



# Ames Adult Hockey League

We are a recreational league with an emphasis on fun and exercise. We don't have refs, don't keep score, and don't allow checking or slapshots. This document is intended to answer frequently asked questions.

## FAQs

- All ages (19+) and genders are welcome. We have skaters from 19-75+. The average age is probably around 45.
- Everyone is expected to follow the Code of Conduct (see below)
- Costs: Walk-ons (when allowed; see below) are **\$20/night (cash only)** and are first-come first-serve. Roster spots typically average \$15/game and guarantee a spot.
- We play 11 months/year, whenever the Ames Rink has ice (June to April).
- You can come out if you're inexperienced, though it's not the best place to learn how to skate.
- You can't organize your own team. We just sign up individual people.
- We're not a competitive league. Des Moines is better for that.
- Goalies are pre-arranged and play free. We're always open to more goalies. Please contact us if you're interested.
- You have to wear a helmet, most people wear full pads. You need to have your own pads and gear.
- You can see what times we play by finding "AH" on the Ames rink schedule on the Ames Parks and Recreation Facility Calendars page:  
<https://www.cityofames.org/government/departments-divisions-i-z/parks-recreation/facility-calendars>

## Friday hockey

- We play Fridays year-round in three different "seasons" – Fall (~September to December), Spring (January - April), and Summer (June to August)
- We typically play from 5:30-6:45 but specific times can be confirmed on the rink schedule linked above.
- We sell 20-22 roster spots / season and these people are assured a spot each night.

- Walk-ons are welcome each night, pay \$20/game (cash) and are first-come first-serve. We allow up to 22 skaters and normally have space for 4 or more walk-ons.
- Fridays tend to be more casual
- Teams are formed on-site – Light and Dark jerseys – and we try to balance talent.

## Sunday hockey

- We play on Sundays year-round, but have two different types of seasons.
  - During summer (June to October) and Spring (Mid-March to April) we have 1-game per night with the same format as Friday's described above
  - During winter (October - Mid-March) we have a slightly more competitive league with skaters assigned to one of four unique teams and 2 games/night.
- No walk-ons are allowed during the winter season. Only skaters on the roster are allowed to play, and they can play their game and a second game for \$5.
- Walk-ons are allowed, as with Fridays, during Spring and Summer Sundays.
- We sell 40-44 roster spots for the winter season, 20-22 for the Spring and Summer seasons.
- We typically play from 6:30-9:00 during winter, 6:30-7:45 during Spring and Summer but specific times can be confirmed on the rink schedule linked above.

## What to expect

- We welcome all ages of adults (19+) and skill levels.
- We normally have two goalies but don't always.
- We try to balance talent on each team, even on Sunday leagues.
- We expect people to take short shifts to maximize playing time for everyone, typically 2 minutes or less/shift.
- We have 2 locker rooms available to change in. There is normally a sign posted near the locker room doors indicating which rooms to use.
  - Women are given an exclusive room to change in, typically the referee's locker room. City Rink Staff facilitate access to that and can be pre-arranged with notice (see contact information below).

## League Code of Conduct

The Ames Adult Hockey League is a recreational, non-competitive league committed to providing an enjoyable experience for players of all ages and skill levels, while minimizing risk of injury. To maintain an environment consistent with these goals, each player is expected to abide by the following:

- No fighting - doing so will result in your suspension from the league.
- No body checking - and minimize body contact as much as possible.
- No slapshots

- Use your stick to catch, carry, pass, and shoot the puck - not for hooking, slashing, and tripping an opponent.
- Give goaltenders a break - be careful when skating near the crease, and try not to shoot high and hard.
- Involve everyone in the game - allow less experienced and older teammates and opponents to have the puck sometimes.
- Keep the lines rolling - be considerate of teammates relative to the length of your shift.
- Keep the peace - mistakes happen, and if you make one, apologize.

## Roster spots

- We don't currently have any roster spot openings.
- We're always looking for more goalies.
- If you're interested in playing goalie or getting on a waiting roster list, email us with the contact information below.
- You're always welcome to walk on Fridays.

## More about AAHL

- Our league rents ice from the city and isn't formally associated with Ames Parks and Recreation.
- We're governed by a 3-person board that handles formal procedures related to finances and rare disciplinary issues.
- We also have a loose leadership structure with team captains and leaders on the ice.

## Signing up

If you've read everything above and are interested in signing up for a roster spot, please contact Adam Janke at [adamkjanke@gmail.com](mailto:adamkjanke@gmail.com) for more information.

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