

East Side Hockey League, Ltd. Rules and Regulations

WHEREAS: All players and participants are required to know and be familiar with these Rules and Regulations.

WHEREAS: The East Side Hockey League, Ltd. reserves the right to amend, modify, alter, revise, append and/or change these Rules and Regulations at any time and at its sole discretion without prior notice.

WHEREAS: The East Side Hockey League, Ltd. reserves the right to interpret or make any determination with regard to any rule or situation.

ALL USA HOCKEY RULES APPLY UNLESS OTHERWISE NOTED.

The East Side Hockey League, Ltd. (hereinafter "ESHL" and/or "League") is an adult hockey league which follows the rules and guidelines of USA Hockey. In addition to those rules, the following are "in-house" League rules.

- All general matters pertaining to the ESHL should be directed to drtanne@ameritech.net
- The league age minimum is 25.
- All players must acknowledge and sign the ESHL waiver prior to playing in any game. The waiver should be in possession of the league commissioner, a captain or both.
- The league's official web site is: <http://www.eteamz.com/EastSideHockeyLeague/>

CLOCK/TIMING:

- All games will have a three (3) minute warm up. Three (3) periods of fifteen (15) minute stop time. If one team is winning by six (6) or more goals in the third period, the game will go to running time ("Mercy Rule") and will continue until the game clock runs out or a goal differential of less than 6 is regained. If below six (6) goal differential is achieved, the game will go back to stop time. In running time the clock does not stop for any reason. There are no time outs in running time.
- **Referees should make all reasonable efforts to stay within the allotted time of 1 hour and 15 minutes regardless of the score or level.** However, games can run over the allotted time.
- Each team is allowed one (1) timeout of thirty (30) seconds per game. No timeouts in running time.
- All minor penalties are two (2) minutes; majors are five (5) minutes (even while the mercy rule is in effect or during any running time). Penalties do not change in running time. Penalties in running time start when the puck is dropped to start play.

TIES:

- No overtime, except playoff games.
- Ties – if a regular season game ends in a tie. There will be a three (3) person, per team (no player on any team can shoot more than once), shoot out. Should the shoot out decide the winner, the winning team is awarded two (2) points and the losing team one (1) point in the standings. If the shoot out ends in a tie after three (3) players from each team have taken their respective shot, the game ends in a tie and both teams are awarded one (1) point. Only eligible players may participate in the shootout. Any player serving a penalty with penalty time still unserved at the end of the third period is not eligible to participate in the shootout.

ICING:

- Blue line icing shall be called.

EQUIPMENT REQUIREMENTS:

- All players are required to wear all of the equipment specified by USA Hockey Rules.

- Any player who does not comply with **ALL** equipment rules may not participate in the game until he or she is fully compliant.
- All players must wear the required protective equipment per USA Hockey in the manner for which it is designed and no alterations or modifications may be made from the original manufacturing specifications as any alterations or modifications shall cause said equipment to be illegal.
- Helmet ("chinstraps") must be properly fastened.
- Players are not required to wear a full-face mask or mouthpiece. Any player electing not to do so accepts and assumes any and all risk of injury. Players must sign waivers indicating they understand this.

JERSEY REGULATIONS:

- All players are required to wear the **same primary color** as the rest of their team.
- Players must wear a readable number on their jersey at all times. Only one player per number per team.
- All player numbers must correspond with the sign-in sheet and scoresheet.
- Exceptions to this rule can be made as long as both captains and referees agree before the game begins. This is also an exception at the beginning of the season when jerseys have not arrived for all teams.

