

WMHA 4 on 4 Spring Hockey

Rules

- **Team Rosters** - Each team will consist of at least 8 skaters and 1 goalie
- **Game length** - Games consist of two 20 minute run time periods. Warmup will be 2 minutes
- **Zero Tolerance** – During the course of the game, the referee's decision is final. A zero tolerance approach will be used by referees towards aggressive and/or abusive coaches, players, and spectators. A review of incidents involving inappropriate behaviour will be conducted by league organizers with the possibility of suspensions or expulsions from the league. All incidents will be properly documented and forwarded to WMHA and appropriate directors.
- **Stoppage of Play** – All games will be running time. Stoppage of play will be kept to a minimum.
- **Face offs** - Will occur at centre ice at the start of each period.
- **Line Changes** – Line changes will be done “on the fly” with no whistles or buzzers.
- **Offsides** - When a player(s) is/are offside, a whistle will blow with a change of possession. All attacking players must clear the offensive zone.
- **Puck out of play** – When a puck goes out of play, the team not responsible for the stoppage of play will be awarded the puck. No face off. A minimum of 10 feet clearance must be given before play is resumed.
- **Goal** – When a goal is scored, the scoring team is required to clear the offensive zone (Blue Line) until the puck is brought forward to the blue line by the team that was scored upon. If the scoring team touches the puck before the puck has cleared the blue line, a penalty shot will be awarded. The team clearing the puck from their end has 10 seconds to move past the blue line or a delay of game penalty will be called.
- **Goalie freezes the puck** – The goalie has 10 seconds to play the puck. If the goalie maintains possession longer than 10 seconds, a delay of game penalty will be called at the referee's discretion. The attacking team must clear past the blue line until the puck is played forward. If the attacking team touches the puck prior to the puck being played forward, a penalty shot will be awarded.
- **Icing** – In the event of icing, the team who iced the puck will retreat to centre ice until the opposing team advances the puck forward.
- **2 goal max** – A two goal period rule is in effect. No individual player can score more than two goals in a period. Timekeepers will keep track of goal scorers. Any goal scored above the two goal limit will result in a Penalty shot being awarded to the opposing team
- **Timeouts** – No timeouts will be awarded during the game ****EXCEPTION – OUR U10/U11 DIVISION MAY EXPERIENCE SOME GAMES WITH REDUCED PLAYER AMOUNTS. SINCE OUR YOUNGER PLAYERS ARE PLAYING ON A FULL ICE SURFACE, THEY MAY REQUIRE BREAKS THROUGHOUT THE GAME – THEY WILL BE PERMITTED 1 X TIMEOUT PER PERIOD****

- Penalties – All minor penalties will result in a penalty shot. All major penalties, match penalties, game misconducts and gross misconducts will result in 3 penalty shots, ejection from the game and will be reviewed by the league organizers. All penalty shots to be taken at the end of the game
- **Body checking** - No body checking allowed. Body checking will result in a minor penalty or at the discretion of the Referee, a major penalty and game ejection.
- **Greater than 3 penalties** – Any individual receiving 4 minor penalties in a game will be ejected from the game.
- **Coincidental Penalties** – Coincidental penalties will result in a penalty shot for both teams.
- **Tied Game** – Tied games will be decided by a 3 player shootout. If tied after the first 3 players, the shootout will continue with 1 player each sudden victory. No player can shoot twice before every player has shot once.