

Participant Handbook

Full Stride Hockey League

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INTRODUCTION

Full Stride, Inc. welcomes you to an exciting and unique brand of adult recreational hockey programming for players of all skill levels ages 21 and older.

PHILOSOPHY

The Full Stride Hockey League will strive to create a variety of exciting seasonal adult programs that are founded on the emphasized principles of fair play, sportsmanship, camaraderie, and safety.

COMMISSIONER / DISCIPLINARY COMMITTEE

Dan McFall serves as Commissioner for the Full Stride Hockey League. The Commissioner is responsible for the general administration and operations of the league. These responsibilities include: team/player placement, captain's correspondence, official's correspondence, and policy interpretation/execution. The Commissioner of the Full Stride Hockey League is responsible for any disciplinary problems that may arise. His primary responsibility is to enforce Full Stride rules and regulations.

FULL STRIDE CORRESPONDENCE

For questions and general information, please use the following:

Phone: 802.652.9010
Fax: 802.652.0000
E-Mail: danmcfall@fullstride.com
pete.olson22@gmail.com

FULL STRIDE ON THE WEB

For instant access to Full Stride information including league standings, upcoming programs, tournaments, and registration information, check out www.fullstride.com

TEAM CAPTAINS

Each Full Stride Hockey League team is required to name one captain at the onset of each season. Captains are required to attend any meetings called by the Commissioner.

Captains shall act as the team representative for all correspondence with the Commissioner. Player questions or concerns **MUST** first be directed toward the team captain.

REGISTRATION & NO PAY – NO PLAY POLICY

Registration deadlines are noted on all registration materials and on the web site prior to the start of each season. Captains are responsible to the Commissioner to ensure all fees and documentation are collected and submitted by the appropriate dates.

To be considered a registered Full Stride Hockey League player for each season, players must complete the following prior to the stated deadline(s).

- Payment in full by cash or check.
- Submit credit card # and authorization for full payment.

Full Stride Hockey League has a strict no pay – no play policy. Any player not in compliance with any of the above will not be permitted on the ice.

FULL STRIDE HOCKEY LEAGUE DIVISIONS

Full Stride offers four levels of play:

Division 1 – D1 is the high-end version of our senior leagues. A faster, more aggressive league, with a younger average playing age. Numerous participants played competitive high school hockey, college club, and college levels. Not an elite league, but perfect for the competitive adult player. Minimum age 21.

Division 2 – Recreational hockey with a competitive edge. The best place for mid-level players who like to challenge their skills. Most participants are in their mid 30's. Minimum age 21.

Division 3A – Great hockey for the recreational competitor. The best place for mid-level adult hockey players. The very few ex-varsity hockey players have well passed their ten year reunions! Average age in the mid 30's. Minimum age 21.

Division 3B - Great hockey for the recreational competitor. The best place for mid-level adult hockey players. The very few ex-varsity hockey players have well passed their ten year reunions! Average age in the mid 30's. Minimum age 21.

Division 4 – D4 is perfect hockey for enthusiastic adults! The place to play if you started playing hockey as an adult, or if it has been at least a dozen years since you played as a kid. Minimum age 21.

Women's League – Great hockey for women only! Intended for player with experience playing organized hockey. Competitive recreational games. Minimum age 18.

The rules and regulations for all divisions are identical. The caliber of play is the only main difference between the various divisions.

Schedule formats for the divisions offer one game per week with time off during major holiday weeks. For those who are home for the holidays, look for possible tournaments, clinics, or pick up to be scheduled. Full Stride will keep you posted. Check www.fullstride.com for information.

FULL STRIDE RULES AND REGULATIONS

PLAYING RULES

USA Hockey rules govern play of all sanctioned Full Stride. All captains are required to be responsible for the knowledge of USA Hockey rules and regulations.

GAME TIMES

All Full Stride Hockey League games consist of 60 minutes of ice time. Slots consist of a 3-minute warm-up and two, 25- minute running time periods where last two minutes are stop-time. Due to scheduling efficiency, all games will start and end in accordance with the daily facility schedule.

