

GSHL Ice Arenas

GSHL teams play at the finest arenas around the Pacific Northwest. Our full-time playing arenas include:

- accesso ShoWare Center in Kent
- Kent Valley Ice Centre in Kent
- OlympicView Arena in Mountlake Terrace
- Lynnwood Ice Center in Lynnwood
- Angel of the Winds Arena in Everett
- Xfinity Community Ice Rink in Everett

GSHL Learn to Play

Learning to play hockey is more than just learning a game. More than skating, passing and stick-handling, hockey is about responsibility, respect and teamwork. As adults learn the skills needed to succeed on the ice, they also build and solidify important character traits needed to succeed off the ice.

The Learn to Play program aims to be the gold standard for hockey programs with the goal of inspiring more adults to join the hockey community. Learn to Play changes the way adult hockey is offered by providing weekly sessions of skill appropriate on-ice instruction by certified coaches in a fun and safe atmosphere. Learn to Play on-ice instruction plans have been developed in collaboration with experts from USA Hockey.



GSHL Practices

The GSHL holds weekly practices for both skaters and goalies who are interested in furthering their playing skills.

These practices are station-based and include light scrimmages, with focus on improving your skating, shooting and passing. You'll receive valuable instruction and lots of ice-time with knowledgeable coaches. At the Lynnwood Ice Center practice sessions, the GSHL utilizes an off-ice practice room prior to on-ice instruction with an emphasis on stick and puck handling by making use of various training tools. There is also a shooting room to achieve additional shooting practice.

During most practice sessions, the GSHL partners with former highly experienced coaches who conduct "chalk talks". These talks are helpful for players who are interested in learning more about game strategy such as break outs, back checking, fore checking, effective power plays, and more.



Greater Seattle Hockey League

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GREATER SEATTLE HOCKEY LEAGUE



Let's play hockey!

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About the GSHL

The Greater Seattle Hockey League (GSHL) is committed to providing fun, safe, recreational ice hockey for adult players of all skill levels.

Since the summer of 2001, the GSHL has grown into the largest adult recreational ice hockey league in the Northwest. With nearly 90 teams, 1,300 players and growing, the GSHL is also one of the largest adult ice hockey leagues in the country.



The GSHL goes to great lengths to provide parity within each division while providing just the right challenge to continuously build every player's skills.

With divisions ranging from 1 - 7, many with sub-divisions A - D, and several age-based divisions, the GSHL has a division available for every skill level.

The GSHL formed the Northwest Hockey Alliance (NHA) and partners with nearby leagues to participate in inter-league regular season games followed by playoff games for teams who win their divisional playoffs. The trophy being competed for is the Metropolitan Cup.

Joining the GSHL

Joining the GSHL is simple!

For starters, the GSHL consists of two year-round seasons that include playoffs:

- Fall/Winter—September to April
- Summer—May to August

Before the beginning of each season (Fall/Winter and Summer), the GSHL conducts at least four free evaluation skating sessions. During these sessions, you will be put through several drills (skating, shooting, passing, etc.) followed by a light scrimmage. GSHL league officials will assess your skills and place you in the appropriate division based upon skill level. After the final evaluation, Captains from teams looking for players in the league will conduct a draft based on player rankings. The Captain of the team drafting you will contact you after the evaluation skate.

If you are interested in joining and playing during a current season, the GSHL will attempt to connect new players with teams who have openings.



GSHL Games



GSHL game formats differ slightly from traditional National Hockey League games.

Prior to each game, teams will always have a minimum of a 5 minute warm-up beginning at the scheduled start of their game. Most often, the ice cut may be completed prior to this scheduled warm-up time and team's are generally permitted to hit the ice earlier.

GSHL regulation games are conducted in three 18 minute periods, with the first two periods performed on a "running clock." The final 30 seconds of the first and second periods will have a "stop clock." The entire third period is played under a "stop clock."



online scoreboard.

Each GSHL game includes two USA Hockey-certified officials. There is also a GSHL scorekeeper who scores all goals, assists, penalties and uploads such stats to the team's