



Coachella Valley Adult Hockey League

HANDBOOK



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LEAGUE CONTACTS

CVHL Management

Brandon Mullin – Hockey Manager

Email: bmullin@bergerfoundationiceplex.com

Jen Banford – Hockey Coordinator

Email: jbanford@bergerfoundationiceplex.com

CVHL Advisory Board

Brandon Mullin: Hockey Manager of Berger Foundation Iceplex

Jen Banford: Hockey Coordinator of Berger Foundation Iceplex

Reserved: Director of Berger Foundation Iceplex (once hired)

Tawny Arguelles: Skating Manager of Berger Foundation Iceplex & Adult Hockey League Captain

LEAGUE INFORMATION

- CVHL is a non-checking USA Hockey-sanctioned Adult Hockey League
- CVHL is governed by USA Hockey Official Rules of Ice Hockey.
- Review the USA Hockey rulebook at usahockey.com.
- CVHL reserves the right to strengthen USA Hockey rules.

League Eligibility

- Adults 18 years of age and older
- Must have completed Berger Foundation Iceplex registration and the CVHL advisory board alongside team captains, will be assigning each player to a roster.
- Players are expected to play in a division reflecting their accurate skill level. CVHL reserves the right to determine a player's skill level and to deny a player participation in a league that is above or below that player's skill level.
- All players must have a current Adult/Coach USA Hockey membership.
- USA Hockey registration can only be completed online at usahockey.com.
- Must be in good standing with Berger Foundation Iceplex and CVHL management.
- All players must be paid in full or have an agreed-upon payment plan in place.

League's Reservation of Rights

- CVHL is committed to providing a safe hockey league. CVHL reserves the right to suspend, expel, or otherwise deny any player from playing that CVHL determines, in its sole discretion, to be detrimental to the safe operation of the hockey league.
- CVHL reserves the right to review, alter, add, or delete its rules and procedures at any time. Teams and players are encouraged to check the Berger Foundation Iceplex website for the latest version of the handbook.
- CVHL reserves the right to consider special circumstances regarding its rules and procedures. To protect the integrity of the league, CVHL may alter rules and procedures without notice if it is in the best interest of the league as a whole.

LEAGUE PAYMENT INFORMATION

League Payment

- CVHL enforces a strict NO PAY, NO PLAY policy.
- Please retain the payment receipt for proof of payment.
- League payments can be made online; substitute players must pay at the Welcome Center BEFORE entering the rink.
 - o Each season will have an early bird fee, a regular fee, and a payment plan option.
 - Winter 2025/26 Early Bird is \$500 and closes on October 8, 2025.

- Summer 2025 Regular fee is \$525 and closes on October 31, 2025.
- Summer 2025 Payment Plan is \$575 and is split into 4 payments total.

League Credit Policy

- Credits will be granted on a case-by-case basis. Requests must be made by email to league management.
- A credit may be granted for an injury that requires a player to miss at least 50% of the season. Documentation may be requested to verify the injury; player will lose eligibility for the remainder of the season.
- A credit may be granted in the event a player's employment requires that the player permanently move or temporarily work out of state which results in the player missing at least 50% of the season. Documentation may be requested to verify the job relocation.
- Credits are not granted for suspensions or expulsions from the league.
- Credits are not granted for injuries caused by a player fighting or doing any other prohibited activity on or off the ice.
- Credits are not granted for failing to show up to games.
- CVHL reserves the right to deny any request for a credit.

LEAGUE RULES AND PROCEDURES

Regular season game format

- 5-minute warm-up period
- Three 20-minute run time periods, stop time for last 3 minutes if game is within 2 goals.
- Tied games at the end of regulation are decided by a 3-player NHL format shootout. No player may shoot twice until all players on the team have shot. A player serving a penalty at the end of regulation may not participate in the shootout.

