



League Rules and Regulations

1. General

- A. USA Hockey rules will apply to all NEMHL games. **NEMHL RULES WHICH ARE IMPOSED ABOVE AND BEYOND USA HOCKEY RULES WILL APPEAR IN BOLD PRINT.** These will be the combined rules, by which the League will operate by and will be enforced. All players and coaches must be registered with USA Hockey prior to their team's first League game. All coaches must be certified at the level required by USA Hockey for the Midget level prior to the team's first League game. Non-certified coaches will not be allowed to coach their respective teams until the proper certifications are received by the NEMHL Coaching Director.
- B. **It is the responsibility of all team coaches and team officials to be familiar with the League Rules and Regulations prior to the start of the current season. Accountability for the team and enforcement of these rules are the sole responsibilities of the Head Coach. For additional information, please refer to the League By-Laws section.**

Playing Rules:

2. Penalties

Home state rules will apply to home games with the following in addition:

A. Minor Penalties

1. **Three (3) minor penalties in one game will result in automatic player ejection for the rest of that game. A misconduct for high sticking, equipment violation, or unsportsmanlike conduct is not considered a minor penalty and as such, is not included in the 3-minor penalty rule. There is no additional game suspension for subsequent NEMHL scheduled and played games.**
2. **If a player has three stick penalties in the same game, the player will be ejected from that game and will be suspended from the next scheduled and played NEMHL game. Stick penalties will be considered high sticking, cross checking, and slashing.**
3. A double minor penalty is considered two minor penalties.
4. **If a player is required to leave the game before its completion for any violation, including but not limited to Game Misconduct, violation of the three minor penalty rule or as directed by a game official, a coach must accompany the player from the bench. The coach who escorts the player must leave the ice surface with the player, proceed to the locker-room and remain with the player until he is prepared to sit in the stands with parents from his/her team. The player is allowed nowhere else in the building other than in the stands with the respective team's parents. Failure to have a coach from the bench provide this escort will subject the team's Head Coach to sanctions from the League. In the event that only one coach will be on the bench, a parent**

should be designated prior to the start of the game and will meet the player as he/she exits the playing surface. This parent shall then follow the steps previously described. Failure of the ejected player to remain in the stands with his/her respective team's parents will result in further disciplinary action against that player and the team's Head Coach.

B. Major Penalties

1. Rules for Major penalties (excluding Fighting Majors [USA Hockey Rule 613] which are described under Rule 2(C) below) are described herein.
2. First Major penalty in League play results in an immediate game ejection and a one (1) game suspension.
3. **Second Major penalty in League play results in an immediate game ejection and a two (2) game suspension.**
4. **Third Major penalty in League play shall result in immediate game ejection and suspension for the remainder of the current season. Requests for review for reinstatement to the League for future seasons may be made by the player and the team to the NEMHL Executive Board.**

C. Fighting Majors (USA Hockey Rule 613)

1. **The first fighting major received by a player will result in a \$50 fine to be paid by the player and an automatic one (1) game suspension from the next scheduled and played NEMHL game.**
2. **A second fighting major received by a player during the same season will result in a \$100 fine to be paid by the player and an automatic four (4) game suspension from the next scheduled and played League games.**
3. **A third fighting major received by a player during the same season shall result in immediate game ejection and suspension for the remainder of the current season. Requests for review for reinstatement to the League for future seasons may be made by the player and the team to the NEMHL Executive Board.**
4. **In all cases with regards to fines, the player will not be allowed to compete in a scheduled NEMHL game until the check made payable to the NEMHL is received by the CFO-NEMHL or an Executive Board member with verification made to the CFO to clear the player to compete. All suspensions resulting from the above penalties are to be served during NEMHL games. Please refer to the contact list on the [League website](#) for these officers' names and contact information.**

