



## HOCKEY GAME RULES CONDENSED

<b>Equip</b>	Helmet (with cage), gloves, stick and team jersey to play. If no team jersey, league will provide one but the player can not play first 5 minutes
<b>Forfeit</b>	3 players including goalie 10 minutes into time-slot results in forfeit
<b>Length</b>	3 12 minute periods running time, stopped time in last min of game. (Clock runs if a team is leading by 4 or more goals)
<b>Overtime</b>	Shootout: First team to score and defend their opponents shot wins. <u>Tie</u> if no winner after 3 rounds. (Playoffs - 3 round shootout)
<b>TO</b>	1 per game (1 minute)
<b>OFFSIDES</b>	Midcourt. Must touch back <u>with foot</u> .
<b>Penalties</b>	MINOR = 1 minute. MAJOR = 2 minutes No substitutions during the penalty (2nd majors for a player results in ejection from the game)
<b>High-Sticking</b>	If stick raised above shoulders in attempt to hit ball -results in face-off on team's zone and player subbed out <i>Minor if the stick hits an opposing player</i>
<b>Subs</b>	<u>2nd/3rd</u> : Only on a whistle. (Minor penalty if subbing during live play) <u>4th&amp;up</u> : Even during live play.
<b>Unsportsmanlike</b>	Minor penalty. If team receives a 2nd one = penalty shot & offending player will be ejected from game.

The League Commissioners reserve the right to supersede all rules and regulations at any time in the best interest of the League.

### SCROLL DOWN FOR FULL RULEBOOK

## GENERAL

### SEASON

7 regular season games & 3 playoff rounds.  
 All teams make the playoffs. (In 6th-8th, the top 2 teams in the standings get a bye)

### STANDINGS

The standings will be ordered based on: (1) Points (2) Wins (3) Head-to-head (4) Goal Differential (5) Goals Scored (6) Goals Allowed

### “Zero Tolerance” Fan Behavior Policy

The JSL welcomes all parents to watch and cheer on their children but we ask that all spectators watch politely from the stands. This is a league for yeshiva boys and we expect all participants, including spectators, to behave Al Kiddush Hashem. The JSL will not tolerate any inappropriate conduct. Any inappropriate behavior can result in all spectators being asked to leave the gym

## GAME RULES

Rules cannot be changed even if agreed by both coaches. **MYSHAL** rules apply for all rules not covered here

### EQUIPMENT

A player **MUST** be wearing a helmet (with a cage), gloves, and their team jersey and have a hockey stick in order to be eligible to play.

### TEAM

6 players, including a goalie

### GAME-START

A team must have a minimum of 4 players (w/ goalie) 10 minutes into the time-slot or they forfeit (An exhibition game will be played by mixing both teams together)

### GAME LENGTH

Three (3) 12 minute periods running time, with stopped time within the last minute of the game (If a team is leading by 4 or more goals the clock will continue to run)

### OVERTIME

Shootout- The first team to score and defend their opponents shot wins. (Playoffs - 3 rounds)  
 If there is no winner after three rounds, the game will result in a tie.

### TIMEOUTS

1 per game (1 minute)

### SUBSTITUTIONS

**4th & up** Can be made at any point, even during live play. An entering player must wait until an exiting player is within 6 feet of the bench to enter the game. Both the exiting and entering player may not touch the ball within 6 feet of the bench or a minor penalty can be called.  
**2nd/3rd** Can only be made after a whistle (i.e dead ball). A minor penalty will be called if players substitute during live play.

### UNSPORTSMANLIKE CONDUCT

Unsportsmanlike conduct by any player or coach will not be tolerated in the JSL. A referee may call an Unsportsmanlike Conduct penalty on any player or coach he feels is acting in a way that is detrimental to the game. An unsportsmanlike conduct penalty will result in a minor penalty. If another unsportsmanlike conduct penalty is called on the team the result will be a penalty shot and the offending player will be ejected from the game.

## PENALTIES ([Summary of Basic Penalties](#))

### OFFSIDES

The offsidess line is midcourt. A player must touch back with *his foot*.

### HIGH-STICKING

If a player raises his stick above his shoulders in an attempt to hit the bal. It will result in a face-off in his team’s zone and the player needing to be subbed out.  
*A minor penalty will be called if the stick hits an opposing player*

### MINOR PENALTIES

1 minute. Other team will play with a 1-man advantage. No substitutions.

