INTEGRITY HOCKEY LEAGUE CODE OF CONDUCT

Integrity Hockey League (IHL) players and participants are subject to the following.

1 DEFINITIONS

1.1 The Integrity Hockey League ("IHL" or "League") – A faith-based athletic organization based in Buffalo, NY whose website is https://ihlbuffalo.com/.

1.2 Registered Participant / Player ("Player") – An individual who has signed all necessary forms, paid IHL dues/Rink fees, and has agreed to abide by the IHL Code of Conduct.

1.3 Captain/Alternate Captain – A Registered Player officially designated as one of the team spokespersons.

1.4 Substitute – An individual who is registered with the league to fill in for Players who are unable to attend their game.

1.5 Spectator – An individual watching a game for entertainment with no physical involvement.

1.6 Contest Area – Defined as locker rooms, interior viewing/seating area in and around any rink – along with the internal lobby of the facility.

1.7 Commissioner – An individual elected or appointed by team leaders to exercise broad administrative or judicial authority.

2 CODE OF CONDUCT

2.1 All players agree to sign the IHL waiver and abide by league rules set herein prior to stepping on the ice.

2.2 League play is subject to the Standard of Play as outlined in the USA Hockey 2025-2029 Official Rules of Ice Hockey, available for reference at usahockey.com.

2.3 No Player/Substitute participating in an IHL league shall clutch, shove, strike, or threaten a referee, player, spectator, or league official for any reason, on or off the ice.

2.4 No Player/Substitute participating in an IHL league shall refuse, dispute, or argue against abiding by a decision made by a referee, official, or IHL league / team leadership. The IHL supports the USA Hockey Official Rules of Ice Hockey Zero Tolerance Policy, and the IHL reserves the right to provide disciplinary actions beyond the official's on-ice ruling.

2.5 Only the designated team Captain or Alternate Captains may discuss, in a polite, non-threatening, respectful manner, a ruling with an official for the purpose of clarifying the rule or effects of such call. Any other discussion with an official is a direct violation of the IHL Code of Conduct Rule 3.3.

2.6 No Player or Substitute participating in, or spectator watching, an IHL game shall use obscene gestures or vulgar language at any time, even though the gestures or swearing/vulgar language may not be directed at a particular player or team. Any non-compliant Player/Substitute may be issued a warning or provided disciplinary action(s) by the IHL beyond the official's on-ice ruling.

2.7 A Spectator, who can be positively linked to a participating team, can cause such team further repercussions, as stated in the USA Hockey Official Rules of Ice Hockey, and the IHL reserves the right to provide disciplinary actions beyond the official's in-ice ruling. Furthermore, the IHL reserves the right to ask any non-compliant spectator to leave the Contest Area until further notice by an IHL President, Commissioner, Team Leader, or other designated IHL official.

2.8 No Player/Substitute participating in the IHL shall arrive to the contest area under the influence of alcohol or drugs. In addition, no Player/Substitute participating in the IHL shall consume alcohol or drugs while in the Contest Area. Furthermore, the IHL supports USA Hockey Official Rules of Ice Hockey Rule 601f, discussing the use of alcoholic beverages in the rink area, including the bench areas and off-ice official area. The IHL reserves the right to submit disciplinary actions beyond the official's in-ice ruling for Players who appear under the influence of alcohol or drugs immediately before or during an IHL sanctioned game or event.

2.9 Sportsmanship is a key element of the IHL. To continue to foster a sense of community and sportsmanship, all Players and Substitutes will agree to meet at center ice prior to the start of the game for prayer. Players and Substitutes may choose not to participate in the prayer, but are required to observe a moment of silence. After the game, all Players/Substitutes will line up, remove their gloves / helmet, and congratulate their opponent.

3 GENERAL GUIDELINES

3.1 The IHL values sportsmanship, camaraderie and fair and equitable play. Players and substitutes who wish to participate in IHL's sanctioned events agree to abide by the terms of the IHL Code of Conduct.

3.2 As the IHL acquires new Players or teams, the IHL allows such Players and/or teams into the league with good faith that all Players will act and play to the standards set forth in this document and abide by current and future league initiatives.

3.3 The IHL is not responsible for any Player's, substitute's, or team's actions before, during, or after a game or event.

