA Hockey and/or Seattle Pride Hockey League, are not permitted. **All players must be approved by Seattle Pride Hockey League in advance.**

2. A printed copy of the team's roster must be provided to the scorekeeper before the start of every game. Each player in uniform must be clearly noted, including first & last name, and jersey number. Please note that while players may have the same number on the team's roster, no two skaters may share the same number during any single league game. On the roster, please list the goaltender first, followed by skaters, in numerical order.
3. Failure to turn in a printed roster prior to the start of any league game will result in a bench minor penalty being issued to the violating team (see [Game Format > Penalty Lengths](#)).
4. Teams that deviate and/or add new players to their roster (including the invitation of players from a team whose game immediately preceded) without prior written approval from the Seattle Pride Hockey League will be penalized, including, but not limited to, suspension of the team's captain and/or their alternate team captain(s), forfeiture of wins, prohibition from playoffs and/or expulsion from the Seattle Pride Hockey League altogether.
5. It is the responsibility of each team captain, and their alternate team captain(s), including all registered players, to know and follow the rules regarding illegal players.

Jerseys

1. Seattle Pride Hockey League will manage all jersey & socks throughout the season. A deposit is required during registration to cover the cost of a jersey and/or socks.
2. Each player's jersey must have the player's number permanently affixed to the back. Please note the following requirements regarding numbers:
 - a. Taped numbers are not acceptable.
 - b. Handwritten numbers must be done with a large, felt-tip permanent marker for boldness and visibility.
 - c. More than one (1) skater may not share the same number within the same game.
3. If a player has lost/misplaced or otherwise forgotten their numbered jersey, the player will be responsible for finding a like-color, numbered jersey to participate in the game. Only one (1) blank jersey is an acceptable substitute per team. In addition, the player's deposit will be withheld by Seattle Pride Hockey League to cover the replacement expense.
4. While goaltenders can wear a non-matching jersey, goaltenders are always encouraged to don the provided loaner jersey and socks, and to keep the spare jersey as close to the team's color as possible.
5. Goaltenders are permitted to wear a duplicate number or blank jersey on the same team (i.e., a goaltender and skater share the same number or blank).

6. Every player is encouraged to come equipped with their league-issued jersey and socks to every game.

Game Forfeiture Policy

Game forfeitures cause significant disruption to league operations. If a team feels the need to forfeit (a) game(s) during any regular and/or playoff season, the game will result in a loss to the forfeiting team and will not be made up. The opposing team is permitted to use the ice as a scrimmage.

Refund Policy

If a player is absent, becomes injured, relocates, is suspended, ejected from the league, or otherwise vacates their team, with or without reason, during any active and/or prior season(s), the league does not issue refunds, in whole or part. **ALL SALES ARE FINAL.** For the full Cancellation & Refunds Policy, please visit <https://www.seattlepridehockey.org/cancelation-refunds-policy/>.

USA Hockey Official Rules of Ice Hockey

The Official Rules of Ice Hockey with USA Hockey always remain in effect. These official rules can be found by visiting <http://www.usahockey.com/rulesandresources>. However, the following rules set forth by the Seattle Pride Hockey League go above and beyond the Official Rules of Ice Hockey set by USA Hockey.

Playing Equipment

Seattle Pride Hockey League does not rent, loan, or otherwise supply any equipment/gear to players or participants – other than a jersey & socks.

1. All players are required to wear face protection. Full metal or plastic helmet cage (bubble) are highly encouraged. Half shield/visors are acceptable but are strongly discouraged in the Seattle Pride Hockey League.
2. Seattle Pride Hockey League strongly encourages all players to use a mouth guard.
3. Players failing to wear acceptable face protection, and players whose chinstraps are missing and/or not fastened, will not be permitted to play in any game until the requirements are

met. Referees may also assess penalties for noncompliance.

