JHL Rules and Regulations

**Rule 1: Penalties**

*Subsection 1: Penalty Rules*

1. All penalties are called by the referee and are up to his/her discretion.
2. No player (except the commissioner) will have any influence on the referees decision, call or judgment
3. Arguing with a referee can lead to a penalty, and in extreme cases can lead to ejection, suspension from games or expulsion from the league.
4. A penalty can be given to any player at any given time during the game.

*Subsection 2: Individual Penalties*

1. 2:00 for delay of game
2. 5:00 for body checking
3. 5:00 for slashing
4. 5:00 for spearing
5. 2:00 for tripping
6. 2:00 for hooking
7. 5:00 for cross checking
8. 2:00 for goalie interference
9. 2:00/4:00 for high sticking
10. 2:00 for holding opponent’s stick
11. 2:00 for too many men
12. 2:00 for throwing any piece of equipment
13. 5:00 or game misconduct for embellishment/unsportsmanlike
14. Fighting is an automatic ejection with suspension review
15. Attempt to injure can lead to injection with suspension review
16. If a penalty is taken on a player who is on a breakaway, a penalty shot will be awarded

**Rule 2: Equipment**

*Subsection 1: Player equipment*

1. Sticks may be borrowed from Rady or brought from home, however they MUST have a plastic blade.
2. The use of tape on the blade will not be permitted, as it marks up the floors.
3. Players may use any protective equipment that they choose.
4. All players must be wearing shoes when playing.
5. Players must wear their team jersey, or a shirt the same color as their team jersey.
6. Hockey gloves are encouraged but not required.

*Subsection 2: Goalie Equipment*

1. All goalies must wear a helmet at all times during games.
2. All goalies must wear shoes at all times during games.
3. Goalies are required to use the following equipment:

Glove

Pads

Blocker

Stick

1. Goalies are permitted to use the following equipment:

Jock

Neck Guard

Shoulder Pads

Chest Protector

Jersey (of any kind)

1. Goalies are prohibited from using the following equipment:

Goalie Pants

Wooden Stick

**Rule 3: Gameplay**

1. Games will consist of 3 periods. 1st period = 12 minutes, 2nd period = 12 minutes, 3rd period = 15 minutes.
2. The last team to touch the ball before it goes out of play (goes behind curtain, stuck under bench, etc.) loses possession and the other team starts with the ball.
3. Whenever there is a stoppage, the team with possession is awarded 5 seconds to put the ball in play. The opposing team/player may count down from 5 but must give a reasonable amount of space (1.5 stick lengths). Once the time elapses, the opposing player can attack.
4. In the case where the ball makes contact with a basketball net or backboard, the ball is dead and the opposing team acquires possession.
5. When a goalie covers the ball, he must pass it to his player who then has 5 seconds to play the ball (similar to rule B).
6. The referee is required to make sure both goalies are ready before he drops the ball to start play.
7. Absolutely no slap shots. Players may only take wrist shots and snap shots. Possession goes to the other team if a slap shot is taken.
8. Players may use their hand to retrieve a flying ball, however they must put it down to the ground immediately and continue play. Hand passes are prohibited.
9. OVERTIME: Overtime will consist of 5 minutes of 3 on 3 play. If nobody scores in overtime, the game will proceed to a shootout, where each team will send out 3 shooters.
10. Playoffs: 4 of the 6 teams in the league will make the playoffs. 1 seed vs 4 seed, 2 seed vs 3 seed in the semi finals. It is a best 2 of 3 series, however there will only be a maximum of 2 games per series. If the series is tied 1-1 after the second game, there will be an overtime played. First team to score in overtime moves onto the finals. If there is no score after 5 minutes, the game will proceed to a shootout. The same rule goes for the finals, however the finals will be continuous overtime, not a shootout.