SCORESHEETS AND ROSTERS:

- Captains and League Commissioner are solely responsible for the proper maintenance of the roster. These are the rosters that will print on the game scoresheet and all captains and the commissioner must approve any changes.
- Each team may roster a maximum of fifteen (15) players. You are required to have one (1) goalie. Only players on your official roster and scoresheet may participate in any game.
- After the 5th game of the season (deemed the preseason), rosters will be locked and you will not be allowed to add or delete any player from the team's roster for the remainder of the season. Exceptions can be made due to season ending injury to a currently rostered player or at the Captains and Commissioners discretion in order to maintain team parity.
- All players must initial or sign in adjacent to their names on the scoresheet before games begin. In the event a different number jersey is worn for a particular game, the player must report this change to the scorekeeper. Do not sign in for your teammates under any circumstance(s). All players on the ice must be accounted for on the sign in sheets. Players arriving late must report to the scorekeeper to sign the roster.
- The official roster is the one printed on the score sheet furnished by the league.

PLAYER ELIGIBILITY AND SUBSTITUTIONS:

- All players must be at least twenty-five (25) years of age prior to the start of the season to be eligible to be rostered and/or participate in any adult league games.
- Players shall provide a PHOTO I.D. when asked by the League Commissioner or his designate, any league official, including but not limited to the referee(s) or scorekeepers.
- Punishment for using illegal players may include, but is not limited to, one or more of the following; suspension of the player(s), removal of any goals scored or assisted goals, forfeiture of the game and suspension of the Captain of record.
- No one is allowed to play on any team in the league while on suspension from another team.
- Substitutions – we are a lenient league as far as subs are concerned. A captain may request a sub for a “like” or “similar” loss of talent for any particular game when they can CONFIRM that they will have 8 or less players (not including goalies) from their team make the game. In the event the sub shows up and the team is able to complete a roster of 10 or more of its own players then the sub cannot play. At the beginning of each season each captain is to ascertain players on their roster that anticipate missing some games due to work/travel etc. Ideally a high, middle, and low-level skilled player should be designated. The League Commissioner will compile an email list of these players. Captains will email this list requesting a sub should the need arise. If this list fails to fill the roster need, the Captain can request Captains or other players in the league to fill in.
- The League Commissioner has the final authority on any and all matters of player eligibility and any other matters relative to the league.

PENALTIES:

- Any player, including goalies, who receives five (5) penalties in the same game, will receive a Game Misconduct and be ejected for the remainder of the game.
- ALL penalties shall be entered on the scoresheet.
- Players who serve any penalty as a designate for any other player shall not be charged for that penalty.

- A delayed penalty which is canceled by a goal scored, must be reported to the scorekeeper and recorded and does count toward a player's gross penalty total. It also shall count for the number of penalties in a game for that player. If 5 penalties, the game misconduct above applies.
- ESHL Adult Hockey League has a zero tolerance policy for fighting of any kind. Fighting is a major penalty plus a Game Misconduct as assessed by the referees present. USA Hockey rules will be applied but the ESHL reserves the right to impose additional penalties (including expulsion from the league) for repeat offenders and extenuating circumstances.
- The possession or use of Alcohol and/or drugs or any illegal substances in the locker rooms, anywhere in the building and on city grounds is strictly prohibited.
- Any player that is believed to be substance impaired may be prevented from playing or removed from the game.
- Any behavior that endangers the players, participants, referees or spectators is intolerable and the league will take action against those involved.

SUSPENSIONS AND UNRULY PLAYERS:

- All Game Misconducts will result in an automatic suspension as noted below.
- Players may not play for any team in the league until he has finished serving a suspension for the team with which the suspension was received. A player playing on multiple teams (i.e. goalies) risks missing multiple games.
- The League reserves the right to issue any length of suspension at any time.
- General minimum guidelines for suspensions are:

1st game misconduct: one (1) game

2nd game misconduct: three (3) games

3rd game misconduct: expulsion from the League after review by the League Commissioner and Captains.

- All players who come off the players' bench or penalty box during an altercation shall receive a major plus a Game Misconduct and be subject to a minimum three (3) game suspension.
- All game misconducts shall be listed on the scoresheet following each game.
- Captains are ultimately responsible for notifying their players of any suspensions.
- Players who receive a Match Penalty will be suspended for a minimum of thirty (30) days, pending an investigation and a hearing before the League. The player will be notified by the League Commissioner about any reinstatement and is not allowed to resume playing prior to receiving written notice from the League Commissioner.
- Fighting is absolutely not tolerated. Players who continually violate this will jeopardize their continued involvement in the league.
- Any physical or verbal assault of an on-ice official or an off-ice official is unacceptable, and may result in expulsion from the League.
- Players who are deemed to be continually dangerous, unruly or unsportsmanlike may be suspended at the sole discretion of the League Commissioner.
- Suspension from the regular season will carry over to the playoffs and future seasons.

