



**RULES AND
PROCEDURES**
2025 - 2026



1 INTRODUCTION

1.1 About

The Southeast Sled Hockey League was established in 2016 to provide structured, competitive hockey for sled hockey teams in the southeastern United States. SESHL provides an environment where individual with and without disabilities can participate. The league emphasizes community, commitment, teamwork, sportsmanship, and growth.

SESHL will support the growth of sled hockey through competition, player development, and community.

1.2 SESHL Objectives

- A. To provide a fun, competitive, safe and inclusive environment for individual to participate in Sled Hockey.
- B. To assist in the development of players for local, regional, and national level teams.
- C. To increase the awareness and of Sled Hockey through on-ice and off-ice presentations and team development

1.3 Purpose

This document contains the Official Rules and Operating Procedures of the Southeast Sled Hockey League (SESHL) and has been approved by the Southeast Sled Hockey League Board of Directors.

1.4 Definitions:

- A. League refers to the Southeast Sled Hockey League, also known as SESHL.
- B. Board refers to the SESHL Team Board.

1.5 Scope:

- A. The Operating Procedures represent the agreements among the Sled Hockey Programs that comprise the NESHHL about how the League will organize and conduct League play.
- B. The Operating Procedures are periodically reviewed and amended at League Board of Directors Meetings.



2 LEAGUE INFORMATION

2.1 All teams

- A. Membership will be prioritized for teams located in:
 - a. Virginia
 - b. Tennessee
 - c. North Carolina
 - d. South Carolina
 - e. Alabama
 - f. Georgia
 - g. Florida
- B. All teams participating in SESHL must be registered with SESHL
- C. All teams participating in SESHL must be current on dues and pay the current seasons dues by Oct 15

2.2 Existing SESHL Teams

- A. Any team that has played the previous season in the SESHL must submit an email with intent to return to the Commissioner no later than July 1.
- B. Once the Registration intent is received, an invoice for a non-refundable \$500 Deposit towards the upcoming season's dues will be sent; if a team has a credit with the League, it will be applied towards their Deposit.

2.3 New Teams

- A. Any team or Organization that has not played in SESHL must submit an email to the commissioner requesting participation no later than July 1.
- B. Once the request is, the Board will review the request and inform the team of their decision.
- C. If a New Teams Application is accepted, the team will receive an invoice for a \$500 nonrefundable Deposit towards the upcoming season's dues.
- D. The Board reserves the right to approve or deny a Team or player entry into the League. If a Team is denied, and they have sent a deposit, it will be refunded by SESHL.

2.4 Sanctioning and Rules

- A. SESHL is a USA Hockey sanctioned league and abides by the current USA Hockey Rules, Regulations and Guidelines
- B. All teams participating in SESHL must be registered USA Hockey Member Programs and be in good standing with USA Hockey and its affiliates.
- C. All players, coaches, and staff, including pushers participating must be registered with USA Hockey
- D. SESHL will abide by the USA Hockey Rules and Regulations, USA Hockey Rules for Sled Hockey and USA Hockey Annual Guide
- E. Instances in which SESHL rules are more narrow/specific than, or deviate from those published by USA Hockey are outlined in this document.

2.5 Levels of play

- A. SESHL will use USA Hockey Tier designations to define equivalent levels of play
- B. SESHL will primarily serve players in 2 tier groupings
 - a. SESHL Blue – Tier 5 and Tier 6
 - b. SESHL Red – Tier 3 and Tier 4



3 TEAM ROSTERS

3.1 Number of Players

- A. Teams may roster a total of 17 players
- B. A team must have a minimum of 5 players to start a game
- C. Pushers are not counted in the total roster number

3.2 Teams

- A. A player may only be rostered for one SESHL team during the season.
- B. If a player relocates their residence during the season and is now too far from their rostering teams practice location, that player may request, from the Board, a waiver to change teams to a closer program.
- C. Athletes must play with the closest Sled Hockey program to their primary residence and within 100 miles of that residence.
- D. In order to be considered to play with a team/program outside of 100 miles or that is not the closest program, a waiver must be submitted to and approved by the USA Hockey Sled Waiver Committee.
 - a. Proof of the approved waiver must be mailed to waivers@seshl.org at least 5 days prior to participating in a SESHL event.

3.3 Roster Approval

- A. As a USA Hockey sanctioned league, rosters must be approved through the rostering process set forth by each team's local USA Hockey Affiliate.
- B. Rosters must be approved by USA Hockey at least 10 days prior to the associated SESHL event
- C. Email proof of roster approval and link to approved roster must be emailed to rosters@seshl.com at least 10 days prior to the associated SESHL event.
- D. If a roster is not approved at least 10 days prior,
 - a. The team may forfeit those upcoming games, or
 - b. The team may participate using the last approved roster
- E. Participation of a non-rostered player in a game will result in a forfeit by the offending team.

3.4 Mid-season Player Additions

- A. Mid-season roster additions may be made at any time throughout the SESHL season.
- B. Updated rosters must be submitted for approval 10 days prior to the start of the associated SESHL event.