Playoff game format

- 5-minute warm-up period
- Three 20-minute run time periods, stop time for last 3 minutes if game is within 2 goals.
- Tied games at the end of regulation are decided by a 3-player NHL format shootout. No player may shoot twice until all players on the team have shot. A player serving a penalty at the end of regulation may not participate in the shootout.

Championship game format

- 5-minute warm-up period
- Three 20-minute run time periods, stop time for last 3 minutes if game is within 2 goals.
- Tied games at the end of regulation go to a 10-minute sudden-death 5-on-5 stop time period.
 - If still tied at the end of OT, the game is decided by a 3-player NHL format shootout. Same rules as above apply.

Seeding for playoffs

- Seeding is determined by:
 - Points
 - Wins
 - Head-to-head record
 - Goal differential
 - Fewest PIM
 - Coin flip

- A win in regulation is 3 points
- A win in a shootout is 2 points.
- A loss in a shootout is 1 point.
- A regulation loss is 0 points.

Premature Ending/ Mercy Rule

- A game may be prematurely ended if any of the following apply:
 - o The CVHL supervisor on duty determines that a game is getting too dangerous.
 - o The game will not finish in the allotted time as a result of excessive penalties and/or unsportsmanlike conduct.

Uniforms and Equipment

- All players must wear a HECC approved helmet with proper straps, elbow pads, hockey pants, shin guards, gloves, and hockey skates. Shoulder pads, neck guard, facemasks/ visors, and mouth guards are not required but HIGHLY recommended.
- All players on a team must wear the same color jersey with a unique number. Home and away jerseys must have matching numbers.

Team Representatives

- Each team must have ONE appointed team representative (captain) who will coordinate effectively and regularly via email, phone, and in-person with CVHL management.
- Team reps are to take the lead in communicating the league rules to the players and to ensure that all players are league eligible.

Officials and Scorekeepers

- USA Hockey certified officials are contracted by CVHL management.

Alcohol/ Tobacco

- Alcohol and tobacco are prohibited on the player bench and scorekeeper box.
- Outside alcohol is prohibited on the Berger Foundation Iceplex grounds.
- Alcohol used by players (and officials) immediately prior to and during a game is not permitted per the USA Hockey Annual Guide. If an official or league administrator witnesses a player consuming alcohol prior to a game, that player should be instructed that they are not allowed to take the ice. If an official believes that a player is intoxicated, they will be instructed to talk to the captain of the team to have the player removed from the ice. If the captain does not cooperate or is unable to get the intoxicated player off the ice then the official will have to assess the intoxicated player a Game Misconduct.

Video Monitoring

- Berger Foundation Iceplex records all activities on the ice and in the arena (except locker rooms).
- At our discretion we reserve the right to view the recordings to assist in the investigation of all incidents.

ROSTER

Teams comprised of players paying individually:

- Teams may roster up to 20 players.
- Team captions will be responsible to construct a team based on the approved players list.
- Teams are required to have a minimum of 12 full-time paid players.
- One of these can be the goalie.
- Team managers can access the approved players list at any time in the Welcome Center, or by emailing Brandon at bmullin@bergerfoundationiceplex.com.

- Subs are required to pay at the door.
- They must pay at the Welcome Center BEFORE their game.

Minimum number of games needed to play for playoffs

- To be eligible for playoffs a player must play in a minimum of 7 games during the season and be a full time paid player on the roster unless an exception is granted by CVHL.

Roster freeze date

- All rosters are frozen after the team's 7th game of the season unless permission is granted by CVHL.

Forfeits

- CVHL considers forfeits to be unsportsmanlike to your opponent and are to be avoided at all costs.
- A forfeit is declared if a team uses an illegal player or has less than 6 players (5 players and 1 goalie or 6 players and no goalie) in attendance.
- If a game is played that is later deemed a forfeit, then the forfeiting team is awarded the loss and gets credit for 0 goals scored for standings and player stats. The non-forfeiting team is awarded the win and gets credit for a 1-0 victory or as decided by league management.

