



SHL Rules:

1. **Yes:** to Co-ed Players
2. **No Clappers:** (slap shots) keep stick below knee. A slap shot will result in a penalty.
3. **No Checking:** We all have to work the next day.
4. **Goal Scoring:** No more than 3 goals per player per game.(only on a penalty shot can more be scored) If a 4th goal is scored by that player, the goal will not count and there will be a faceoff at center ice.
5. **Penalties:** Each penalty will result in a penalty shot for the other team. Any more than 3 penalties per player per game will result in a game suspension.
6. **Short Shifts:** Are mandatory, please keep shifts under 2 minutes.

7. **Off Sides:** Off sides are typically called immediately but is at referee's discretion.
8. **Warm Ups:** Will be 3 minutes prior to start of play. You may want to stretch before you get on the ice.
9. **Game Length:** All periods will be 20 minutes running time. If game within 4 goals, clock will be stop time the last 5 mins till end of game.
10. **Tie Games:** If game is tied at the end of regulation there will be a 3 person shootout. You may not take a second shot until everyone on your team has taken a shot. (all players eligible, team decides the order.)
11. **Age Requirement:** Players only over the age of **21** are permitted to lace em up.
12. **No Walk ups. No Pay as you Play.** All extra unsigned players will go onto a free agent list that can be used by the captains in case of a known shortage of players. If a shortage occurs this list will be used to fill empty spots.
13. There are no scouts in the stands. No Stanley Cup awarded if you are looking to have FUN and still compete this league is for you.
- 14 – 20. **Back Checking:** Is frowned upon.