3.5 SESHL Playoffs

- A. For a player to participate with a given team during the SESHL playoff, that player must have been rostered for and participated in at least 50% of the season games.
- B. A player who has not met the 50% participation threshold can appeal to the Board for a waiver
 - a. Waivers must be made to the board a minimum of 15 days prior to the start of the playoff event
 - b. Waivers should be emailed to Waivers@seshl.com
 - c. The Board will review the waiver request and provide a ruling no later than 3 days prior to the event
 - d. The Board's decision will be based on a majority vote

4 PLAYER ELIGIBILITY

4.1 Inclusion

- A. SESHL is a fully inclusive league
- B. SESHL aims to grow the sport of sled hockey through an inclusive, safe, and welcoming environment

4.2 Disability

- A. SESHL will allow any player with a disability that limits participation in stand-up Hockey
- B. Players with cognitive limitations are welcome if their disability prohibits participation in typical stand-up hockey
- C. If there is a dispute over a player meeting the minimum disability requirement set forth above, SESHL will default to the Minimum Disability Process set forth by USA Hockey.

4.3 Player Age

- A. SESHL is predominantly an adult league (18 and up), it is recognized that there are players under 18 who are willing and able to play in an adult league
- B. Players who are under 18 years of age on December 31 of the current season must submit an Age
- C. Waiver signed by their parent or legal guardian.
- D. Age waivers must be approved by a majority of the Board.
- E. Waivers must be sent to waivers@seshl.com
- F. A players Age Waiver must be approved at least 10 days prior to them participating in a SESHL event
- G. Players under 18 years of age may be required to wear a penny to indicate non-contact status. If so this decision will be made by the board during the Age Waiver review process.
- H. USA Hockey guidance
 - a. "Players under the age of 17 may play in the Adult Division, however, significant consideration should be given whether a younger player is ready and able to play in the adult division"

4.4 Able-Bodied Players

- A. Teams are permitted to dress and play three (3) able-bodied players in any given game
- B. Able-Bodied players must be marked on the scoresheet with an "AB."
- C. Able-bodied players may not play the goalkeeper position.

4.5 Skill Level

- A. Players participating in SESHL should align with the following skill groups
 - a. SESHL Blue – Tier 5 and Tier 6
 - b. SESHL Red – Tier 3 and Tier 4
- B. Players of greater skill
 - a. Any player that is much greater in skill than the next best player in the league should not be rostered.
 - b. Any player that easily dominates play while they are on the ice should not be rostered. This includes goal scoring, assists, and defensive play.
 - c. Any player that is currently on a Men's National or Development team or Women's National team may not be rostered.
 - d. Players who have attended an invitation only Development Camp are still eligible to be rostered.
 - e. Other points for consideration
 - i. Ability / willingness to adjust play to match the prevailing skill level
 - ii. Ability / willingness to facilitate program growth and player development
 - f. Disputes regarding eligibility based on player skill level will be addressed by the board.
 - i. Players of greater skill may be reviewed by the Board and removed from a roster, at anytime, with a 2/3 vote.

5 PLAY

5.1 Game Format - Season

- A. Game length will be set to accommodate the available ice time slots
 - a. Time slots are dependent upon ice availability and cost
 - b. Targets for timing are below
- B. 1 hour – 1.25-hour ice time
- C. 2-minute warm-up prior to game start
- D. Three 12 - 15-minute stop time periods
 - a. Period length is dependent upon time slot from item A
- E. 1 minute between periods
- F. 1 (60) second time-out per team
- G. Running clock in 3rd period with a +6-goal difference
- H. Running clock in 3rd period if time is short
- I. Hybrid icing
- J. No overtime

5.2 Game Format - Playoffs

- A. Game length will be set to accommodate the available ice time slots
 - a. Time slots are dependent upon ice availability and cost
- B. 1 hour – 1.25-hour ice time
- C. 2-minute warm-up prior to game start
- D. Three 12 - 15-minute stop time periods
 - a. Period length is dependent upon time slot from item A
- E. 1 minute between periods
- F. 1 (60) second time-out per team
- G. Running clock in 3rd period with a +6-goal difference
- H. Running clock in 3rd period if time is short
- I. Hybrid icing
- J. Tie breaker is a 3-player shootout

5.3 Shootout Rules

- A. The home team shall have the choice whether his/her team will shoot first or second.
- B. Any player whose major or greater penalty had not been completed at the end of regulation play or who receives a penalty during a shootout procedure is not eligible to be one of the players selected to participate in any portion of the shootout procedure(s).
- C. The shootout procedure shall begin with three different individual shooters from each team taking
- D. alternate shots. The players do not need to be named beforehand.
- E. The goalkeepers from each team may be changed after each shot.
- F. The players of both teams will take the shots alternately until a decisive goal is scored. The remaining shots will not be taken.
- G. Regardless of the number of goals scored during the shootout portion of overtime, the final score recorded for the game will give the winning team one more goal than its opponent, based on the score at the end of regulation time.
- H. If after the shootout, the shootout score is still tied, there will be a sudden death shootout. The
- I. sudden death shootout will be conducted as follows:
 - a. A sudden death shootout is defined as each team attempting a shot. Should one team be successful and the other team not, the successful team shall win the shootout.
 - b. Any player whose major or greater penalty had not been completed at the end of regulation play is now eligible to be one of the players selected to participate in any portion of the

shootout procedure(s). If a player receives a penalty during a shootout then they may not compete again in the shootout.

