

Power Play Hockey League

OFFICIAL RULEBOOK

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“It’s not just a sport, it’s a culture.”

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Section 1 - Registration & Team/Player Fees

1.1 - Captain Registration & Responsibilities

A - Registration. Team Captain must register/create the team using the captain registration link for the correct season. This step needs to be completed so that players will be able to register themselves to the correct team.

B - Responsibilities. Team Captain will be responsible to organize, update, and maintain their teams home page each Season. It is the responsibility of the Team Captain to notify Division Head of a player change, addition, or removal. Failure to notify the league and add the additional player(s) rostered added throughout the season to the team homepage on league site will result in all future games that said player(s) participated in.

IF Team Captain continuously abuses Section 1 - Registration, said team will be removed for the remainder of the season with no refund. The PPHL will not allow unregistered players stepping on the ice due to liabilities. The PPHL understands teams will need 'Fill-Ins' at certain games - however - Team Captains are **REQUIRED** to contact Division Head **BEFORE** game time to state said 'Fill-In(s)' are participating.

Contacting Division Head includes:

- Text Message OR Email Sharing Players Information

* Full Name, Email Address, Cell Number, Jersey Number worn

1.2 - Player Registration

A - Registration. Players are required to register per season for their team before stepping onto the ice. Players must make sure their Team Captain has successfully registered the team for the division before registering. IF a player registers before Team Captain registers team, said player will become a Free Agent.

B - Failure to Register. Failure to register before stepping onto the ice to represent a PPHL team will result in an automatic forfeit to said team and the suspension of unregistered player until registered. IF said unregistered player steps onto ice again while suspended, he/she will then be blacklisted from the Power Play Hockey League for 365 Days and will not be reinstated until meeting with the Department of Player Safety.

1.3 - Team / Player Fees

A - Team Costs. The PPHL allows each team to have a maximum of 15 players on the season's roster. Each leagues team fees may vary and is up to Team Captain to understand team fees and to share amount owed by each player.

Team Captain will register 'X' number of players. Once team is registered, SportsEngine platform will automatically divide the payments out evenly between each team player.

Example - IF the Team Fee is \$4,350.00 and a team has 10 players, the Team Fee would be \$435.00 per Player. If another team has 14 players, each player would pay \$310.72 per person.

B - Failure to Pay Team Costs. Teams must be fully registered (all roster spots filled with registered/paid players) by the 4th week of the season in order to continue playing their scheduled games.

Section 2 - Teams & Rostering

2.1 - Rosters

The PPHL allows each team to have a maximum of 20 players on a team roster/season. The team must have at least (5) registered skaters and (1) registered goalie to be considered a legal team.

IF team cannot field the appropriate number of players, the PPHL will assist in assigning registered free agents to the team.

All rosters must be finalized by week 3 of the current season. Only full-time paid players are eligible for playoffs*

*Please see the rule section for substitute players

Game Rosters – All Captains or representatives must hand in a paper roster at the beginning of each game with a name, number, and full-time or sub listed for every player in the game. Those players should be registered as full-time or a sub on the team's roster. If a team fails to hand in a roster and refuses to build a roster for/with the scorekeeper, they will be assessed a 2-minute Delay of Game Penalty.

2.2 - Roster Regulations

C level:

Each C-level Team is allowed up to 3 players who have been ranked by PPHL as B-level players. There will be no A or above-level players allowed to play in the C-league. (Goalies do not count towards the total of allotted B players per team, however may only be subbed by a like-ranked player or below). Each team is only allowed (3) B-level players on their team for any given night. If a C-level player is absent, the team **may not** substitute a 4th B-level player.

D level:

Each Upper D-level team is allowed up to 3 players who have been ranked by PPHL as mid to low C-level players. There will be no upper-level C, B, A, or above-level players allowed to play in the D league. If a player is absent, the team **may not** substitute for a 4th C-level player. **All subs should be equivalent in level to the league and should not control the game.**

Each Mid D-Level team is allowed up to 2 players who have been ranked by PPHL as low C-level players. There will be no mid to upper-level C (or higher) players on their team. **All subs should be equivalent in level to the league and should not control the game.**

Goalies do not count toward the total allotted C players per team, however, may only be subbed by a like-ranked player or below.