SUBSTITUTES

Substitute Players

- Subs must pay \$45 BEFORE their game.
- Subs should have a BFI account with a current USA Hockey registration.
- Subs must be approved to be of an appropriate skill level for the league in which they are playing.

Substitute Goalies

- Sub goalies DO need to be Berger Foundation Iceplex and USA Hockey registered.
- Sub goalies do NOT need to be rostered, and they do NOT pay the sub fee.
- In playoff games, any sub goalie MUST be pre-approved by league management.

ILLEGAL PLAYERS

An illegal player is...

- **Not** registered with Berger Foundation Iceplex.
- **Not** currently registered with USA Hockey.
- **Not** in good standing with Berger Foundation Iceplex, Acrisure Arena or CVHL Management.
- **Not** rostered on the team for which they are playing.
 - o Non rostered players are not allowed to play or step foot on the ice/bench until they complete the registration process and provide photo id at the Welcome Center.
- **Not** current in regards to league fee payments or sub fees.
- **Under Current Suspension** one or more games.
- In Playoffs - did not play the minimum number of regular season games to be eligible.

Penalty for illegal player participation ...

- The game will be declared a forfeit win for the opposing team.
- The opposing team will receive a 1-0 forfeit victory in the standings.
- Regarding statistics, both team's penalties and goalie shots will be recorded but only the non-forfeit team's goals and assists will be recorded.

Rules Governing Play

- CVHL is a USA Hockey sanctioned adult league.
- CVHL is governed by the current USA Hockey adult rules UNLESS strengthened by specific CVHL rules included in this handbook.

DIVISIONS

Open

- A competitive division for advanced players
 - o Highest level offered. Most players will have played Travel, High School Varsity, Junior B/C and/or ACHA D2/D3.

North

- A recreational division for intermediate players
 - o **North** is designed for competitive players with less experience or older in age (60+). Intermediate in skill level but eager to compete.

South

- A recreational division for intermediate to beginner players
 - o **South** is designed for Novice players without prior competitive hockey experience and typically your 60+ players would fall in this category. Players have the tools to be successful but haven't mastered them all or are lacking others.

Beginner

- Recreational division for **Beginner** players
 - o Entry level for players graduating from Learn to Play or Pride Try Hockey
 - o Designed for players new to hockey and have played for less than a year or two.

PENALTIES

Penalty Types

- **Minor** penalty – 3 minutes run time.
- **Major** penalty – **5 minutes run time plus Game Misconduct Penalty if applicable.**
- **Misconduct** penalty – 10 minutes run time.
- **Game Misconduct** penalty – 10 minutes plus ejection from that game plus suspension for at least 1 additional game.
- **Match** penalty – 5-minute Major penalty plus 10-minute Game Misconduct penalty plus ejection from that game.
 - o Officials submit Match Penalty Reports to USA Hockey and CVHL.
 - o The CVHL Disciplinary Committee has up to 30 days to schedule a hearing during which time the player is suspended from all USA Hockey activities. Match penalty suspensions are typically 30 days to 1 year.
- **Four (4) penalties in one game rule** – modified 401(b): Upon being assessed a fourth penalty in the same game the player is immediately ejected from the game with no further suspension unless one of the penalties is a Major penalty or Game Misconduct penalty that warrants suspension.

****This CVHL rule strengthens the USA Hockey rule 401(b) that uses 5 penalties as the maximum.*

Penalty Assessments

- All Major penalties, Game Misconducts, and Match penalties are reviewed and investigated by the League Director. When necessary, the CVHL Advisory Board will be consulted.

- Game Misconduct penalties carry a minimum 1 game suspension. Depending on severity and frequency, the suspension could range from 1 game to league expulsion.
- Behavior off the ice but still on property is subject to Game Misconduct penalties and suspension.
- Suspensions must be served in the player's next scheduled game in the same league in which the suspension occurred.
- The CVHL supervisor will call the Palm Desert police if it is determined that a player has committed an act either on or off the ice that is possibly a violation of state laws. Berger Foundation Iceplex will aid in prosecution if pressing charges is necessary.