PLAYOFFS:

- Prior to or upon the conclusion of the regular season, the League Commissioner shall inform all teams of the playoff schedule and the number of teams who have qualified for the playoffs.
- In the event of a tie in points at the conclusion of the regular season standings, the following tie breaker protocol shall be used:
 1. Wins
 2. Head to Head Record
 3. Fewer Goals Against
 4. Greater Goals For
 5. Fewer Head to Head Goals Against
 6. Greater Head to Head Goals for
 7. Fewer Game Misconducts
 8. Single Coin Toss

PLAYER ELIGIBILITY:

- Only players who have played in the minimum number of required games will be allowed to participate in the playoffs. The Fall/Winter Season requires six (6) games and the Spring Season requires four (4) games. Only printed rosters submitted during the regular season games with the players valid signature count towards the player's game total.
- Captains are ultimately responsible for assuring that all game statistics are accurate, and must address the league statistician with any questions no less than forty-eight (48) hours prior to the start of the playoffs.
- The League Commissioner or designate, if a conflict of interest exists, must approve any substitute goalies in the playoffs.

PLAYOFF PROTOCOL:

- All playoff games shall be played according to the same rules that were in effect during the regular season.
- If any playoff game ends in a tie, there shall be one overtime period, as outlined below:
- Overtime shall be five (5) minutes of 5 vs 5 hockey, followed by five (5) minutes of 4 vs 4 hockey, and then followed by five (5) minutes of 3 vs 3 hockey. If after all 3 (5) minute overtimes there is still a tie, a penalty shot shoot out (5 players) shall commence immediately according to the following procedure.
 1. The visiting team shall shoot first.
 2. The teams take the penalty shots alternately.
 3. If, before five shots are taken, one team has scored more goals than the other could score, even if it were to complete its five shots, no more shots are taken.
 4. If, after both teams have taken five shots, both have scored the same number of goals, or have not scored any goals, shots continue to be taken in the same order until one team has scored one goal more than the other team from the same number of attempts.
 5. A different player takes each shot and all eligible players must take a shot before any player can take a second shot.
 6. When a team finishes a game with a greater number of players than its opponent, it shall reduce its numbers to equate with those of their opponent and inform the referee(s) of those players excluded and those players subsequently eligible to take the penalty shots.
 7. Before the start of the penalty shot shoot out, the referee(s) shall ensure that only an equal number of players from each team participate in the penalty shot shoot out.
- Any goalkeeper rostered for the game, dressed and on the players bench may participate as a goalkeeper in the penalty shot shootout.
- Any player still serving his penalty when overtime expires may not participate in the penalty shot shootout. However, a player serving a penalty for a bench minor, for another player or whose penalty time has expired before the expiration of the overtime may participate in the shootout unless that player is serving a major penalty for an ejected player.

GOALTENDERS:

- In an event that a team does not have a goalie present and dressed for a game, an emergency goalie may be used. The emergency goalie must currently be registered in the ESHL (exceptions can be made, with Captains both approving and League Commissioners confirmation)
- If a team does not have a goalie dressed for a game, the team may elect to put in a sixth skater.
- The Referees must be notified if the player is a sixth skater or a designated goalie.
- A designated goalie must have a full wire cage, no plastic masks and no half shields of any kind.
- Any player not wearing full goalie equipment, who chooses to be a designated goalie, does so at his or her own risk, this includes goalies who choose to wear formed masks and not the cage type.

CAPTAINS- ARE RESPONSIBLE FOR PASSING ALONG ALL INFORMATION FROM THE LEAGUE TO THEIR TEAMMATES!