**NUMBER OF PLAYERS**

Teams are allowed a maximum roster of 15 players, and must register a minimum of 6 players prior to the entry deadline. There are **no gender restrictions** when in play. A team may have only 3 players plus a goalie in play at any time. Teams may choose to "pull the goalie" to play with 4 players. Teams may also start the game with the goalie pulled as long as they have 4 other players dressed and ready to start.

**DEFAULTS**

If 4 players are not present 15 minutes past the scheduled hour, the game will be scored as a default. When a league game has been defaulted, there will be no scrimmage games between 2 opposing teams.

**LENGTH OF GAMES**

Warm-up for games will start on the hour, and no team may enter the gym early regardless of the gym’s availability. The game consists of 2 twenty-minute periods of running time. The game may not continue past the hour, which may necessitate a shortening of the periods if the game has been delayed. There is a two-minute intermission between periods, at which time the team will change ends. Stop-time will start at any time in the last two minutes of the game, if the score differential becomes 1 goal or less.

**EQUIPMENT**

Proper athletic attire (no jeans or street shoes) and non-marking shoes must be worn. Pinnies will be provided if needed at the Control Desk. Players must wear C.S.A approved ice hockey gloves, helmets and full facemasks during games. Mouth guards and shin guards are recommended. White plastic hockey stick blades only, while shafts can be wood, fiberglass or aluminum. Goalie sticks can be wood or plastic, but wood sticks must have plastic on the area that is touching the gym floor. No screws can be protruding out of the stick and all screws used to fasten the blade to the shaft of the stick must be taped. Tape is not allowed on the bottom of any blade. The ball is a plastic regulation ball hockey ball.

**START OF GAME**

- Home team will take bench under the scoreboard, and team benches will not be switched at half-time. Teams will start game defending net on opposite side of team bench. All players must wear numbers, and a list of player names and numbers, with verification of the captain’s signature, must be given to the score keepers prior to the start of the game.

**SUBSTITUTIONS**

Substitutions of players may occur any time during live action play or when play has stopped. A face-off is necessary to resume play.
STOPPAGES OF THE GAME
During stoppages of play, teams may make one-line change only and all players must enter the game from their bench at the same time. During dead ball play stoppages, officials must wait for a completed line change before resuming play with a face-off. The game clock should only be stopped by the game officials. Stopping of the clock may be necessary due to injuries, ball getting stuck etc. This stoppage is at the sole discretion of the game officials.
  - During stop-time play at the end of a game, the clock should only be stopped upon the official’s whistle. The clock should remain stopped until the ball hits the floor during a face-off and/or when a player has released a shot or pass from a sideline shoot-in.

RULES OF THE GAME

- During play-off games only, each team is permitted one 1-minute time-out per game. Time-outs can only be called when there is a stoppage in play that will require a face-off to resume play or when it is their possession for a sideline shoot-in.

- Goalie Changes may occur only:
  a) At half-time
  b) At any time during the game if the team has another goalie dressed and ready to step into goal.
  c) In the play-offs, prior to the start of the overtime period.
  d) If the starting goalie is injured and a goalie change is necessary, the clock shall be stopped to allow another player to put on the goalie equipment. The injured goalie may not return to the game as a goalie or as a player.
  e) If the goalie is ejected from the game for penalties the team will have 2 minutes or less to dress a new goalie. The new goalie must be a member of that team who was playing in that game.
  f) When "pulling the goalie" for an extra attacker, the goalie must go to their team’s bench. The extra player must wait to the goalie is within 3 feet of their bench before they step onto the playing area.

- Offensive players are not permitted in the goal crease unless the ball enters the crease first. Offensive players that enter the crease and make contact with the goaltender will receive a goaltender interference penalty and the goal (if scored) will be disallowed.

- There will be continuous play behind the nets unless the ball becomes stuck on or behind the net. Play will be stopped when the ball becomes stuck, and a face-off will occur at the closest face-off spot, regardless of what team caused the ball to get stuck.