3.4 The IHL's duty is to uphold these standards on a reactive basis after the IHL sanctioned game is complete to keep future game play as competitive, safe, and equitable as possible.

3.5 All Players within the IHL are required to register via the IHL Buffalo registration website and provide the information requested to the best of their ability. Misrepresentation of this information could result in an indefinite suspension from the IHL.

3.6 All players must be paid in full (or be on the registration payment plan) before playing in their first game. No refunds will be given once paid. This includes those on the payment plan.

3.7 All players must be 16 years of age or older, completed 10th grade and not be participating on any organized (Junior Gold, JV or High School) non adult league team. Players under the age of 18 will need to have legal guardian sign waiver forms.

3.8 The league will provide each player a jersey for the season. Jersey will be required to be returned at the end of the season. Any jersey not returned or needed to be replaced will be at the cost of $100.00 to the player.

3.9 Any situation or issue not covered in this document should be brought to the attention of the Commissioner for an in-season ruling.

3.10 Rosters

3.10.1 Each team will consist of rosters that are approved by the league commissioner prior to the season beginning. All rosters will be considered final upon the start of the season. Rosters may be adjusted throughout the season for the purposes of competitive balance as seen fit by the Commissioner and agreed upon by team leadership.

3.10.2 All teams will be assigned at least one (1) Captain per team. The captain is the leader of the team and holds final say on team decisions. This includes lines, positions, substitutes, and other on-ice decisions. A captain is the only person(s) permitted to discuss matters with referees.

3.10.3 Captains must submit a request to the league leadership via text or email for consideration to replace a roster player if the reason for replacement is considered to be a legitimate request (i.e. season-ending injury, health considerations, player moving out of town during season, or other special issues). The league leadership will make the final determination if a player will be replaced based on the facts.

3.10.4 Circumstances that will NOT warrant replacement players are:

3.10.4.1 Players ejected from the league.

3.10.4.2 Players not showing up.

3.10.5 An approved replacement roster player level must be equal to or less than the player level of the player being replaced.

3.10.6 All replacement players must meet the approval of the league leadership.

3.10.7 Replacing a rostered player is not mandatory and will be at the discretion of the commissioner if a player must be replaced.

3.11 Teams must have a minimum of 7 skaters and one goalie to start a game or the game will be considered a forfeit. The 1.5-hour ice time will still be available for the teams to scrimmage if a forfeit occurs.

3.12 Substitutes

3.12.1 Any team with 10 or more rostered skaters and a goalie may not have any substitutes.

3.12.2 During the regular season, captains can utilize substitutes to build their game skater roster to a maximum of 10 skaters.

3.12.3 Substitutes are to be of equal or lesser skill level than the players that they are replacing.

3.12.4 Team Captains are required to notify the opposing team captain and the Commissioner of any substitutes that they are obtaining, including goaltenders, and who the substitute is replacing. Notice should be sent at the Captain's earliest possible convenience, and at minimum one hour before faceoff.

3.12.5 If a goalie is injured and unable to finish the remainder of the game, the team with the injured goalie has 5 minutes to locate a new goalie. If a goalie cannot be found, the game will continue and the team would be permitted to play with 6 skaters.

3.12.6 No substitutes are permitted during the playoffs, with a limited exception for goaltenders.

3.12.7 All goaltender substitutes in the playoffs must be approved by the league commissioner prior to the game.

3.12.8 Limited exceptions may be permitted for former league members returning to town on a one-off basis, or in an instance when a team is missing all of its 'A' rated players. These circumstances must be communicated to the Commissioner and Team Captains prior to games.

4 GAMES

4.1 Regular Season Games

4.1.1 Three (3) Minute warm up. The warm up clock will start after resurfacing gates close.

4.1.2 Games will consist of Three (3) 15-minute stop-time periods.

4.1.3 One (1) minute intermission break between periods.

4.1.4 Each team will be allotted one (1) timeout per game.

4.1.5 In the event of a tie after regulation time has expired, and remaining ice time permits, the teams will proceed directly to a best-of-3, NHL-style shootout.

4.1.5.1 Teams will alternate shooters, with the home team shooting first.

4.1.5.2 After three (3) rounds, the team with the higher shootout score will win the game. If the teams remain tied after the first three (3) rounds, another round of the shootout will be completed. This will continue until the game is decided.