D. Misconduct Penalties

1. Abuse to game officials, coaches, or spectators as called by the on-ice officials will result in the following. Please refer to USA Rule 601 inclusive. If a player is removed from a game due to a Misconduct penalty, and is not noted as such, "Abuse to Official" rules will apply.
2. **The first "Abuse of Official" Misconduct penalty received by a player, coach, or team official will result in an immediate game ejection, a \$50 fine, and a one (1) game suspension from the next scheduled and played NEMHL game for that team.**
3. **The second "Abuse of Official" Misconduct penalty within the current season by the same player, coach, or team official will result in an immediate game ejection, a \$100 fine, and a four (4) game suspension from the next four (4) scheduled and played NEMHL games for that team.**
4. **A third "Abuse of Official" Misconduct penalty within the current season by the same player, coach, or team official shall result in immediate game ejection and suspension for the remainder of the current season. Requests for review for reinstatement to the League for future seasons may be made by the player and the team to the NEMHL Executive Board.**

5. A Misconduct penalty will be considered Unsportsmanlike Conduct. Exceptions to this would be equipment-related violations and the automatic 10-minute Misconduct attached to a Checking from Behind minor penalty. Any individual state specific rules for Misconducts would also fall into this category. The player will serve a 10-minute penalty and then be eligible to return to play.

E. Game Misconduct Penalties

All game suspensions from NEMHL games apply only to NEMHL games scheduled and played. Suspensions may NOT be served in non-League games played by the player.

F. Match Penalties

1. A player, who has incurred a Match penalty and has been suspended in accordance with USA Hockey Rule 405, shall be subject to the disciplinary action, if any, assessed by the proper authority after a hearing set forth in USA Hockey Rule 405. If a player is allowed to return to play under USA Hockey rules, **the NEMHL shall, in addition, impose a \$100 fine and suspension of five (5) NEMHL scheduled and played games (whichever is greatest between the ruling and the NEMHL five (5) game suspension). If the same player receives a second Match penalty in the same season, the player will be suspended from the NEMHL for the remainder of the current season and all future seasons.**
2. A team official who incurs a Match penalty and has been suspended in accordance with USA Hockey Rule 405 shall be subject to disciplinary action, if any, assessed by the proper authorities after a hearing as set forth in USA Hockey Rule 405 and **in addition the team official will be removed from the NEMHL for the remainder of the current season and the next season.**

Administrative Rules:

3. Game Forfeitures

If a team fails to appear for a scheduled game, both teams will make every effort to arrange another game, at the same venue, in the near future and receive approval from the League. Failure to show for a scheduled game, other than for weather related issues agreed upon by the League, will result in the canceling team to assume costs for canceling the game without adequate notice. Any fees due must be paid prior to the next weekend's scheduled games. Note: Prior to the start of the season, teams should carefully review any activities that could preclude cancellations, i.e. SAT's, Proms, etc. If a make-up game cannot be arranged, the team creating the forfeiture will have 2 points debited from the standings and the alternate team will be awarded a forfeit win of 2 points maximum. Failure to show for three or more games may result in expulsion of the team from the League.

4. Rosters

- A. Final rosters must be submitted to the League President by December 15th of the current season. No roster changes will be allowed after this date without prior written request by the team and approval from the League.
- B. Rostered players must display the NEMHL logo badge on the right breast of the team jersey, both home and away. The opposition coach can request expulsion of a player who does not display the NEMHL logo badge on his/her jersey, prior to the start of the game. Teams will receive pre-printed roster labels that will be required for all game sheets after the December 15th date. Prior to this date, all teams should make an effort to have their rosters on labels that can be identified by the League.
 1. In the event that a player forgets his/her jersey with the NEMHL logo badge affixed to it, the opposing Coach can verify the rostered player with a photo identification and/or signed testimony from the player's parent/legal guardian. Signed testimony should be made on the official game sheet. The League reserves the right to review the issue once the game is complete and decide on the player's eligibility and sanctioning of the game played.

