

Ladies Rules

Game format

- 3 vs 3 plus a goalie. Games will begin promptly at 5 minutes past the hour. Players and goalies must be ready by this time with all of their equipment. There will be two 25 minute periods with a 4-minute break in between periods. Teams will switch sides between periods. The home team will shoot towards the benches for the first period. There will be stop time in the last 2 minutes of the game if the goal differential is 3 or less.
- Teams are allowed one 30 second time out per game. The clock will run for the timeout. Timeouts cannot be taken in the last 5 minutes of the game
- If a team chooses to pull their goalie and play with 4 attackers, players must stand outside of the goalie crease
- The goalie cannot cover the ball outside of the goalie crease
- Offside rule will be based on center line

Equipment

- All players must wear shin pads, running shoes, gloves, helmet with cage (18+ allowed helmet with visor) and their jersey. Helmets with full facemask are mandatory for all goalies. It is highly recommended for all players to wear a helmet with facemask to avoid severe injury. Players are NOT allowed to play without the mandatory equipment.

Forfeits

- A team is considered to forfeit a game if the minimum number of players (4) is not met by 5 minutes past the hour. Any forfeit will result in an automatic 5-0 loss and a loss of a point in the standings.

Referee

- The Referee has the authority to end the game before the scheduled time, due to any of the following: the game is deemed out of control, arena conditions deemed unsafe, Arena rental time has expired due to delay of game by participating teams. The final score will be taken as is.
- Only captains or alternate captains may talk to the ref(s) during the game. If the captain is not present or playing goalie, an alternate captain must be chosen by the captain prior to the start of the game. Any players arguing/talking to the ref during the game will get an unsportsmanlike penalty and a possible ejection/suspension.

Standings

- During the regular season if a game finishes in a tie after regulation time, both teams will receive one point.
- If a playoff game is tied at the end of regulation time, both teams will play a 5-minute sudden death overtime period and then a shoot- out. The shoot-out will consist of three players from each team taking a penalty shot. If after three shots from each team the teams are still tied, then shootout will continue in a sudden death format until a winner is determined.
- Tiebreak in points in the standings will be resolved in the following order: Wins, Losses, Head to Head, Goal Differential, Goal For, Goal Against.

Scheduling

- The JHL organizing team does its best to accommodate for scheduling around various religious and secular holidays while at the same time ensuring that adequate weeks are available to complete the full regular season and playoffs. JHL reserves the right to cancel any games. Games will not be played on any wafat, khushali, or significant religious date where there is a concurrent program at JCC.

Fair Play

- Captains and Coaches of all divisions must ensure that all their players receive fair playing time in each game. The commissioner of each division will be in contact with the captains/coaches of that division on regular basis in regards to this rule. Any captain/coach who do not offer fair playing time to all their players will be penalized by the league.

Penalties

- Penalties will result in a penalty shot for the non-penalized team.
- Penalty shot will be taken by the player who was directly impacted by the penalty. If a bench minor is called, any player on the team can take the penalty shot.
- Penalties will be called under the following circumstances:
 - Too many men – a team has more than 3 players on the floor
 - Stick/equipment from the bench is obstructing play
 - Heckling the referee/arguing call from the floor, bench, penalty box, or by ejected player
 - Throwing anything from bench onto playing area
 - Cross-checking – Is defined as checking/hitting an opponent with the stick while held with both hands and no part of the stick is on the floor
 - Delay of Game - A player other than goalie closing their hand on the ball or A player deliberately falling onto or corralling the ball in order to stop play or holding up play for any other unjustifiable reason
 - Elbowing – When a player hits an opponent with his elbow
 - High-sticking – Any time a player’s stick is above their waist whether they are taking a shot or not
 - Holding – Is defined as grabbing an opponent’s body, clothing, equipment or stick using your hands or stick in order to prevent the opponent’s progress
 - Hooking – Using your stick as a hook to slow down an opponent
 - Tripping – Using your stick or body to take down an opponent
 - Goalie Interference – Physically impeding the goalie’s ability or checking the goalie while the goalie is in their crease. If the goalie is outside his crease to play the ball, then they are considered to be a “player”
 - Slashing – Swinging your stick, using one or two hand, at an opponent regardless of whether or not contact with the opponent’s body, or equipment is made. This includes any swing that breaks your or an opponent’s stick.
 - Swearing – Using obscene, profane or abusive language whether directed to a teammate, an opponent, the referee, or any spectator. A penalty will be called even if it is not directed to anyone.

- JHL is a NON-CONTACT, Islamic league. Any roughing, body-checking, fighting, interference, or un-sportsman like conduct will result in a penalty, possible ejection from the game and potential league suspension.
- The referee has the sole discretion to eject a player from the game and determine, if any, how many games suspension. The penalized player may appeal the suspension board consisting of the commissioner and the two captains who were not playing in the game when the incident occurred.
- Any harassment of the referee or any league official (including score keepers/volunteers) will result in an unsportsmanlike penalty and a possible ejection/suspension.
- Only players who are playing the current game may be on the bench. Any spectators, players waiting for their game or ejected players may NOT sit on the benches but may watch from either the balcony or the front of the gym (where the netting is). The only exception to this rule is the score keeper and league officials.
- An automatic ejection will occur if a player takes 3 penalties in a game.
- Any contact to the head will result in an automatic ejection
- If a player has previously been ejected from a game this season, they will receive a minimum 1 game suspension after any future game ejections.