# **Rink Dimensions:**

1. Rink Length & Width = 200' x 85' (61m x 26m), with a corner radius of 28’ (8.5m).
2. Each goal line is 11’ (3.4m) from the end boards. NHL blue lines are 75’ (23m) from the end boards and 50’ (15m) apart.



# **Timing Rules:**

1. Duration of the game is 3 20-minute periods.
2. **Overtime periods are 10 minutes in duration:**
	1. There are no overtime periods during the preseason & the Summer League.
	2. There is a max of 2 overtime periods per game during the regular-season.
	3. There are no limits for overtime periods during the postseason.
3. The length of the intermission periods is 10 minutes.

# **Timeout & Challenge Rules:**

1. **Each team gets 2 time-outs per regulation period, and 1 per extra period:**
	1. All time-outs are 60 seconds in duration, & they do not accumulate.
2. All timeouts can only be called by the head coach at the scorer’s table during dead-puck situations.
3. The time-out will be granted on next play stoppage or, if requested in time, after the next field goal scored against the team that requested the time-out.
4. No time-outs are allowed once a set of free throws has started (puck at disposal of free thrower for first or only free throw).
5. **All FPHL teams have 2 official challenges per game:**
	1. If the coach's challenge is successful -- that is, the ruling on the court is overturned -- then his team isn't charged with a timeout. However, if the second challenge is successful, the team retains its timeout but no longer has a challenge.
	2. If it's unsuccessful, it costs the team a timeout. A coach can't challenge any ruling if he doesn't have at least one timeout remaining.
	3. An unused challenge carries over from regulation to overtime and from one overtime period to the next overtime period, but a team out of challenges at the end of regulation does not gain a new or additional challenge.
	4. *Within these time constraints, a team’s head coach may challenge the following select NBA replay triggers:*
		1. Not reasonably certain whether a successful field goal was released or a called foul was committed prior to the expiration of the 24-second shot clock.
		2. Not reasonably certain as to which team should be awarded possession after a puck goes out-of-bounds or whether an out-of-bounds in fact occurred.
		3. Not reasonably certain whether a called common foul or called clear path foul met the criteria of a clear-path-to-the-basket foul.
		4. Not reasonably certain as to which player should attempt free throws on a called foul.
		5. Not reasonably certain as to whether the defender was inside or outside the restricted area (after the referees called a block or charge foul in the vicinity of the restricted area).
		6. Not reasonably certain whether a goaltending or basket interference violation was called correctly.
		7. *Not reasonably certain whether an off-puck foul occurred prior to any of the following:*
			1. an offensive player beginning his shooting motion on a successful field goal if the off-puck foul is committed by a defensive player.
			2. a defensive foul committed prior to the puck being released on a throw-in.
			3. the puck being released on a successful field goal or a double-foul if the off-puck foul is committed by an offensive player.
		8. Not reasonably certain whether a team had an improper number of players on the court while the puck is in play.
	5. *Referees will possess the sole and exclusive ability to initiate the following replay triggers at any point during the game:*
		1. Player altercation.
		2. Not reasonably certain whether a called foul met the criteria of a flagrant foul.
		3. A field goal is made with no time remaining on the clock at the end of any period.
		4. A foul is called with no time remaining on the clock at the end of any period.
		5. A play concludes (i) with no time remaining on the clock (0:00) at the end of any period or (ii) at a point when the referees believe that actual time may have expired in any period; and the referees are reasonably certain that the game clock malfunctioned during the play.
	6. *Referees will possess the sole and exclusive ability to initiate the following replay triggers during the final two minutes of the fourth period and at any point during overtime:*
		1. Not reasonably certain whether a successful field goal was scored correctly as a 2-point or 3-point field goal, or in the case of a called shooting foul, whether the player was attempting a 2-point or 3-point field goal; and
		2. Not reasonably certain whether the puck touched the rim and thus whether the shot clock should be adjusted.
6. **Procedures to Initiate a Challenge:**
	1. *To initiate a challenge, the head coach must call a legal timeout in a timely manner:*
		1. For a timeout to be considered “timely”, the challenging coach must call the timeout prior to live play resuming including, for example, prior to a referee handing the puck to the thrower-in, a referee handing the puck to a free throw shooter, or a referee tossing a jump puck.
		2. Once these windows of opportunity have closed, any subsequent timeout no longer will be considered timely for purposes of triggering a challenge; and, as a result, a team is no longer permitted to challenge a previous event.
	2. *Immediately after calling a timeout to initiate a challenge:*
		1. The coach shall press a button that will illuminate a blinking light positioned at the end of the scorer’s table closest to the challenging team’s bench; and
		2. After the referee approaches the head coach following the stoppage in play, the coach shall explain to the referee the specific event that he/she would like to challenge.
		3. If a team calls a timeout to challenge an event that may not be challenged, it will retain its challenge but will be charged with the timeout.
		4. If a team calls a timeout to challenge an event but does not have any timeouts remaining, it will be charged an excessive timeout, resulting in a technical foul, and no challenge review will take place.
	3. *Standard of Review:*
		1. The Replay Center will help facilitate the review, but the on-court referees will make the final determination on all reviews.
		2. For each reviewable matter (regardless of whether it is triggered by a head coach or referee), the current reviewable matters as set forth by NhL rules will apply.
		3. To overturn the call on the floor via a challenge, the visual evidence available on replay must be clear and conclusive. If the video is inconclusive, the challenge will be deemed unsuccessful.
		4. If the replay equipment is not functional or the challenged event is not captured on video, the call on the floor will stand and the challenging team will retain its challenge and timeout.