TIES/OVERTIME

If the score is tied at the end of regulation during the regular season game, a 3- minute run time sudden death period will ensue. During the playoffs, if a tie exists after regulation time, a shootout will commence. Each team will select 3 skaters to alternately attempt a penalty shot. In the event that the score is still tied, the shootout shall continue in sudden death with teams selecting a new player to shoot each time.

Note: No points are awarded to a team for an overtime loss.

STANDINGS TIE BREAK RULES

In the event teams are tied in the standing, the following tiebreakers are applied to determine which team receives the higher seeding.

1. Points. (The team with the fewer number of games played ranks higher.)
2. The greater number of games won.
3. The greater number of points earned in games between the tied clubs. (Head to Head.)
4. Goal Against.

FORFEITS

In the event a team is forced to forfeit a game for any reason, the opponents will receive the victory. The opponents shall have the opportunity to use the allocated ice time for a scrimmage. Referees and scorekeepers are not available.

- A team must have at least 5 players and a goalie to be eligible for a game.
- If a team plays with a player who is NOT on the team roster, it will count as a forfeit to the team playing with ineligible player(s).
- If a team does not have enough players for a game to be played, they may ask other players, who are not on their team roster, to play. However, the game will count as a forfeiture.

PLAYER EQUIPMENT

In accordance with USA Hockey rules, all Full Stride players must wear full equipment including a HECC certified helmet. In addition to a certified helmet, Full Stride requires all players wear a half shield or a full facemask for the safety of all participants.

JERSEY POLICY

Prior to the first season game, all Full Stride participants are required to have uniformed jerseys with a number on the back.

REFEREES

Full Stride games are refereed by certified Full Stride officials. All appropriate USA Hockey rulings made by a referee during a game will be supported by the Commissioner.

Note: Although you may not agree with every call made (or not made) by the referees, it is important to remember that as a player in the Full Stride Hockey League, you are responsible for conducting yourself in a professional and appropriate manner (see Player Conduct). Full Stride has zero tolerance for abuse of officials (see Zero Tolerance)

NO REFEREES PRESENT FOR GAME

In the event referees are not present for a scheduled game, the game will be rescheduled for a later date. Teams may utilize the ice for a half ice practice or scrimmage. Teams will be expected to monitor themselves during these times and may be subject to disciplinary action if incidents occur.

SCOREKEEPERS

Full Stride employs scorekeepers for all Full Stride Hockey League games. Scorekeepers act as off-ice officials and are responsible for clock management and the official score sheets. Scorekeepers are also available to the commissioner for statements regarding on- and off-ice incidents.

ROSTERS

All teams are allowed to roster a maximum of 20 players (this includes goalie).

A rostered player constitutes a player that:

- Completes all Full Stride Hockey League registrations
- Makes payment on all necessary fees
- Captain has been notified by Full Stride Hockey League Commissioner that player(s) are verified and in good standing.

Teams and players ARE NOT considered rostered if the above items are not complete.

Failure of a team or player to comply with any of the above will result in a forfeit of any upcoming games until the discrepancy is rectified or the forfeit of any wins said team may have incurred while playing with non-rostered player(s). All players must have played a minimum of (5) league games to qualify for playoff competition.

FULL STRIDE HOCKEY LEAGUE ROSTER APPROVAL & REPLACEMENT

Full Stride reserves the right to place individual teams and players in the appropriate skill division if necessary. Full Stride also reserves the right to remove a player that is not suited for that level of play. A player can be removed at anytime during the season as the Commissioner sees fit.

ADDING PLAYERS

To add a player to a roster, captains must contact the Commissioner to acquire the appropriate documentation. All documentation must be filled out by the new player and submitted to the Commissioner with all Full Stride Hockey League payments attached. All documents can be acquired online at www.fullstride.com

The Commissioner **MUST APPROVE** the player addition. Do not expect to add a player on the day of a game. The Commissioner has (5) working days from the time the documentation is submitted to grant approval.

DELETING PLAYERS

To delete a player from the roster, the team captain must notify the Commissioner in writing.

