

Tournament Rules

Code of Conduct

-Good sportspersonship is expected of all players.

-All players will be respectful and welcoming to all members of the tournament, including officials, opposing players, rink staff, volunteers, and spectators.

-There will be no space for hate! This tournament is a safe space for LGBTQIA+, BIPOC, Trans, and gender-expansive folks. Any player or spectator found to be violating this expectation of behavior will be removed from the tournament. No questions asked.

-Outside alcohol is not allowed in the rink. Bringing outside alcohol into the venue violates the venue's alcohol license. Any individual found to be bringing outside alcohol into the building will be asked by tournament organizers or rink staff to remove the beverages. If the individual does not comply or repeats this action, they will be removed from the tournament and asked to leave the venue.

– While this is an adult tournament, and alcohol is sold at the rink, please remember to drink responsibly and do not play if you have consumed alcohol prior to your game. Overtly drunken and disruptive behavior will not be tolerated.

-Healthy competition is welcome! Playful banter between teams is appropriate, but aggressive and intimidating language and behaviors are not. Any behaviors that make an individual player or entire team feel uncomfortable playing will be evaluated by the forward hockey league board. Offenders will be spoken to and asked to adjust their behavior. If the behavior does not change, individual players or entire teams may be asked to leave the tournament.

Game Format

- 12 minute stop-clock periods
 - 3-minute warm up
 - 1-minute break between periods
 - One 1-minute timeout per team, per game

- In the event that there is a 5-goal or more differential, the last period will be run time.
- Penalties:
 - 1:30 for minor penalties
 - 3:00 for major penalties
 - 6:00 for game misconduct and automatic ejection of the player from the tournament

Round Robin Point System

- End of Game:
 - 2 points for the win
 - 1 point for a tie
 - 0 points for a loss
- Tiebreakers (in order): Head to head game results, number of games won, least goals against, +/- differential, most goals for

Championship Game Rules

- If at the end of the game there is a tie
 - A 5 minute 3v3 sudden death overtime will take place
 - If no winner is declared, a shootout will take place
 - Each team will select 3 shooters
 - Home team will choose who goes first
 - Most goals after 3 shooters win
 - If still tied, each team will select one shooter at a time until one team scores and the other does not
 - Teams may select the same shooters after the initial 3 shooters have gone

Other Rules

- All games will be played according to USA Hockey Adult No-Check rules unless otherwise specified, and all players must be USA Hockey registered.
- Absolutely NO CHECKING! Contact is fine, but checking is not.
- Standard center ice red line icing. Players CAN change after an icing (unlike the NHL and some adult leagues).
- Slapshots ARE ALLOWED in all divisions, but please play safe. Do not take a hard shot with vulnerable players between you and the net.
- Full gear, including full face masks are required. Optional (but recommended) equipment only includes mouthguards and neck guards.
- Players may only be rostered on one team. Subs must already have been approved by the FHL board. Emergency needs for subs should be directed to the FHL board (forwardhockeyleague@gmail.com).
- The decision of the on-ice officials is final.
- FHL board has the right to remove any player from the tournament who violates the rules or causes problems.