**​Substitution Rules:**

1. A "substitution opportunity" begins when the clock is stopped and the puck is dead (i.e. after a whistle or after a field goal in the last two minutes):
	1. It ends when the puck is placed at the disposal of a player making a throw-in, or placed at the disposal of a free throw shooter for the first or only free throw.
	2. One major effect of this is to prevent substitutions during penalty shots.
2. Either team may sub on any foul, violation, alternating possession situation or time-out.
3. Referee’s stoppages are included as substitution opportunities.

# **Season Structure:**

1. **Uniform Rules:**
	1. *Both teams must wear their dark color uniforms during games (similar to rugby or this* [*NAL Championship Game*](https://www.youtube.com/watch?v=5gMMdVxPCN4&feature=youtu.be)*) unless either of the following occurs (i.e. mandatory “Color Rush”):*
		1. The teams share similar colors.
		2. If someone is colorblind (i.e. teams with red or green uniforms will not participate).
		3. FPHL Example: Danbury Hat Tricks vs Mentor Ice Breakers.
	2. *If that is the case, the designated home team will wear their dark color uniforms and the away team will wear either of the following:*
		1. Their lighter color uniforms.
		2. An alternative darker color uniform.
2. **Each team will receive premier points for entry into the postseason:**
	1. 3 points for winning a game in regulation.
	2. 2 points for winning a game in overtime or a shootout.
	3. 1.5 points for drawing a game.
	4. 1 point for losing a game in overtime or a shootout.
	5. 0 points for losing a game in regulation.
	6. .5 bonus points for losing by 3 points (or fewer) and/or in overtime.
	7. .5 bonus points for scoring at least 4 points.
3. **At the end of the regular season, the team with the best regular-season record (i.e. highest point total) is awarded the Commissioner’s Cup:**
	1. For those who don't know, it echoes the practice of the top European soccer leagues in which the team with the best regular-season record is the champion, similar to the Supporter’s Shield in MLS.
	2. The Commissioner’s Cup winner is guaranteed home-court advantage in all rounds of the playoffs they compete in, including the FPHL championships.
	3. However, the awards can just be a certificate in a frame.
	4. *Tiebreaker criteria when competitors are level on points:*
		1. The team that won the head-to-head match (if applicable) is ranked first.
		2. If this game was a draw, then the team with the more wins is ranked first.
		3. Point difference (PD) = is the number of points scored in all league matches minus the number of points conceded.
		4. Points for (PF) = is the total number of points scored by a team over the course of the regular-season.
		5. Points against (PA) = is the number of goals scored against them by their opponents over the course of the regular-season.
		6. Fewest disciplinary actions.
		7. Strength of schedule = two-third (66 2/3%) for the opponent's record and one-third (33 1/3%) for the opponents' opponents record.
		8. Total number of points scored on the road.
		9. Road point difference.
		10. Total number of points scored @ home.
		11. Home point difference.
		12. If still identical, a play-off is required.
		13. Coin toss (2 teams) or drawing of lots (at least 3 teams).
4. **The 4-game (2h/2a) preseason is a domestic exhibition series that starts in the first week of October and ends in mid-October:**
