

Eastern Shore Street Hockey League Rules of Play

Amended 11-16-07

(amendments and notes in blue)

A. GENERAL

1. Team size – 5 on 5
2. Game length – (3) 8 minute periods, 1 minute between games
3. Tie breaker
Regular season – 1 point per team, 3 player shootout (penalty shots) to decide winner.
Winning team gets 2 total points. If the shootout ends in a tie, the game ends in a tie.

Playoffs – 8 minute sudden death periods until a goal is scored
4. Clock – stops only for timeouts, penalties and goals. Games are to start on time
5. Injured player – Any player, having caused a whistle due to injury, must sit for 1 minute.
This is not a penalty
6. Timeouts – each team gets (1) 1 minute timeout per game and one per overtime period. Only the coach can call timeout, and only during a stoppage.

B. MINOR PENALTIES (1 MINUTE)

1. Too many men
2. High stick: (goalies exempt while in the crease) a player raises his stick above his waist, or on a wind-up, above the knees
This rule will be enforced more strictly
3. Delay of game:
 - a) goalie freezes the ball behind the goal line without some part of his body in the crease
 - b) a player holds the ball in his hand
This rule will be enforced more strictly
 - c) diving
 - d) a player deliberately dislodges the goal
 - e) deliberately shooting the ball out of play
 - f.) any goalie shooting the ball directly out of play

4. Roughing: a player uses his body to move someone off the ball
5. Tripping: Player A trips an opposing player, Player B. If Player A makes contact with the ball before making contact with Player B, then no penalty should be called.
6. Holding
7. Interference: A player uses physical means to impede another player's movement away from the ball
8. Hooking: A player uses his stick to impede another player's movement or turns his stick over to prevent the movement of an opposing player's stick
9. Illegal movement: A player advances the ball by moving backwards
10. Slashing: A player hits another player or that player's stick with his own stick
11. Unsportsmanlike conduct: Profanity, arguing with the ref, the timekeeper, or the stat person; arguing, threatening, or taunting another player; or any other conduct deemed unsportsmanlike by the referee

C. DOUBLE MINOR PENALTIES (2 MINUTES)

1. Any of the above penalties resulting in injuries
2. Any of the above penalties deemed severe by the ref

D. MAJOR PENALTIES (3 MINUTES AND A GAME MISCONDUCT)

1. Extreme unsportsmanlike conduct
2. Irresponsible use of vehicle in the park area
3. Purposely throwing of objects in or around the rink area
4. Damaging league facilities or equipment
5. Fighting
6. Attempting to injure another player

E. PENALTY SHOTS

1. For third penalty, if the first has not yet expired

2. Any penalty resulting in the loss of a scoring chance on a clear breakaway
3. Throwing any object to attempt to break up a play
4. Any player other than the goalie grasping or otherwise attempting to freeze the ball in his own crease

F. FACEOFFS

1. after goal or penalty shot – center
2. after save – nearest dot
3. after penalty – dot nearest point of penalty
4. ball out of play (includes black netting above corner curves, [back or top of the net](#), [stuck in the fence](#), or touching any object or person off the rink – dot nearest origin of shot
5. ball deflected out of play – dot nearest point of deflection
6. injury or time out stoppage – dot nearest to where the ball was when the whistle was blown
7. mutual freeze (along boards) – nearest dot
8. hand pass – offending team's defensive zone

G. SCORING

1. a goal is scored when the ball completely crosses the goal line
2. a goal is disallowed if any part of an attacking player's body is in the crease prior to the arrival of the ball. The stick does not count as part of the body. The goal is allowed if the attacking player was pushed into the crease by a defending player.
3. a goal is disallowed, if, in the ref's judgement, it was intentionally directed into the goal by anything other than the player's stick

H. PENALTY SHOTS

1. attacking player starts at center, upon the ref's whistle. He must keep his body moving forward at all times. He is allowed one shot, no rebounds
2. the goalie must remain on his goal line, until the whistle