- C. Only players listed on their respective team's roster on the [NEMHL website](#) will be eligible to participate in League games.
- D. Coaches will be responsible for verifying the roster of the opposing team prior to the start of each game. Any player not in attendance must be crossed off the game sheet. Any players who are suspended or injured should also be noted on the game sheet.
- E. Player Eligibility: A player is NOT eligible to play on an NEMHL team if he is also, during the same season:
 - 1. Rostered to a high school (or equivalent, eg. prep school) team at the varsity level. Junior varsity, freshman or modified level team players are not precluded from also playing in the League;
 - 2. Rostered to a Junior team, at any level;
 - 3. Rostered to an intermural team for a college, university, junior college, community college or other post-secondary institution. In-house and intramural play does not preclude participation in the League.
- F. A player rostered to an NEMHL team based upon team player lists on the NEMHL website who is subsequently rostered to a non-League team, including those teams as described in Article 4(E), above, shall not be permitted to play in any further NEMHL games within the current season, including the end-of-season playoffs.
- G. Notwithstanding the above, if a player resigns his position on a non-NEMHL team and wishes to join or return to a League team, that player may petition the Board of Directors of the League for readmission. The team for which the player wishes to play must endorse the request and may submit the request on behalf of the player. The Board shall have the sole authority to inquire into the relevant circumstances and to grant or deny the petition, and its decisions shall be final and binding. Each case shall be determined based on its own merit and shall have no precedential value for any subsequent requests by other players or teams.
- H. NEMHL member team rosters will not include more than two (2) transfers in total from within the League in any single season. Exceptions may be made, however, in circumstances where a member team folds and its players are able to transfer to another League team. All transfers must be requested in writing and approved by the League.
- I. A member team who allows a non-rostered player to play in a scheduled and played NEMHL game will automatically forfeit the game(s). The Head Coach may be suspended for the next ten (10) scheduled and played League games and will be placed on probation for the remainder of the season. A repeat of this offense will result in the Head Coach being removed from the League and the offending team will be barred from participation in the League for the following season.

5. Attendance

- A. Rostered players must have played in 75% of all scheduled and played games for the player to be qualified to play in playoff and championship games. Attendance will be certified by signature of the Head Coach for each game. This rule commences with the final roster date of December 15th of the current season.
- B. Challenges by team officials of attendance will be verified by picture ID of the challenged player, prior to the start of the game. Failure to provide a picture ID will forfeit the participation of the player and the results of the game; the latter will be dependent upon a review by the NEMHL Executive Board.
- C. The attendance rule will be waived if a player misses 25% or more of his/her team's games due to illness or injury. To substantiate a claim of this nature, the team must furnish a signed letter from a practicing physician licensed within the state of the player requesting the leave of absence. The letter should include the name of the player, the dates of disability and be presented on letterhead of the physician to include a contact phone number. The player should continue to be "scratched" from the team's lineup during this period, with the comment "injured" appearing next to his/her name.

- D. If a player is allowed to join a team after the December 15th roster deadline, the 75% attendance rule shall apply to the games for which that player is rostered.

6. Sportsmanship

- A. To ensure that good sportsmanship is attained within the NEMHL, which is a hallmark of the League since its inception, the following will be strictly enforced. The League also believes that accountability and “self policing” rests with the individual team officials with the Head Coach being the key leader.
- B. To prevent “running” up a score and to “pad” individual statistics, a differential in excess of eight (8) goals will not be recognized by the League. The Head Coach of the offending team will be held directly accountable for this demonstration of poor sportsmanship. In the event that a score differential is greater than eight (8) goals per the official game sheet, the final score will not reflect any more than an eight (8) goal differential and all player statistics past that point will be voided. In addition, all games should be played as “normal” when there is a lopsided contest. The losing team should not pull their goaltender for an extra skater to mount a comeback and then score into their own net, thus exercising this rule in their favor. The result would be the same for the losing team as for the winning team. Supplemental discipline by the League could take place against the Head Coach of the losing team. Additionally, violations of the eight (8) goal differential rule will result in the following sanctions:
1. First violation by a member team will result in a written warning from the League.
 2. Second violation by a member team within the same season will result in a 1-0 default win for the losing team, all violating team stats will be voided, and the offending Head Coach will serve a three (3) game NEMHL suspension.
 3. In all cases, an admonishment letter will be sent to the offending Head Coach with a warning to exercise fair play in circumstances where one team dominates over another. An apology letter will be sent by the offending coach to the losing team, prior to their next meeting, with a copy to the League.
- C. Running Time Rule
1. If a team is winning by eight (8) goals at any time in the game and at the discretion of the losing team, the clock will go to running time. If the differential is reduced to less than eight (8) goals, stop-time will be resumed, except as noted below.
 2. If there is a six (6) goal differential in the third period, the clock will run until the six goal differential is broken, then stop time will resume.

Playoffs

League playoff information, seeding, and game information will be published prior to the start of the annual NEMHL playoffs. Other information may be found in the League By-laws.

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