INELIGIBLE PLAYERS

Any team participating in a Full Stride game and is found using a non-rostered player, or player determined to be ineligible due to disciplinary reasons, shall forfeit games the ineligible player participated in.

PLAYOFF ELIGIBILITY

Players must be listed on the roster and participate in at least three (3) regular season games to qualify for playoff competition.

SCORESHEETS / SIGN IN

Scorekeepers for all Full Stride games utilize an official Full Stride hockey score sheet. Prior to each game, all players must sign in prior to the game.

3 PENALTY RULE

Players committing any (3) penalties in one game shall receive a game misconduct and be removed from the remainder of the game. The first occurrence applies for that game only. The second and third occurrence will include a game misconduct and a 1 game suspension for the next scheduled league or playoff game. A fourth occurrence will include a 2 game suspension and a hearing with the Commissioner.

ZERO TOLERANCE

Full Stride Hockey League enforces a zero tolerance policy for abuse of officials and scorekeepers. Abuse includes verbal, physical or otherwise. Abuse of officials will result in an immediate and indefinite suspension, pending a review by the disciplinary committee. Pending the outcome of the review, the Full Stride reserves the right to impose lifetime expulsion from activities at the Full Stride Hockey League.

GAME MISCONDUCT PENALTY

The Full Stride Commissioner will review the penalty with the on and off-ice officials and determine if it warrants any further disciplinary action. Further disciplinary action could include a minimum (1) game suspension from league and/or playoff games, or league expulsion.

MATCH PENALTIES

According to USA Hockey, any player receiving a match penalty is ejected from the current game and automatically suspended for 30 days or until a meeting is held and a ruling made by the Full Stride. The Full Stride Hockey League also has the right NOT to meet within the 30 day time period. If this occurs, the player is reinstated after the 30th day. Match penalties may result in league expulsion.

FIGHTING / EXPULSION

Full Stride Hockey League has ZERO TOLERANCE for fighting. Any player(s) ejected from a game for fighting will be suspended indefinitely. There will be no exceptions. Any player suspended or kicked out of the league due to fighting, is not entitled to a refund from Full Stride for any missed games.

Note: The Commissioner will review any fighting incidents with on and off-ice officials.

GAME CALLED

Full Stride officials have the right to stop a game at any time if the becomes too physical, out of control, and/or if the game is deemed unsafe for players and officials.

PLAYOFFS

Each Full Stride Hockey League season ends with playoffs. The playoff format, dates, and times for each season will be determined by the Commissioner and will be distributed to the team captains.

GAME CANCELLATIONS

Although alterations to the schedule are avoided at all costs, Full Stride reserves the right to cancel Full Stride Hockey League games due to facility malfunction, weather, or other circumstances. In the event a game is cancelled, the Commissioner will notify the captains immediately.

Note: If the rink the game is scheduled at is open, despite weather conditions, the game will not be cancelled.

It is the captain's responsibility to notify all their rostered players and inform them of the situation.

In the event a Full Stride Hockey League game is cancelled, the facility shall reschedule the missed game(s) prior to the season ending playoffs.

DRUG & ALCOHOL POLICY

The consumption of drugs or alcohol within arena facilities is prohibited.

PLAYER CODE OF CONDUCT

All members of the Full Stride are required to conduct themselves in a professional and appropriate manner both on and off the ice while at the rinks. These facilities are billed as family entertainment centers and failure to uphold this standard is unacceptable and will not be tolerated. Violators may be subject to a disciplinary committee review.

The following guidelines are to be adhered to at all times while at the game facilities:

- Foul language will not be tolerated.
- Players are to treat all facility members with respect.
- Players are to dress in the locker rooms only.
- Ice access is not allowed until the start of your game.
- No one is allowed on the ice until the Zamboni doors are closed.

GOALIE POOL

In the event that a team is aware that they will not have a goalie available to them for an upcoming game, the captain can contact the Commissioner for a goalie request. The Commissioner may be able to give you contact information to find a goalie.

In the event a goalie is not available, the team may provide a player to play goalie, or play with 6 skaters.