4. Seattle Pride Hockey League requires that all players wear all other available protective equipment (gloves, shoulder pads, elbow pads, knee/shin pads, protective cup/jill, ice pants, and hockey socks). ([USA Hockey Official Rules of Ice Hockey Rule 304. Protective Equipment.](#))
5. Use of music and video-recording devices while participating as a player on the ice, including wearing headphones and cameras (i.e., GoPro), is strictly forbidden. Players with such devices will be removed from the game.

Game Format

All Seattle Pride Hockey League games are conducted in the following format:

Regular Season

1. Players and pucks are not permitted on the ice surface while the rink doors are open.
2. Teams will be allowed no less than 3-minutes of warm-up time prior to the game beginning.
3. The first, second and third periods will be 16 minutes in length, each with a “running” clock.
4. Intermission one and two will be 60-seconds (1:00 minute) in length.
5. The final 30 seconds in all periods will have a “stop” clock.
6. Each team is permitted one (1), 30-second timeout per game.
7. If a game ends in regulation with a tie score, there will be no overtime and each team will receive one point in the standings.

Playoff Games

1. Players and pucks are not permitted on the ice surface while the rink doors are open.
2. Teams will be allowed no less than 3 minutes of warm-up time prior to the game beginning. This warm-up time will begin at the scheduled game time or when the Zamboni has concluded cleaning the ice and the doors to rink have been closed, whichever is sooner.
3. The first, second and third periods will be 15 minutes in length with a “running” clock.
4. Intermission one and two will be 60-seconds (1:00 minute) in length.
5. The final 30 seconds in all periods will have a “stop” clock.
6. Each team is permitted one (1), 30-second timeout per game.
7. Playoff games that end with the score tied after regulation will immediately proceed to a three-minute, five-on-five, sudden-death overtime period with goaltenders switching ends. Overtime will be played under a running clock.

8. If, after the three minutes have been played and the game is still tied, the game shall proceed to a shootout. The following format is used.
 - a. The home team will choose to shoot first or second.
 - b. Teams are not required to turn in the list of shooters prior to the start of the game.
 - c. Each shooter will take a penalty shot on the opposition goaltender. After their attempt, the player will skate to the opposite side of the rink (the opposite end of the team bench) so it is clear they have taken a shot.
 - d. If, after five shooters from each team, the game is still tied, the format will be “sudden death” with each team having one attempt until a winner is decided.
 - e. Every player must attempt a shot before a team can reuse players. The only exception to this rule is if a team has more players in uniform than its opponent. Once the opposition has used all its players, the team with the greater number of players may reuse shooters.
 - i. Players serving minor penalties are eligible. Ejected players and those serving 10-minute misconduct penalties and double-minor (roughing) penalties are not permitted to participate in the shootout.

Penalty Lengths

1. During all periods, minor penalties will be three (3:00) minutes, major penalties will be seven (7:00) minutes and misconduct penalties will be ten (10:00) minutes in length.
2. If a team is penalized for not turning in a roster (see [Seattle Pride Hockey League Guidelines > Team Roster](#)), that penalty will be three (3:00) minutes in length. It will be recorded as a bench minor penalty for delay of game. If present, the team captain, or their alternate will serve the penalty. If the team captain and alternate team captain(s) are not present, any player picked at random will serve the penalty and fill out the roster.

Playoff Seeding Tie Breakers

The following standings will be utilized for playoff seeding tie breakers:

1. Head-to-Head
2. Most Wins
3. Fewest Penalty Minutes
4. Least Goals Against
5. Most Goals For
6. Coin Toss

*If a three-way or more tie, skip head-to-head.

