

2024 United States Elite League Rules

This event will be played under modified USA Hockey rules

4-minute warmup
17-minute periods
Home = Light jerseys
Away = Dark jerseys
Delayed offsides
Icing permitted on penalty kill
Minor penalties = 2:00 minutes
Body-checking permitted at both levels
Zam after second period & end of game
Running time when lead is six goals or more at any time during the game
Teams allotted one 60-second timeout per game
No overtime



Regular season point breakdown

Win = 2 points
Tie = 1 point
Loss = 0 points

Playoff Rules

If the score is tied after three periods, the teams will move on the stages of overtime.

Stage 1: 4-on-4, 5-minute overtime period.

Stage 2: 3-on-3, 4-minute overtime period.

Stage 3: Three-player shootout, home team chooses to shoot or defend first.

Standings Tiebreakers

Head-to-head (if applicable)

Goal differential

Goals allowed

Goals for (six-goal max per game)

*playoff seeding must be finalized by USEL leadership before proceeding