

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 regarding 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 the Commissioner
- The league age minimum is 21.
- 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 Commissioner has the final authority on all matters relative to the league.
- The league's official web site is: <http://www.yayhockey.com>

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, 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.
- 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.

TIES:

- No overtime, except playoff games (see rules below).
- 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 shootout decide the winner, the winning team is awarded two (2) points and the losing team one (1) point in the standings. If the shootout 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.

EQUIPMENT REQUIREMENTS:

- All players must wear all the required protective equipment per USA Hockey Rules 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 all risk of injury. Players must sign waivers indicating they understand this.
- All players are required to wear the **same primary color** as the rest of their team.
- Players must always wear a readable number on their jersey. Only one player per number per team.
- All player numbers must correspond with the sign-in sheet and scoresheet.

SCORESHEETS AND ROSTERS:

- The Commissioner is solely responsible for the proper maintenance of the roster.
- 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.
- The official roster is the one printed on the score sheet furnished by the league.

PLAYER ELIGABILITY AND SUBSTITUTIONS:

- 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.
- No one is allowed to play on any team in the league while on suspension from another team.
- A captain may utilize a sub of appropriate talent for any game when they can confirm that they will have less than 10 players (not including goalies) from their team at a game. The Commissioner will maintain a list of players available as subs.
- The Commissioner has the final authority on all matters of player eligibility.
- Only players who have played in six (6) regular season games will be allowed to participate in the playoffs.
- The Commissioner or designate, if a conflict of interest exists, must approve any substitute goalies in the playoffs.

PENALTIES:

- Any player, including goalies, who receives four (4) 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.
- 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 4 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 act 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 Commissioner
- All players who come off the players' bench or penalty box during an altercation shall receive a major plus a Game Misconduct.
- All game misconducts shall be listed on the scoresheet following each game.
- 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.

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. Single Coin Toss
- 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 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.
- 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!