Fighting

- Fighting is not tolerated in CVHL games.
- Fighting is a major penalty with a mandatory Game Misconduct penalty.
- A fighting penalty results in the player getting ejected from the game plus serving at least a 1 game suspension for the Game Misconduct penalty.

Checking

- CVHL is a non-checking league. Depending on severity, checking will result in a Minor penalty up to a Major penalty with Game Misconduct.

Icing

- Center red line is used for icing calls.

Excessive Penalties in Minutes (PIMs)

- Any player who accumulates an excessive total of PIMs is subject to supplemental discipline including, but not limited to, a hearing with the CVHL advisory board or Director, suspension for games, and expulsion from the CVHL.

VIOLATION	FREQUENCY	PUNISHMENT
3 penalties in one game	1st offense of season	Ejection from that game
3 penalties in one game	2nd offense of season	Ejection from that game
3 penalties in one game	3rd offense of season	Ejection from that game plus 1 game suspension
Minor Penalty	3 minutes	
Misconduct Penalty	10 minutes	
Major Penalty	5 minutes plus an automatic Game Misconduct Penalty	Ejection from that game plus minimum 1 game suspension
Game Misconduct Penalty	1st offense of a rolling 12-month period	Ejection from that game plus minimum 3 game suspension
Game Misconduct Penalty	2nd offense of a rolling 12-month period	Ejection from that game plus expulsion from league for up to 1 year
Game Misconduct Penalty	3rd offense of a rolling 12-month period	Automatic Game Misconduct Penalty plus minimum 30-day suspension up to lifetime ban upon conclusion of hearing by CVHL Disciplinary Committee
Match Penalty	1st offense	

USA HOCKEY ZERO TOLERANCE POLICY

- In an effort to make ice hockey a more desirable and rewarding experience for all participants, USA Hockey instituted a zero-tolerance policy beginning with the 1992-93 season. This policy requires all players, coaches, officials, team officials and administrators and parents/spectators to maintain a sportsmanlike and educational atmosphere before, during and after all USA Hockey-sanctioned games.
- Thus, the following points of emphasis must be implemented by all referees and linesmen:

Players

- A minor penalty for unsportsmanlike conduct (zero tolerance) shall be assessed whenever a player:
 - o Openly disputes or argues any decision by an official.
 - o Uses obscene or vulgar language at any time, including any swearing, even if it is not directed at a particular person.
 - o Visually demonstrates any sign of dissatisfaction with an official's decision. Any time that a player persists in any of these actions, they shall be assessed a misconduct penalty. A game misconduct shall result if the player continues such action.

Officials

- Officials are required to conduct themselves in a businesslike, sportsmanlike, impartial, and constructive manner at all times. The actions of an official must be above reproach. Actions such as "baiting" or inciting players or coaches are strictly prohibited.
- Officials are ambassadors of the game and must always conduct themselves with this responsibility in mind.

Spectators

- The game will be stopped by game officials when spectators displaying inappropriate and disruptive behavior interfere with other spectators or the game. The officials will:
 - o identify violators to the coaches for the purpose of removing parents/ spectators from the spectator's viewing and game area. Once removed, play will resume. Lost time will not be replaced, and violators may be subject to further disciplinary action by the local governing body. This inappropriate and disruptive behavior shall include:
 - Use of obscene or vulgar language in a boisterous manner to anyone at any time.
 - Taunting of players, coaches, officials or other spectators by means of baiting, ridiculing, threat of physical violence or physical violence.
 - Throwing of any object in the spectators viewing area, player's bench, penalty box or on ice surface, directed in any manner as to create a safety hazard.