- c. No player may shoot twice until everyone who is eligible from that team has shot. If, however, because of injury, penalty or roster size, one team has fewer players eligible for the shootout than its opponent, both teams may select from among the players who have already shot once all the eligible players from the team with the fewest players have taken their shot.
- d. The goalkeepers from each team may be changed after each shot.
- e. The official scorekeeper shall record all shots taken indicating the players, goalkeepers and goals scored.
- f. Regardless of the number of goals scored during the shootout portion of overtime, the final score recorded for the game will give the winning team one more goal than its opponent, based on the score at the end of regulation time.

5.4 Points

- A. Total number of points will determine standing within the league
- B. Three points shall be awarded for a win
- C. One point for a tie

5.5 Tie Breaking Rules

- A. If two or more teams have an equal number of points, their position in the standings shall be determined in the following order
 - a. Head to Head
 - b. Greater number of games won
 - c. Fewest goals allowed
 - d. Greater number of goals scored.
 - e. Coin toss

5.6 Safety

- A. All players must abide by all USA Hockey Rules and Regulations for play and equipment.
- B. All players will be required to wear neck laceration protection in the 2025 – 2026 season.
 - a. Any player found not to be wearing the required protection will be asked to leave the ice until the appropriate protection is donned.
- C. Non-contact players must abide by the rules outlined in the USA Hockey Rules of Sled Hockey



6 CONDUCT

6.1 Code of Conduct

- A. All players, coaches, and staff are expected to abide by the USA Hockey Code of Conduct found in the USA Hockey Annual Guidelines.
- B. All players, coaches and staff are required to accept and sign the SESHL Code of Conduct annually.

6.2 Conduct

- A. SESHL supports the enjoyment of the game and therefore follows a zero tolerance policy.
- B. Any player/coach or staff member who uses language that is hateful or discriminatory in nature anywhere in the rink before, during or after the game shall be penalized under Rule 601(e.3) resulting in a match penalty. The offender shall be immediately suspended until a hearing is conducted by the Team Board.
- C. Any player that receives a Game Misconduct Penalty or a Match Penalty will not be permitted to participate in any games remaining in that SESHL event.
- D. The Team Board will review and rule on any Game Misconduct Penalty or Match Penalty within 45 days.
 - a. Scheduling within the 45 day window will be at the discretion of the League Director
 - b. Review and ruling must be conducted by a quorum of the Team Board

7 GOVERNANCE

7.1 Team Board

- A. Will be responsible for making decisions about the execution of play in the League
- B. Will consist of one representative appointed by each participating program
- C. Will serve for the entirety of the season and be selected each season
- D. Will be established no later than August 1 each season
- E. Will serve as the Discipline and resolution Committee as outlined in the USA Hockey Rules and Regulations.
- F. A quorum is required for any board vote

7.2 League Director

- A. Will be voted upon by a quorum of the Team Board at the beginning of each season.
- B. Responsible for managing the league finances
- C. Convening and leading Team Board meetings
- D. Breaking tied Team Board votes

7.3 Discipline & Resolution Committee

Per USA HOCKEY:

Any issues (discipline, protests, special considerations, request for deviation from any rule, reports of a broken rule) that arise during games should immediately be brought to the attention of the League Director. The issue will then be turned over to the Discipline and Resolution Committee (D&R). The D&R Committee shall be composed of four (4) or more people and be appointed prior to the first game by the League Director or by vote by the team representatives if a League Director is not yet appointed. The D&R Committee Chair will also be appointed by the League Director. Membership includes one member from each of the Full teams in the League. All team representatives must be designated before the first League game.

The D&R Committee shall be responsible for deciding any action, suspensions or otherwise, to be taken against a player or team official receiving a game misconduct or match penalty. The committee shall have full power to waive or increase the one-or two-game suspension imposed in Rule 404(b), Game Misconduct. The committee shall have authority to initiate action involving supplementary discipline against a player or team official whether or not it involves the playing rules; provided, however, that no suspension shall occur without first giving notice of the intended action and providing the opportunity for a hearing. No player or team official shall be suspended from participating in the remaining games unless he/she has been provided the opportunity to appear before the committee to relate his/her version of the incident.

The D&R Committee shall be responsible for deciding any action, suspensions or otherwise, to be taken against a team for any violation of any of the rules. For any other decision including playing rules interpretation, with regard to the operation of the tournament (including conduct not in the best interest of hockey), the D&R shall have the final authority to make the appropriate decision. In the event there is a tie vote among the committee members, the League Director shall make the final decision.