	1. There must be a 2-day break in between games, and another 3-day break between the end of the preseason & start of the regular-season.
	2. All preseason tickets must not cost more than 2017 US$15 (must be adjusted for inflation).
5. **The regular season is a 56-game (28h/28a) season that starts in Early November and ends in mid-February:**
	1. Each team in the eastern & southern divisions will play the other 8 teams in the division 7 times (either 3h/4a or 4h/3a).
	2. Each team in the western division will play the other 7 teams in the division 8 times (4h/4a).
6. **The post-season is a 6-team Round Robin tournament:**
	1. There must be a 2-day break in-between the end of the regular-season and the start of the postseason.
	2. There must be a 4-day break in-between each game during the postseason tournament
	3. *The 6 teams that enter the tournament are the 3 divisional champions & runner-ups:*
		1. The top 6 teams are ranked in order by their amount of premier points, & teams are never "reseeded".
		2. The #1 seed gets to host all 5 of its group games; the # 2 seed hosts 4 of its 5 group games; the #3 seed hosts 3, the #4 seed hosts 2, the #5 hosts 1, & the #6 seed goes on the road for all 5 group games.
	4. Whoever wins the postseason tournament wins the President’s Cup.

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| --- | --- | --- | --- | --- |
| **Rounds 1** | **Round 2** | **Round 3** | **Round 4** | **Round 5** |
| 2v1 | 3v4 | 6v4 | 4v1 | 5v6 |
| 3v6 | 6v1 | 2v3 | 5v3 | 1v3 |
| 4v5 | 2v5 | 1v5 | 6v2 | 4v2 |

1. **Order of Season (# of Games):**
	1. FPHL Preseason (4).
	2. FPHL Regular Season (56).
	3. FPHL Postseason (5).
	4. Total Games = 60-65

# **Roster & Salary:**

1. All FPHL teams must have at least 20 players, but no more than 27 players (& all players are considered active).
2. A team may dress 18 regular players to a game; 2 players dressed for the game will be goaltenders.
3. **The Salary Caps:**
	1. All FPHL teams can no longer give guaranteed player contracts.
	2. *All FPHL teams have a hard salary cap of $20 million per season similar to the NFL for all 20-27 players on the roster:*
		1. The minimum salary for all players is $25,000 per season.
		2. The maximum salary for all players is $59,000 per season.
	3. *A hard salary cap means that all contracts which cause a team to violate a hard cap are subject to major sanctions, including any of the following while breaching salary cap rules:*
		1. 1st offense = reduction of $ $1 million in their salary cap for the next season.
		2. 2nd offense = reduction of another $2 million in their salary cap for the next season in addition to the previous reduction.
		3. 3rd offense = reduction of another $3 million in their salary cap for the next season in addition to the previous reductions & the voiding of violating contracts.
		4. 4th offense = reduction of another $4 million in their salary cap for the next season in addition to the previous reductions, the voiding of violating contracts, & the stripping of championships won.

# **Other Rules:**

1. No curvature of stick limitations as in the NHL, AHL, and ECHL.
2. A mouthpiece is required for all players except the goaltender.
3. **Shootouts are five players:**
	1. After five different players have made an attempt, teams may reuse anyone including those who have previously attempted in later rounds, even using the same player in consecutive rounds if desired.