



Northeast Sled Hockey League, Inc.

4/7/2025---These are notes regarding **NESHL Regular Season** games for all Teams, Coaches, Players, Referee's, Scorekeepers, etc to refer to. Any questions regarding these notes can be directed to the NESHL Commissioner, or an NESHL representative/designate.

- 1) **Team Jerseys**--- When two teams do not have a different jersey to wear, and the two teams' colors are close, then the rule to determine who wears pinnies is 'Home team wears Dark jerseys and Visitor wears Light jerseys.' Whoever has the incorrect jersey must wear pinnies, or come up with a different jersey to wear before the game starts.
- 2) **The scoresheet identifies who is Home and who is Visitor.** Teams should sit on the appropriate bench as identified on the scoresheet.
- 3) Neck Guards--- **All players MUST wear neck guards.** Players who do not wear one may be removed from the game by the Referees until they get one on.
- 4) All NESHL Rules, Operating Procedures, Timekeeper Guidelines, and forms can be found on the NESHL website at ww.neshl.org. There is also a Referee page with videos on sled hockey.

- 5) For game play we are considered an Adult league. We follow **USAH Playing** and **Sled Hockey Rules** with the following exceptions or notes:

- a. Teams get a 4 min warmup as soon as the Zamboni door closes.
- b. We play **3-15 min stop time periods.**
- c. We play with **Delayed Offsides.**
- d. **Checking**---Players are able to separate an opponent from the puck without receiving a penalty. All other Adult Sled Hockey checking rules apply.
- e. **We play with Hybrid Icing**, using the NCAA Rulebook as a guide. (See NESHL Rule 6.6 for more clarification.) Below is a chart on how the calls should be made.

Closest Player to Retrieve Puck	Result	Whistle
Attacking Player	No Icing	No
Defensive Player	Icing	Whistle
Tie	Icing	Whistle
An Icing will be nullified if:		
a) The non-offending teams Goalie comes out of the crease before the puck crosses the Goal Line or,		
b) In the opinion of the Officials a legitimate attempt to play the puck was not made.		

- f. Games that end in a Tie go to a 3 person per team shootout. Shootouts that end in a Tie stay as a Tie.
 - g. Teams get one 30 sec timeout per game.
 - h. Goal differential of 5 or more in the 3rd period results in running time. Clock reverts back to stop time when the differential gets to 4 goals or less.
 - i. **Penalty Times:** Minor---2 min, Double Minor---4 min, Major---5 min, Misconduct---10 min.
 - j. **Pushers**---The NESHL has a modified rule for Pushers. Please see 6.11 in the NESHL Rules and Operating Procedures Document for specific details.
- 6) Infractions we ask the Referee's to call tight:
 - a. Teeing/T-boning.
 - b. Holding/interference.
 - c. Charging.
 - d. High hits (above the shoulder).
 - e. High sticks.
 - i. At the Referee's discretion they **may assess** a Game Misconduct for high hits or high sticks.
 - 7) Scoresheets---All scoresheets **must be signed** at the end of the game by each team's representative, and the referees. Make sure the scoresheets have correct player numbers for the roster section, goals, assists, and penalties **BEFORE** you sign them. Review the Timekeeper Guidelines Document for more details.
 - 8) Games during the Regular Season that deviate from these guidelines must receive approval from the NESHL Commissioner, and be communicated to affected teams, before they are played.