Seattle Pride Hockey League Supplemental Rules

Supplemental Rule 1: Suspended Players

1. A player who is removed from Seattle Pride Hockey League for the balance of a season will be treated as a new player who must re-register to play again in the Seattle Pride Hockey League. Seattle Pride Hockey League reserves the right to refuse to allow a player to return to the league, and under no circumstances will any player trying to return from an extended suspension be guaranteed a spot on any Seattle Pride Hockey League team.
2. Any player who satisfies assessed game suspensions that extended beyond the end of the season in which the suspensions were incurred will be treated as a new player. The player must register as a new player and pay the dues for the upcoming season. Seattle Pride Hockey League reserves the right to refuse to allow the player to return to the league, and under no circumstances will any player trying to return from an extended suspension be guaranteed a spot on any Seattle Pride Hockey League team.
3. If Seattle Pride Hockey League is made aware of any active suspension from any other adult hockey league within the State of Washington, whether through decision of the organization itself, and/or governing body (i.e., USA Hockey), this suspension will be recognized in consideration for participation in the Seattle Pride Hockey League. The player must satisfy all suspension(s) prior to resuming play with Seattle Pride Hockey League.

Supplemental Rule 2: Ineligible Players & Playoff Eligibility

1. Seattle Pride Hockey League will strictly enforce the roster requirements discussed above (see [Seattle Pride Hockey League Guidelines > Team Rosters](#)). Only players registered with both USA Hockey and Seattle Pride Hockey League will be allowed on any team's official roster.
2. If, at any time, during or after a game, a team is identified as having utilized player(s) not on the team's official roster, players serving a suspension and/or other penalty, and/or similar misconduct, the offending team will forfeit the game. If discovered during the game, the forfeit will be immediate and will occur regardless of the score. The team captain and/or alternate team captain(s) of the offending team will be suspended for not less than two (2) games. Note: This suspension will be issued to the team captain and/or alternate team captain(s), regardless of whether s/he is/are present for that game.
 - a. Any team caught violating this rule a second time in a season will be banned from playoff games, regardless of the team's ranking. The team captain and/or alternate team captain(s) of the team will be suspended for no less than ten (10) games.
 - b. Any team caught violating this rule a third time in a season will forfeit the balance of

- the season and will be barred from further play in Seattle Pride Hockey League without any refund.
3. All players must be registered through Seattle Pride Hockey League and active in that season. All team captains and alternate team captain(s) should consult with Seattle Pride Hockey League to confirm player eligibility, should the need for a substitute player be needed.
 4. All goaltender substitutions during playoffs must not regularly play, full-time, in any league division higher than the team seeking the substitution. (i.e., a Kraken Hockey League Division 1 goalie).
 5. Goaltender stats, including games played, are separate from those of skaters. To that end, a goaltender's games played minimum requirement are not enough to participate in a playoff game as a skater, unless they have enough games played separately as a skater.
 6. Any team caught violating these rules during the playoffs will be suspended from further play.
 7. All players are encouraged to bring photo identification to the game for verification, if needed.

Supplemental Rule 3: "Gretzky Rule"

1. At no time may a player be allowed to score more than three (3) goals in a single game. When a player has scored three (3) goals, the scorekeeper will notify the on-ice officials, who will notify both teams that a player has scored their three (3) goals. It is ultimately up to the applicable player(s) and/or team(s) to know when a player(s) has reached their three (3) goals.
2. If a player scores a fourth (4th) goal in a single game, the goal shall be disallowed, and play will restart in the offending team's defensive zone (much like an icing). No penalty will be assessed.

Supplemental Rule 4: "No Donkey Rule"

1. To promote and uphold Seattle Pride Hockey Association's mission and pillars throughout the course of the season, and any behavior which diminishes the experience of other players is strictly prohibited. This kind of conduct includes dangerous play, aggressive body contact, excessively poor sportsmanship, and/or abuse of officials, spectators, and other participants. The Discipline Committee has authority to enforce this rule as they see fit, up to and including expulsion from the league without a refund.

Participant Conduct

Participant Conduct Policy

1. Fair play and respect are the backbone of any successful recreational sports program. For a positive environment to be created, it is imperative that all Participants have respect for all participants/players, coaches, officials, administrators, spectators and the sport of hockey. Hockey is a game demanding high levels of concentration and skill. Participants must recognize the importance of following all staff and/or coach instructions and agree to follow such instructions.
2. All players are encouraged to familiarize themselves with and adhere to our Participant Conduct Policy, available at <https://www.seattlepridehockey.org/conduct-policy/>.