4.1.5.3 Players may not repeat as shootout shooters, unless the team runs out of players.

4.1.5.4 If ice time does not permit a shootout, the game will be declared a tie.

4.1.6 There will be 3 points awarded for a win, 2 points awarded for an overtime/shootout win, 1 point awarded for an overtime/shootout loss, and 0 points for a regulation loss. A tie will earn 1.5 points

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4.1.7 A running clock is mandatory in the third period when a team leads by five (5) or more goals. The running clock may begin sooner if team captains may agree, but they cannot agree to forgo it in the third period.

4.2 Playoff Games

4.2.1 Playoff Games will have the same rules and guidelines as regular season games.

4.2.1.1 For championship round game(s) only, in the event of a tie after regulation time has expired, the teams will proceed to a 5-minute, 5-on-5 sudden death overtime.

4.2.1.2 If neither team scores in the overtime period, the teams will proceed to the standard, three-round IHL shootout format as laid out in 4.1.5.

4.3 Playoff Seeding

4.3.1 The playoff format will be at the discretion of the Commissioner, with the approval of Team Leaders, to be finalized and publicized prior to the start of the season.

4.3.2 Playoffs are generally single-elimination games in the following format:

4.3.2.1 4 vs 5 (play-in round, if necessary)

4.3.2.2 1 vs 4/5 winner (semifinals)

4.3.2.3 2 vs 3 (semifinals)

4.3.2.4 Semifinal winners (championship)

4.3.3 Teams will be seeded for the playoffs by standings points accumulated over the course of the season, in addition to points earned through participation in leaguewide volunteer activities. The point structure is outlined in 4.1.6.

4.3.3.1 In the event that teams play an unequal number of regular-season games, points percentage will be used for seeding rather than standings points.

4.3.4 In the event of a tie in the standings at the end of the regular season, playoff seeding position will be determined by the following tie breakers (in order of priority):

4.3.4.1 Regulation wins

4.3.4.2 Head-to-head points earned

4.3.4.3 Goal differential

4.3.4.4 Goal differential in head-to-head matchups

4.3.4.5 Fewer goals allowed

4.3.4.6 Points earned through volunteer participation

4.3.4.7 Coin flip

5 ICE RULES

5.1 All games are subject to current USA Hockey Rules.

5.2 Equipment

5.2.1 Each Player is required to have and wear protective padding, including skates, helmet, shin guards, hockey pants, elbow pads, gloves, and a stick.

5.2.2 Optional, but HIGHLY recommended equipment includes shoulder pads, cup, mouth guard, and cage. Neck guards are not mandatory but encouraged.

5.2.3 Helmets must have chin straps. Chin straps must be strapped together at all times while on the ice. Players without a chin strap will not be permitted to play. It is strongly recommended that helmets be HECC-certified.

6 PENALTIES AND SUSPENSIONS

6.1 Each Player/Substitute participating in an IHL league shall have a penalty minute "cap" where disciplinary actions will be assessed. A "penalty cap" can be defined as a maximum number of penalty minutes a player/substitute can serve in an IHL sanctioned event before further disciplinary actions are assessed.

6.2 Penalties called against a Player/Substitute participating in an IHL sanctioned game will be scored per USA Hockey Official Rules of Ice Hockey. After the sanctioned game a scoresheet will be delivered to IHL officials, where penalty minutes will be assessed and tallied.

6.3 Any Player/Substitute who incurs three (3) penalties in the same game shall be immediately ejected from the game. This ejection does not include an automatic game misconduct penalty. This ejection does not include an automatic one game suspension or any additional penalty minutes recorded against the player's penalty total for the season.

6.4 Once the penalty minutes have been calculated, each Player/Substitute will be evaluated against the Penalty Cap Guidelines. These guidelines are presented to each player prior to the start of the season, but the IHL reserves the right to modify the Penalty Cap Guidelines at any time, reasoning in its sole discretion. Modifications made to the guidelines will be communicated with the league on ihlbuffalo.com, through electronic communication, and with teams prior to the start of the next set of games.

6.5 Player Penalty Cap Guidelines for the IHL are as follows, including major, minor and misconduct penalties:

6.5.1.1 Accumulated penalty minutes = 20: One game suspension

6.5.1.2 Accumulated penalty minutes = 25: Additional one game suspension. Player is placed on probation for the remainder of the season, and must meet with league leaders prior to resuming play.

