



AAHL Beginner League Rules

Edited: August 31, 2018

1. Game Rules

League games will be played using the current rules as set forth by USA Hockey for adult non-check ice hockey as a guideline. Exceptions and highlights are listed below as well as in the AAHL Special Rules document (available at <https://www.AtlantaHockey.org>).

2. Clocks/Time

Games shall consist of a 5 minute warm-up, and three fifteen (15) minute periods running time. There shall be 2 minutes between periods to allow teams to change ends. The ice will be resurfaced before each game, but not between periods. The final two minutes of the game will be stop time, but in the event there is no scorekeeper at any particular game, the game will end in running time.

3. Time-outs

There shall be no time outs permitted, except for official time outs in the discretion of the referee.

4. Ties

Games ending in a tie will be determined a tie with each team receiving one (1) point.

5. Helmets

Helmets approved for hockey must be worn by all players at all times during the match, including on the ice, on the bench, or in the penalty box. All players' helmets must have eye protection approved for hockey. Special rules apply to goalie helmets and masks, and goalies should direct inquiries to their league Vice President for specific information.

6. Checking

No checking is allowed at any time during any game.

7. Goalie Protection Area

An area outlined by a box to extend from the center of each face-off circle straight back to the end-boards and between the face-off circles. If the goalie is in the confines of this area, he cannot be interfered with and must be allowed freedom of movement.