- During face-offs, each of the two opponents facing off must place the blade of their stick on the ground on their half of the inner circle and hold it stationary. Players must have their blades on the ground prior to the ball being dropped. The ball must hit the floor before it may be contacted with a player's stick and/or any other part of a player's body. All players not taking the face-off must be on their own side of half and at a distance of 6 feet from the face-off spot. Players may be waived out of the face-off circle at the official’s discretion.

- The basketball center line will be the line used to determine offensive and defensive zones.

PLAYING THE BALL

- Sticks may not be raised above the waist to contact airborne balls. If so, a change in possession will occur.

- Slap shots are allowed only if there are no players within 6 feet of the shooter and the players stick does not go above their shoulder on the back swing or follow through. If a player raises their stick above their shoulder on a shot and subsequently scores, the goal will not be allowed and the ball is given to the opposition at the side closest to where the shot was taken from.
- A player may stop the ball with any part of their body including their hands.
- A player cannot close their hand on the ball and knock it forward to their team's advantage in the offensive zone. In the defensive zone, a player may pass the ball with their glove without infraction, but cannot pass the ball into the offensive zone.
- A player is not allowed to step on, pick up, drag or carry the ball with any part of their body (goalies excepted). Infractions result in the opposing team getting possession of the ball along the sideline, for a sideline shoot-in, at a location closest to the infraction. A delay of game penalty will be called if the player grasps the ball and carries it or throws the ball or steps on the ball for more than one second.
- The goaltender is allowed to play the ball within their crease with any part of their body, including their hands, even if he is on the floor. If the goalie draws the ball into their crease and freezes the ball, a face-off is called. A delay of game penalty will be awarded if the goalie freezes the ball on the wide blue line, behind the goal, while outside of their crease, after previously receiving a warning for such an infraction. Goaltenders must have at least one foot inside the crease, to be considered in the crease. A penalty shot will be awarded if a defending player closes their hand on the ball, while it is in the goaltender’s crease.
- The goalie may throw the ball forward as long as it does not pass the centre line. Change of possession will occur upon infraction and the ball will be taken at centre for a sideline shoot-in.
- A player may not intentionally shoot the ball into the bleachers or corners to delay the game. A delay of game penalty will be assessed if the act is deemed deliberate.
- The goalie and all players may kick the ball or play the ball with their feet without penalty, provided it was not intentionally directed into the opponents net. Goals that are scored in this manner will be disallowed and a face-off will result at the nearest face-off location.
- If the ball touches an official anywhere on the playing surface and remains in play, the play shall not be stopped. The play will be stopped if the ball strikes an official and goes out of bounds or into the goal. NO GOALS will be allowed on a deflection off of an official.

**SHOOT-INS**

- The ball shall be ruled out of play when it leaves the playing area. If during the play a player shoots the ball from their own defensive end out of play in the opponent’s end, the ball will be taken out from where the player released the ball if the official deems the shot to have been intentional. If in the opinion of the official it was accidental, then a sideline shoot-in shall be taken by the opposing team from the point closest to where the ball went out of play.
- Five seconds will be given for the sideline shoot-in, if longer a change of possession occurs. Sideline shoot-ins must be taken from on the blue basketball sidelines and the ball must be shot from a stopped position. Opposing team player must be at least 6 feet away from the ball. On a sideline shoot-in the ball must first be touched by another player on the floor before the shooter can touch the ball again. The sideline shoot-in can be shot at net for a goal with or without another player’s contact.
- If a sideline shoot-in is shot directly out of bounds without touching the playing surface, the opposing team shall get possession of the ball where the ball was shot from. If the ball bounces in play and then goes out of bounds, the opposing team shall get possession of the ball closest to where the ball went out of play.

**OVERTIME AND SHOOT-OUTS**

**Regular Season:**

If a tie exists at end of play, there will be a penalty shoot-out. Three players must be selected from each team, and players must stand at the wall at half. Goalies do not change ends. Shooters from each team will start from half at the same time. If a tie remains, then the game will be scored as a tie.
Play-Offs:

If a tie exists at end of play-off game, one five-minute sudden death overtime is played. Teams will continue going towards the same net as they finished shooting at in the second period.