### MAJOR PENALTIES

2 minutes. Other team will play with a 1-man advantage. No substitutions.  
*A player who commits two major penalties during the game will be ejected from the game.*

## BBALL GAME RULES CONDENSED

<b>Forfeit</b>	3 players or less 10 min into time-slot results in forfeit
<b>Uniform</b>	Team Jersey, Head Covering, & Sneakers in order to play If no team jersey, league will provide one but the player can not play first 4 minutes
<b>Length</b>	2 16 min halves, stoppage in last min of game (Time runs if team leading by 10 or more pts)
<b>Overtime</b>	(Only if time permits): 2 minutes, stopped time within 30 seconds. (There is no further overtime if the game is still tied)
<b>TO</b>	1 (1 minute) per half (Don't rollover). None in OT Players must line up side-by-side at midcourt after 1 min. If a team doesn't then other team charged TO or team gets a FT & ball.
<b>FOUL BONUS</b>	<b>5-7: (Per half) 10 fouls = 1&amp;1 12 fouls = 2 shots</b> -Within last 15 sec of 1st half, foul = 1&1 -Within last min of 2nd half, 2 fouls = 1&1, 4 = 2 shots
<b>Substitution</b>	1 player ( <b>5-7: 2 players</b> ) at any whistle.
<b>Substitution TIMEOUT</b>	1 min TO at 10 & 5 min mark Players must line up side-by-side at midcourt after 1 min. If a team doesn't then other team charged TO or team gets a FT & ball.
<b>Technical</b>	2 FT & possession. By 2nd technical, offending player is ejected
<b>Press D</b>	Not allowed until last 2 minutes of game

The League Commissioners reserve the right to supersede all rules and regulations at any time in the best interest of the League.

**SCROLL DOWN FOR FULL RULEBOOK**

Commissioner - Donny Rudansky Asst. Commissioners - Shai Rosalimsky & Yosef Rudansky

## GENERAL

### SEASON

3rd/4th: 6 Regular season games & 3 rounds of playoffs. (Top 2 teams will have a bye)  
5th-7th: 7 Regular season games and 2 rounds of playoffs.

### STANDINGS

(1) W-L-T (2) Wins (3) Head-to-head (4) Point Differential (5) Points Scored (6) Points Against

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## RULES

Rules cannot be changed even if agreed by both coaches. MYSHAL rules apply for all rules not covered here

### STARTING GAME

A team must have a minimum of 4 players 10 minutes into the time-slot or they forfeit  
(An exhibition game will be played by mixing both teams together)

### UNIFORM

All players MUST be wearing their team jersey, head covering, & sneakers in order to play

### GAME LENGTH

Two 16 minute halves of running time, with stopped time within last 1 minute of the 2nd half.

### OVERTIME

(only if time permits) 2 minutes with stopped time within 30 seconds. (There is no further overtime if the game is still tied)

### TIMEOUTS

1 (1 minute) per half. They do not rollover. None in OT

### FOUL BONUS

**5th-7th (per half):** 10 fouls = 1&1 12 fouls = 2 shots  
**ALL DIV:** Within the last 1 minute of the game - a 2nd team foul = 1&1, a 4th = 2 shots  
(In 6th-8th, Fouls accrued during 2nd half are disregarded within last minute)  
**ALL DIV:** A foul committed in the last 15 seconds of the 1st half results in a 1&1 Free Throw

### MERCY RULE

Time continues to run if a team is leading by 10 or more points within the last minute.

### PRESS DEFENSE

Not Allowed until the last 2 minutes of the game

### TECHNICAL FOUL/ UNSPORTSMANLIKE CONDUCT

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## SUBSTITUTIONS

### Substitution Timeout

There will be a 1-minute substitution timeout at the 10-min mark and 5 minute mark of each half. Players that are subbed in must line up side-by-side at midcourt. The TO will commence the first time a team gains possession of the ball in their backcourt after the 10 minute and 5 min mark on the referee's whistle. The team that had position prior to the TO retains position following the TO.

If a team has more or less than 5 players lined up at mid-court after 1 minute, then that team will be charged a time-out. If that team has no time-outs remaining the other team will be awarded a free throw and ball.

Besides the substitution TO, each team will be allowed to substitute 1 player during any whistle. [6th-8th: 2 players]