



OFFICIAL RULES AND REGULATIONS

Unless otherwise stated, the Edmonton Jewish Hockey League (EJHL) will follow the most current version of the Hockey Canada rule book which can be found at the following link: <http://www.hockeycanada.ca/en-ca/hockey-programs/officiating/essentials/downloads.aspx>

Our first priority will always be player safety and it will always trump any rule in our league.

Team Captains are responsible for all their Players understanding and complying with the rules and regulations found in this book. It is also the responsibility of the Team Captains to enforce and respect the suspensions handed down by the league.

TEAM COMPOSITION

No one under the age of 16 is permitted to play.

The league has asked that all players state on their registration form what level of hockey they have played to determine what EJHL line they should play on.

Players will be ranked with a: 1, 2 or 3 to indicate their EJHL line.

Some players will have a minus (-) next to their line number, thus indicating if need be they are the designated player who can drop down to play against the lower line on defence.

Player rankings can change throughout the season at the discretion of the EJHL Commissioners.

If a team does not have 5 skaters for their 2nd or 3rd line, the designated minus player may drop down a line to play defence. In this event the drop down player is not to dictate the play, but play defence, and can score.

ONLY ONE PLAYER MAY DROP DOWN AT A TIME. Should a team be short more than one player on a line, they will have to play with 4 players as opposed to 5. Ideally no players should be dropping down to play against weaker opponents.

Should a team be short players it is the Team Captain's responsibility to find substitutes to fill out the team's roster. The Team Captain should replace missing players with those of comparable skill so as to not alter the game. It is recommended that Team Captains approach players already playing in the EJHL as their player rankings will be recognized by all.



Should substitutes be required in the playoffs, the opposing Team Captains will have to agree upon each other's substitutes.

LINE CHANGES

Line 1 will always plays against Line 1, Line 2 against Line 2, and Line 3 against Line 3.

The drop down rule stated above also is enforced for changes made on the fly during shifts.

The Home team in each game controls line substitutions, but the below rules must be followed regardless of Home team preference:

Shifts should range between the one minute and two minute mark in terms of length.

Teams should attempt to maintain a similarly lengthened shift for each line in the spirit of fairness and equal playing time for all players.

After the one and a half minute mark of a shift a player who has control of the puck is able to raise his hand while freezing the puck against the boards to call for a whistle which MUST result in a line change.

A player must have control of the puck to freeze it.

A player must have the puck on the boards to freeze it.

Opposing players should not interfere with a player freezing the puck once it becomes apparent he is attempting to freeze the puck, ie. Raises his arm.

If a shift begins with 30 seconds, for example, left in the period, the shift will continue at the start of the next period as though the shift is already 30 seconds in.

TEAM JERSEYS

All skaters must have the same base colour jersey with no duplicate numbers. All jerseys must have a permanent number on the back. Name bars are not required. Goalies are exempt.

GAME SHEET AND TEAM ROSTER

It is the team's responsibility to present the time keeper with a completed roster prior to the end of warm-up.

A completed roster must have the names written of all players present as well as the number on their jersey being worn for the current game. It must also indicate who the goalie is.



A player may enter the game at any time prior to the 3rd period.

GAME FORMAT

EJHL games consist of 3 20 minute stop time periods.

At the time keeper's discretion if the game is running long he may choose to initiate running time in order to help the game finish on time.

Each team is allotted one 30 second timeout to be used at their discretion.

Penalties are 2 minute, 4 minute, 5 minutes, or 10 minutes, depending on the severity of the penalty.

Should a game be tied following regulation time, and time permits, the game will enter a 4 on 4 sudden death overtime for 5 minutes, ideally giving each line a chance at overtime.

If the game remains tied or time does not permit overtime, the game will enter a best of 3 then sudden death shootout.

The home team has choice of whether or not to shoot first. No player may shoot more than once until all players on their team have shot. If a player is still serving their own penalty when time expires in either overtime or at the end of the 3rd period, that player is ineligible to shoot in the shootout.

The first 3 first must each come from a different line.

Substitutes may not participate in the shootout.

MISCELLANEOUS RULES

Line icing – for the purpose of this rule, blue line will be used for icing in the EJHL. Any player of a team equal or superior in numerical strength to the opposing team shoots the puck from his side of the blue line down the ice crossing his opponent's goal line will be charged with icing. If a goalie leaves the crease, the official may negate the icing call.

If a goalie clears the puck over the glass without the puck touching the glass he will be assessed a 2 minute delay of game penalty.

When the puck is contacted above the shoulders, the play is immediately whistled and the ensuing faceoff is in the offending team's zone.



The play will be blown down at the official's discretion when the goalie gets hit in the helmet/mask.

No automatic penalty will be given and the play will not automatically be blown dead for an offensive player being inside the goal crease.

Play may or may not be stopped when the puck lands on the back of the net. The puck will be considered live; no automatic whistle will occur unless the puck is frozen or stuck in the mesh. This call will be made at the discretion of the officials.

PLAYOFF FORMAT

All 4 EJHL team will make the playoffs. Should the league expand that may change.

The opening round of the playoffs will be single elimination, followed by a best of 3 EJHL Finals series.

Overtime and shootout rules will carry over from the regular season.

Unless absolutely necessary substitute players should not be used in the playoffs. If substitutes are required, the team captains **MUST** discuss the use of specific substitutes prior to the game to reach approval.

Seeding

Seeding will be determined by a the traditional NHL points system, 2 points for a win, 1 point for an overtime or a shootout loss, 0 points for a loss in regulation.

Tie Break Scenario

Two teams tied:

- Head to head – most points advances
- Goal differential – 1st in head to head and 2nd overall totals
- Team with the least goals against
- Team with the most goals for
- Flip a coin

Three or more teams tied:

- If season play among teams is balanced, then head to head
- Overall goal differential
- Team with the least goals against
- Team with the most goals for
- Flip a coin



PENALTIES

The faceoff, after a penalty is assessed, will be taken in the offending team's defensive zone on their side of the ice.

Any player receiving 3 penalties will be ejected from the game. Bench minors do not count toward any one player's penalty total. Coincidental penalties do not count toward the total.

A 10-minute misconduct counts as 1 penalty and a double minor counts as 2 penalties towards any player's 3 penalty game ejection rule.

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Head Contact

Head contact will result in a 2 minute minor penalty.

High Stick Penalty

Where there is an injury to the head/neck area or blood is drawn from the high stick, the offending player will be issued at least a double minor plus a game ejection.

Fighting

A major penalty and a game misconduct will be assessed to any player who engages in fighting. A minimum suspension of 2 games will be assessed to a player who is given a fighting major.

Instigator, aggressor, and 3rd man in minor penalties may also be assessed. These come with additional suspensions.

The first players off the bench or penalty box from either team during an altercation will be assessed an indefinite suspension.

Anyone involved in an off-ice altercation will be suspended indefinitely.

Checking from Behind

The minimum penalty assessed for a check from behind incident will be a minor penalty and a game misconduct.



Abuse of Officials

Physical or verbal abuse of any league official will result in an indefinite suspension.

Suspensions

All suspensions are treated on a case by case basis based on the recent playing history of the player, and reports from the league's officials on the incident itself. Ultimately, the League Commissioners will determine the length of a suspension.

Suspensions will carry from season to season.

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Arena Damage

Any player, coach, manager, or team official abusing or causing damage to any of the facilities used for league play will receive an indefinite suspension from the league and will be held accountable for any repair cost.