

2025/2026 LAKESHORE HOCKEY ARENA
PLAYING RULES
www.lshaice.com

1. All USA Hockey Rules apply along with house rule modifications.
2. HOUSE RULES:
 - A. Outside beer and alcohol is **STRICTLY PROHIBITED** and is not to be brought into the arena or locker rooms. If you are caught, you will be asked to remove it and your team captain will serve a 4-minute major. An 18-pack of beer may be bought at the Penalty Box Pub.
 - B. **Beer is strictly prohibited from Player benches and bench area during league play!**
 - C. Smoking is **STRICTLY PROHIBITED** in the locker rooms & building.
It is New York State Law!
 - D. **Chewing Tobacco** is not allowed in the rink area at anytime; this includes locker room and player benches! Player caught chewing and spitting will be asked to leave for the remainder of that game and given a game misconduct.
 - E. **No player shall be on the ice before the Zamboni gate is closed, teams will receive a bench minor that will be served by the team captain at the start their game.**
 - F. Any fights in the tunnel, locker rooms, bar, parking lot, or anywhere else on Lakeshore property will result in suspension from all play until further notice.

3. PLAYING RULES:

- A. Games will be (3) 13-minute periods with a resurfacing prior to the game.
- B. Game will begin at the schedule time, if a team(s) is not ready at start time 2:00 will be put on the clock and team(s) will lose their Time Out. If team(s) is still not ready another 2:00 will be put on the clock and a minor penalty will be issued. If team(s) is still not ready team is issued another minor penalty and game starts with a 5 on 3.
- C. Teams must have a minimum of 6 players to start the game, if the team does not have a minimum of 5 players due to ejection then game will be forfeited.
- D. Any lead of 6 goals or more after the ten-minute mark of the third period the clock will run: leads reduced to 3 goals will return to stop time.
- E. Games tied after regulation play will have (1) 3-minute sudden death overtime period, teams playing 4 on 4. **If tied after OT there will be a shoot out – 3 Players from each team, if tied after 3 players then sudden death shootout**
- F. **Games tied during playoffs will play 13-minute sudden death overtime, followed by additional 13 minute sudden death periods as necessary to get a winner. Playoffs are 5 on 5.**
- G. If game is tied at the end of regulation, each team will receive 1 point in the standings. If a team scores in O/T that team will receive a second point. If a team wins shoot out that team will receive a second point.
- H. TIE BREAKERS
 - 1. Total Points
 - 2. Most wins
 - 3. Head to head
 - 4. Goals for goals against each other + highest #
 - 5. Goals for goals against total in league + highest #

6. Team with least penalty minutes
7. Coin toss

4. PLAYER ELIGIBILITY:

- A. Age requirements: player must be 18 years of age & out of HS to participate in all leagues.
- B. All teams and rosters will consist of a maximum of **16 players per team**. The Commissioner must approve all splits.
- C. New players in all leagues are subject to approval by league Commissioner.
- D. Up to (2) subs can be placed on the team roster and must be identified by the team captain on the first night of registration, any sub not on the roster must be approved by the Commissioner and pay a \$25 fee to play even if team is paid in full! All Subs will pay the \$25 fee if team is not paid in full; this includes your 2 subs on the roster!
- E. Ineligible players include anyone not signed on the team's roster and players under suspension. Any violation of this rule and team captain will be suspended for one game.
- F. Roster changes resulting from job transfers and injuries will be permitted until the 15th regular season game. League Commissioner reserves the right to approve all roster changes.
- G. All players must play in a minimum of 8 regular season games to be eligible for playoffs. Only roster players are eligible for playoffs. Only 16 players can dress for games.
- H. Goaltenders injured or ejected, may be replace by a goaltender of equal ability without delaying the game. Substitute goaltenders are allowed but must be approved by league commissioner.
- I. All eligibility protests must be made before the end of the game. The player in question must sign the score sheet next to his printed name. All eligibility protests upheld would result in forfeit of points earned

in that game and suspension of the captain, or acting captain for the team's next game. Note: Exercise this before the game starts. It will eliminate a lot of problems.

5. PENALTIES

- A. Penalties Assessed will be:
- a. Minor - 1.5 minutes
 - b. Major - 4.0 minutes
 - c. Misconduct - 7.5 minutes
 - d. Game Misconduct - suspension for balance of the game with one game suspension for players next game
 - e. Match Penalty - Suspension for balance of game with immediate suspension for player from all play at Lakeshore until commissioner holds a hearing with team captains. **Minimum 4 game suspension.**
- B. Penalty Enforcement
- a. Any player receiving 3 penalties in one game is automatically ejected from that game, no further suspension.
 - b. Incidental body contact in no check leagues is permitted along the boards and in open ice areas is allowed so long as no more force that is necessary is used during the play.
 - c. All protests concerning rules must be presented to the commissioner's office within 48 hours of the game in question. Team Managers/Captains will be the only official allowed to file a grievance with the League Commissioner.
 - d. Protests regarding player eligibility must be decided before the start of the 2nd period. If a player is not on the roster the Commissioner has the final game time decision as the eligibility of the player in question
 - e. Any player accumulating 21 penalty minutes in one league will receive an automatic one game suspension for the next game. 31 penalty minutes = 2 game suspension, 41 penalty minutes will result in suspension for balance of season.

Lakeshore Hockey Arena does not endorse, promote or encourage fighting during games or in Lakeshore Hockey Arena.

6. FIGHTING

- a. Dropping the gloves with the intent to fight or challenging a player to fight will result in a GAME MISCONDUCT no further suspension unless a fight occurs.
- b. 3rd or 4th man in as a peacemaker will sit the remainder of that game.
- c. 3rd or 4th man in an altercation will receive a 2 Game Suspension.
- d. If a player fights, throwing a fist with his gloves on; it is considered a fight and will result in a 1 Game Suspension.
- e. Fighting/Punches to the head or face, 2 hands on stick, crosscheck above the shoulders or a malicious stick swing will result in a 4 Game Suspension.
- f. Any player receiving a second game misconduct (in two separate games) will sit a 4-game suspension
- g. Any player receiving a penalty for intent to injure is suspended until further notice from the Commissioner.

Note: Instigators will receive additional suspensions. Commissioner has the final say.

ALL DECISIONS ARE FINAL!

7. EQUIPMENT:

- A. Full equipment is required; face shields & mouth guards are highly recommended.
- B. All players are required to wear helmets on the ice and benches during play, including warm-ups.
- C. All players, including goaltenders, are required to wear their teams same colored jerseys.

- D. All players must have a numbered jersey at the start of the game, or they will be instructed to leave the ice to secure the appropriate jersey! Duplicate numbers are not allowed!
8. REGISTRATION AND FEES:
- A. Registration fee is per team, a team is based on 16-man rosters and team members are responsible for open spots on the roster. Team players must pay prorated fees to cover open and pro rated fees.
- B. Players are responsible for registration fees in full at registration. Players not paying in full must put minimum of \$125 down with Balance due by the 4th game; players not paid in full will not be allowed to play unless they have made prior arrangements with LSHA.
- C. Any player registered in 2 or more league will be allowed to put ½ down with balance due in full by the 6th week.
- D. Refunds are not granted unless a player can be replaced, and the team is paid in full.

PLEASE NOTE

Home teams wear their color jerseys if there is same color away team is to change jerseys.

Lakeshore Hockey Arena reserves the right to change dates and times of schedule games.