

## Rules and Regulations

Captains are responsible for making notifying all players of the League Rules.

The League reserves the right to make any determination with regard to any rule or situation or to change and/or amend the Rules and Regulations, at its sole discretion without prior notice.

*ALL USA HOCKEY RULES APPLY UNLESS OTHERWISE NOTED*

### LEAGUE GUIDELINES

The ESHL Adult Hockey League follows the rules and guidelines of USA Hockey for all age classifications, in addition to those rules, below are the following "in-house" rules.

- All general matters pertaining to the ESHL should be directed to drtanne@ameritech.net
- A player must be eighteen (18) years or older to play in the league. (I think we should consider increasing this to 25)
- All players must acknowledge and sign the ESHL waiver prior to playing in any game. The waiver should be in possession of either the league commissioner, a captain or both.
- The leagues official web site is: <http://www.eteamz.com/EastSideHockeyLeague/>

### CLOCK:

- All games are four (3) minutes warm up( this doesn't make much sense), 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. Otherwise the clock can only be stopped by a time out.
- **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.
- Changing the clock from stop time to running time, shall take place **ONLY** at the start of the third period and after.
- Each team is allowed one (1) timeout (30 seconds) per game.
- No overtime, except playoff games.
- Ties - if a regular season game ends in a tie. There will be a 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 2 points and the losing team 1 point in the standings. If the shoot out ends in a tie after 3 players from both teams have gone, the game ends in a tie and both teams are awarded one point.
- Blue line icing shall be called and the two line offside pass is allowed.
- 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). However, if due to lack of time the third period is **all** running time, penalties shall become three (3) minutes for minors and seven (7) minutes for majors. During any running time, all penalties are subject to the rules of the running clock for starting and terminating.

### 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. (this is something we may need to address or enforce further)
- No player may wear a hockey helmet, half shield visor, full shield, wire mask or a goalie mask or any equipment with any alterations or modifications.

- 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 by both players and on-ice officials.
- 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. The waiver may need revised to state more clearly the assumption of the risk and indicating that any player not wearing full protective equipment shall not look to the league, its officials or captains for any redress for injury, etc.

## **JERSEY REGULATIONS**

- All players are required to wear the **same primary color** as the rest of their team.
- Every player must wear a readable number on their jersey at all times, according to USA Hockey rules. 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 are solely responsible for the proper maintenance of the roster. These are the rosters that will print on the game scoresheet and all other captains and the commissioner must approve any changes. (n/a)
- The roster management site is located at [\[link\]](#) and each team will have a username and a password. You may update the team password at any time. (not needed for us).
- 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 and there shall be no exception(s) to this rule. (this is done by captains/commissioner and out of individual teams' hands or purview)
- After the 5<sup>th</sup> 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. (this can be clarified to indicate what the league may do as a whole)
- 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 eighteen (18) (25?) years of age to be eligible to be rostered and/or participate in any adult league games. There are no NO EXCEPTIONS to this rule for any reason(s).
- Players shall provide a PHOTO I.D. when asked by the League Director 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, forfeit 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 9 or

less players 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. The League Director 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 Director 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.
- All Major Penalties shall result in an AUTOMATIC Game Misconduct.
- Players who serve any penalty as a server 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 players gross penalty total.
- ESHL Adult Hockey League has a zero tolerance policy for fighting of any kind. A fighting major, an ejection, or a disqualification are subject to review by the referees present, the League Director and the Captains. USA Hockey rules will be applied but additional penalties can be imposed by these groups 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 is strictly prohibited.
- Any player that is 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 immediately take action against those involved.

## SUSPENSIONS AND UNRULY PLAYERS

- All game misconducts (with the exception of excessive penalties) will result in an automatic suspension.
- **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 team risks missing multiple games.**
- A player receiving a second game misconduct for excessive penalties during the season will receive a one (1) game suspension for each subsequent infraction.
- 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 Director 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. The player will be notified by the League Director about any reinstatement and is not allowed to resume playing prior to receiving written notice from the League Director.

- Fighting is absolutely not tolerated. Players who continually violate this will jeopardize their continued involvement in the league.
- Any physical or verbal assault on an on-ice official or an off-ice official is unacceptable, and may result expulsion from the League.
- Teams that receive a total of ten (10) penalties in a game, shall be assessed an automatic game misconduct. Such penalty shall not be served by a player; but shall be counted as part of the tiebreaker protocol for playoffs.
- Players who are deemed to be continually dangerous, unruly or unsportsmanlike may be suspended at the sole discretion of the League Director.
- Suspension from the regular season will carry over to the playoffs and future seasons.

## PLAYOFFS

- Prior to the end of the regular season, the League Director shall inform all teams of the playoff schedule and the number of teams that each division that have qualified for the playoff.
- 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. Fewer Game Misconducts
  3. Head to Head Record
  4. Fewer Goals Against
  5. Greater Goals For
  6. Fewer Head to Head Goals Against
  7. Greater Head to Head Goals for
  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 five (5) 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 Director must approve any substitute goalies in the playoffs.

## PLAYOFF PROTOCOL

- All playoff games shall be played according to the same 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. If the game is still tied after the first overtime period, a one (1) intermission will take place followed by a five (5) minute 4 vs 4 hockey overtime period. If the game is still tied after the second overtime period a one (1) minute intermission will take place followed by a five (5) minute 3 v 3 hockey overtime period. If after the third overtime 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 penalty shots are taken alternately by the teams.
  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. Each shot is taken by a different player 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 and shall identify same.
- 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.

## **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.
- 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 sixth skater will not get a shot on goal count.
- In all levels 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.**

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