If a tie remains after sudden death overtime, there will be a penalty shoot-out. Three players must be selected from each team, and names of the shooters in order will be recorded by officials. A coin toss will determine if a team will shoot first or second. If a tie remains after penalties, a sudden death shoot-out will occur. The team that shot first in the regular shoot-out will go second in the sudden death shoot-out. Any player from each team (except goalies), alternating, will shoot until the tie is broken. If the team that shoots first in the sudden death shoot-out scores, the team that goes second must score on their next shot to continue the shoot-out.

If a goalie is injured during any part of the shoot-out, the team may replace the goalie with another player. The injured goalie is not allowed to become a shooter in the shoot-out and may not return to the net. The new goalie is not allowed to be a shooter in the shoot-out while they are a goalie.

SCORING
Entire ball must cross the line between the goal posts to count. Only one assist will be awarded per goal. After each goal, face-off occurs in the center circle at half-court. A player may not intentionally score a goal with anything other than their stick.

Scoring of League games for Standing:

Win (W) = 3 points
Shoot-out Win (SW) = 3 points
Tie = 2 points
Shoot-out Loss (SL) = 2 points
Loss = 1 point
Default/Forfeit = 0 points

PENALTY SHOTS
- If the defensive player covers the ball in the goaltender’s crease with their glove.
- If a defensive player or goalie throws any article of equipment, objects are thrown from the bench in an attempt to prevent an opponent’s scoring opportunity.
- If a defensive player trips or holds an opponent with their stick or hand that is on a breakaway and does not score a goal. There must be no other defenders between the offensive player and the goalie and the offensive player must be making an attempt toward the net.
- If a defensive player deliberately knocks the goal off the goal line in order to prevent a scoring opportunity.
- If a defensive player deliberately knocks the goal off the goal line at any time (does not have to be preventing a scoring opportunity) during the last 2 minutes of the game.

INFRACTIONS

Minor Penalties

The following penalties are considered minor: holding, clutching, grabbing an opponent, hooking, tripping, sliding interference, delay of game, possession of illegal equipment, too many players on floor, golf shots, and
unsportsmanlike conduct. Committing a minor penalty may result in ejection from the game, which may cause your team to default the match.

**Double Minor Penalties**

The following penalties are considered to be double minor: High sticking, cross checking, elbowing, kneeling, slashing, intentional body contact, verbal abuse, roughing, and unsportsmanlike conduct. Committing a double-minor penalty is considered more excessive than a minor penalty, and will carry harsher penalties, including fines, multiple game suspension and possible team defaults.

**Major Penalties:**

The following penalties are considered to be major: intent to injure, fighting, intentional body contact, hitting from behind, leaving bench/penalty box during altercation, racial slurs, threatening comments, constant verbal abuse, physical abuse of an official, spitting on/at opponent. Committing a major penalty may result in a fine and ejection from the league, including possible suspension from play for up to a year.

**EJECTIONS**

- ONE MAJOR EJECTION during one season of play - team probation for remainder of season.
- TWO MAJOR EJECTIONS during one season of play - deduction of two points from the teams’ point total column.
- THREE MAJOR EJECTIONS during one season of play - ejection from league.

*Players who are ejected from league games must pay the following fines:*

- 3 Minors in a game $10.00
- Major Penalty $20.00

*Players who accumulate penalty minutes from all league games must pay the following fine:*

- 15 individual penalty minutes (minors, double minors and majors) $10.00 plus a one game suspension
- 24 individual penalty minutes (minors, double minors and majors) $20.00 plus league ejection

*Teams who accumulate penalty minutes from all league games must pay the following fine:*

- 45 team penalty minutes (minors, double minors and majors) $20.00 plus 2 points from team total
- 60 team penalty minutes (minors, double minors and majors) $40.00 plus team ejected from league