6.5.1.3 Accumulated penalty minutes = 30: Suspended for the remainder of the season.

6.5.1.4 The penalty cap resets at the end of the regular season.

6.6 Any Player/Substitute who receives a suspension will begin serving that suspension(s) at the next scheduled IHL game. Any player who attempts to participate in an IHL game while suspended is subject to further disciplinary actions including possible season suspension. In addition, suspension period(s) not fulfilled during the regular season will carry over into the playoff(s) and, if needed, the subsequent season(s).

6.7 Once a Player/Substitute reaches or exceeds the season suspension penalty cap, that Player/Substitute is suspended for the remainder of the season and playoffs and is not eligible to receive a refund for any IHL fee(s). All Players/Substitutes who are suspended for the season must meet with IHL leaders to discuss readmittance to the league. The IHL leaders will review the minutes of the meeting and recommend to the President if the Player/Substitute is to return for the subsequent season. The President will make a ruling within 30 days after the review meeting.

6.8 In addition to the possible suspension(s) as a result of the aforementioned penalty cap, the President has the authority to recommend additional action(s) involving the Player(s), Team Captain(s), and/or team(s) that are involved in any matter(s) identified within this document and/or USA Hockey Guidelines/ The recommendations are made to the IHL President, who has authority to approve them.

6.9 Any Player who receives a game misconduct penalty (ejection) as defined by USA Hockey Official Rules of Ice Hockey will receive an automatic one-game suspension, to be served during the team's next game. The suspension is in addition to the standard USA Hockey Official Rules of Ice Hockey discipline. The penalized player, his captain, and the commissioner will speak on a phone call the week after the game to discuss the incident and get the player's side of the story. The captain of the penalized player may appeal this suspension to the IHL team leaders.

6.10 Any Player formally charged with a crime may be subject to league discipline, including suspension and/or expulsion, at the discretion of the Commissioner and team leaders.

6.11 All Players suspended for the season must meet with IHL leaders to discuss readmittance to the league. The IHL leaders will review the minutes of the meeting and recommend to

the President if the Player/Substitute is to return for the subsequent season. The IHL President will make a ruling within 30 days after the review meeting.

7 ANTI-DISCRIMINATION POLICY

7.1 The IHL prohibits any and all discrimination in its programs, games or events on the basis of race, ethnicity, color, national origin, ancestry, gender, sexual orientation, religious beliefs, political beliefs, age, socioeconomic status, marital status, language, disability, immigration status, and beyond.

7.2 Any violation of this policy before, during, or after any league activity may result in a suspension at the jurisdiction of the Commissioner.

8 SEXUAL HARASSMENT POLICY

8.1 Sexual harassment is defined as: Unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature when submission to such conduct is made either explicitly or implicitly a term or condition of participation in hockey; Or submission to or rejection of such conduct by an individual us used as the basis for hockey participation and decisions affecting such an individual; Or such conduct has the purpose of effect of unreasonably interfering with an individual's performance or creating an intimidating, hostile, or offensive hockey environment. The IHL strictly prohibits any and all sexual harassment before, during, or after its programs, games or events.

8.2 Any person who believes that they have been sexually harassed during an IHL event may file either a formal or informal complaint with the IHL Leaders. Confidentially will be maintained to the fullest extent permitted.

8.3 Any violation of this policy may result in suspension or expulsion at the jurisdiction of the Commissioner and team leaders and could lead to criminal charges.

9 CONCUSSION POLICY

9.1 Any player suspected of sustaining a head injury, or showing symptoms of a head injury – including but not limited to: dizziness, nauseousness, instability, blacking out, loss of coordination, memory loss, "brain fog", sensitivity to light or noise, and/or head pain – must immediately report their symptoms to their captain and leave the playing surface.

9.2 Players suspected of sustaining a head injury must produce a note from a doctor clearing them to play before returning to the ice. Players who violate this policy, as well as their team captain(s), may be subject to discipline.

10 MEDIA RELEASE

10.1 All players hereby grant the League permission to use their name, image, and/or likeness in any form of media in all its publications, its website, and in all other social media including Instagram, whether now known or hereafter existing, controlled by the League, in perpetuity. I will make no monetary or other claim against the League or those involved with it for the use of the name, image, and/or likeness.