CODES OF CONDUCT

Administrator's Code of Conduct

Follow the rules and regulations of USA Hockey and your association to ensure that the association's philosophy and objectives are enhanced.

- Support programs that train and educate players, coaches, parents, officials and volunteers.
- Promote and publicize your programs; seek out financial support when possible.
- Communicate with parents by holding parent/player orientation meetings as well as by being available to answer questions and address problems throughout the season.
- Work to provide programs that encompass fairness to the participants and promote fair play and sportsmanship.
- Recruit volunteers, including coaches, who demonstrate qualities conducive to being role models to the youth in our sport.
- Encourage coaches and officials to attend USA Hockey clinics and advise your board members of the necessity for their training sessions.
- Make every possible attempt to provide everyone, at all skill levels, with a place to play.
- Read and be familiar with the contents of the *USA Hockey Annual Guide* and USA Hockey's official playing rules.
- Develop other administrators to advance to positions in your association, perhaps even your own.

On-Ice Officials Code of Conduct

- Violence must never be tolerated.
- Be fair and impartial at all times.
- Answer all reasonable questions and requests.
- Adopt a "zero tolerance" attitude toward verbal or physical abuse.
- Never use foul or vulgar language when speaking with a player, coach or parent.
- Use honesty and integrity when answering questions.
- Admit your mistakes when you make them.
- Never openly criticize a coach, player or fellow official.
- Keep your emotions under control.
- Use only USA Hockey-approved officiating techniques and policies.
- Maintain your health through a physical conditioning program.
- Dedicate yourself to personal improvement and maintenance of officiating skills.
- Respect your supervisor and his/her critique of your performance.

Player's Code of Conduct

- Play for fun.
- Work hard to improve your skills.
- Be a team player – get along with your teammates.
- Learn teamwork, sportsmanship and discipline.
- Be on time.
- Learn the rules and play by them. Always be a good sport.
- Respect your coach, your teammates, your parents, opponents and officials.
- Never argue with an official's decision.

Spectator's Code of Conduct

- Display good sportsmanship. Always respect players, coaches and officials.
- Act appropriately; do not taunt or disturb other fans; enjoy the game together.
- Cheer good plays of all participants; avoid booing opponents.
- Cheer in a positive manner and encourage fair play; profanity and objectionable cheers or gestures are offensive.
- Help provide a safe and fun environment; throwing any items on the ice surface can cause injury to players and officials.
- Do not lean over or pound on the glass; the glass surrounding the ice surface is part of the playing area.
- Support the referees and coaches by trusting their judgment and integrity.
- Be responsible for your own safety – be alert to prevent accidents from flying pucks and other avoidable situations.
- Respect locker rooms as private areas for players, coaches and officials.
- Be supportive after the game – win or lose. Recognize good effort, teamwork and sportsmanship.

POINTS OF EMPHASIS

2023 Through 2025 Seasons

The goal of USA Hockey is to promote a safe and positive playing environment for all participants while continuing to focus on skill development and enjoyment of the sport. All officials, coaches, players, parents, spectators and volunteers are encouraged to observe these “Points of Emphasis” when participating in the sport of ice hockey.

Fair Play and Respect

- Fair play and respect are the backbone of any successful amateur sports program. In order for a positive environment to be created, it is imperative that all participants and spectators have respect for all players, coaches, officials, administrators, spectators and the sport of hockey. Hockey is a game demanding high levels of concentration and skill. Taunting or unsportsmanlike conduct directed at opponents or officials will not be tolerated.

Intimidation

- Intimidation tactics have no place in ice hockey. These tactics include any contact to the head of the opponent, checking from behind and late avoidable body checks to an opponent who is no longer in possession and control of the puck. Officials are instructed to enforce these rules to a high standard and assess the appropriate penalty when these actions occur. In addition, officials are expected to strictly enforce any avoidable contact occurring after the whistle – including during scrum situations around the goal.