Reservation of Rights

1. Seattle Pride Hockey League is committed to providing a fun and successful recreational ice hockey league. As a result, Seattle Pride Hockey League reserves the right to suspend, expel or otherwise prevent any player from playing in the league, if the Seattle Pride Hockey League determines, in its sole discretion, that a player is detrimental to the safety of players and successful operation of the league. Seattle Pride Hockey League also reserves the right to refuse or deny the registration of any prospective player or team that the Seattle Pride Hockey League determines, in its sole discretion, to be detrimental to the safety of players and successful operation of the league.
2. Seattle Pride Hockey League reserves the right to change these League Guidelines & Supplemental Rules at any time, with or without notice. Team Captains and all players within the league are encouraged to routinely review these League Guidelines & Supplemental Rules throughout the season for any updates.

Waiver of Liability, Release, Assumption of Risks, Indemnity Agreement, Consent to Treatment, and Covenant Not to Sue

Participant hereby releases, exempts, waives, and relieves Seattle Pride Hockey Association, Inc. and Sno-King Ice Arenas, together with their respective administrators, officers, directors, managers, agents, employees, contractors, affiliates, sponsors, advertisers, ice officials, scorekeepers, announcers, legal representatives, organizers, volunteers, workers, promoters and their respective successors and assigns (collectively, “**Releasees**”) from and with respect to any and all liability for personal injury, property damage, wrongful death, and all other claims of any nature, whether at law or equity, **INCLUDING CLAIMS RESULTING FROM RELEASEES’ NEGLIGENCE**, arising from or in any way related to the undersigned’s participation in or attendance of the Seattle Pride Hockey League in Kirkland, Washington (the “League”).

Participant warrants that they are in proper physical condition to participate in the League, and acknowledges, understands, and assumes all risks relating to the League, ice hockey generally, and any member team activities. Participant also understands that ice hockey and related activities include foreseen and unforeseen risks to Participant’s person, including bodily injury, partial or total disability, paralysis and death, and damages that may arise therefrom. Participant acknowledges, understands and assumes the risks arising from the conditions and use of hockey rinks and related premises and acknowledges and understands that included within the scope of this waiver and release is any cause of action (**including any cause of action based on Releasees’ negligence**) arising from the performance or failure to perform maintenance, inspection, supervision or control of said areas and the failure to warn of dangerous conditions existing at said rinks and adjacent areas and facilities. Participant also hereby consents to such medical treatment as officials deem necessary if Participant becomes ill or is injured at the League facilities. Participant also understands that the League and related activities may be photographed, filmed, or recorded, and consents to Releasees’ use and publication of Participant’s photograph, audio or video recordings, or other depictions or publications concerning the League.

This *Waiver of Liability, Release, Assumption of Risks, Indemnity Agreement, Consent to Treatment, and Covenant Not to Sue* (“**Release**”) shall be governed by the applicable laws of the State of Washington and Participant agrees that any legal action concerning the effect of this Release, or the subject matter hereof shall be adjudicated only in the federal or state courts of Washington, and in no other jurisdiction. If any part of this Release is determined to be unenforceable, all other parts shall be given full force and effect. Participant also covenants not to sue Releasees, and further agrees that if any claim for Participant’s personal injury or other damages is commenced against Releasees, Participant shall **DEFEND, INDEMNIFY AND HOLD RELEASEES HARMLESS** from and with respect to any and all claims or causes of action by whomever or wherever made or presented, including defense costs and legal fees. Participant further acknowledges that he/she/they/them has read and understands the meaning of this document and has not relied upon any representations of Releasees, and that they are fully aware of the potential dangers of hockey and all related activities.

By registering and participating in Seattle Pride Hockey League, I fully intend to be bound hereby.