The lowest D division in each region will be considered a REC D Division and will NOT be allowed any players who have played organized hockey. Subs will be of the same level and not have played organized hockey. Goalies should be at a D-level.

* Teams that bring in inappropriate level players will be penalized as follows:

- 1st Offense: Forced tie for the game
- 2nd Offense: Forfeit of the game
- 3rd Offense: Team will be automatically moved up a division

2.3 - Uniform Requirements

A - Matching Uniforms:

The PPHL requires teams to wear matching uniforms with numbers, and each player's jersey number must match their roster number. The PPHL staff can assist with number changes if needed. Jerseys must be full-length with full arms and length. PPHL reserves the right to refuse a team design or name that is found to be inappropriate and/or offensive. Offensive language in team names is not authorized on SportsEngine. Teams must modify their name to exclude profanity when registering.

Team captains can purchase their own uniforms or may arrange to purchase uniforms directly from the PPHL. Jerseys purchased through PPHL can either be standard, solid color sets may also be custom ordered. Please email info@powerplayhockey.com for more details about our custom order program.

B - Uniform Numbers:

Players may select numbers between "0 / 00 - 99". Three digit numbers or use of any letter are not allowed.

2.4 - Team Benches / Game

During the course of any PPHL event, there is to be ZERO non-playing participants on the team bench at any point of a game. Any rostered player who is ineligible to play, should not be ANYWHERE near the team bench and is REQUIRED to be in the stands to spectate the game.

IF any non-playing person(s) is or attempts to be on the team bench, the game officials or division head will immediately warn team captain or team representative to remove ALL non-playing people from bench. IF team does not comply, a minor penalty for **Delay of Game** will be issued to team and **Delay of Game Protocol** will begin.

IF team does not comply or a second attempt of non-playing participants are on team bench, the game will be immediately finished with a forfeit to the team resulting in the infraction.

The Power Play Hockey League has a ZERO TOLERANCE policy regarding non-playing rostered or unrostered people to be on Team Benches during any point of a PPHL Game. This is a liability and unsafe practice that will not be allowed. Teams that constantly disrespect this rule will be subjected to harsher fines/penalties and face possible removal from the PPHL without refund.

The PPHL cares for the safety of all during PPHL events and believe this is a wise decision and ask all to comply to keep all safe in order to enjoy good, fun, competitive hockey games!

Section 3 – Equipment

3.1 - Required Equipment

Players are required to wear the basic equipment in order to participate in any PPHL game (league or tournament). Basic equipment to be worn is listed below:

- Hockey Skates

- Shin Pads
- Hockey Pants
- Elbow Pads
- Gloves
- Helmet (HECC approved - Ear Loops, Chin strap fastened, Padded)
- Stick

Goalies are required to wear full protective equipment in order to participate as a goalie.

3.2 - Recommended Equipment

A - Shoulder Pads:

PPHL Players are not required to wear Shoulder Pads. The PPHL highly recommends all participants to wear shoulder pads while playing in any game.

B - Facial Protection:

Players are not required to wear visors or any type of cage. IF a player is to wear a cage, both straps must be locked into helmet. Though the PPHL does not require players to wear any facial shields or cages, Power Play highly recommends all players to wear protection over the face.

3.3 - Prohibited Equipment

A - Non-Hockey Skates:

No PPHL player shall be allowed to wear any other type of "ice skate" other than hockey skates.

B - Roller Blade Pants:

PPHL requires all players to wear protective hockey pants. The use of any other type, such as roller blade pants will not be allowed.

Section 3 - Equipment

Section 4 - Penalties

The Power Play Hockey League follows 'Section 4 - Penalties' of the USA Hockey Rulebook. Please click on the following link to direct you to USA Hockey website and rulebook page of 'Section 4 - Penalties'.

Section 4 - Penalties

Section 5 – League Officials & Game Officials

5.1 - Division Head(s)

The Power Play Hockey League may assign a division head to certain divisions to represent the PPHL on all matters pertaining to that specific division. The division head is the league's representative and is empowered to resolve league matters in real time whenever possible. Division heads should monitor random games throughout the season and report any rule issues to PPHL staff to eliminate parity and other potential conflicts.

5.2 - Referees

The PPHL follows the USA Hockey Rulebook, Section 502 in regard to the "Referee" position. To read the full definition and summary guided by USA Hockey, please click link below.

[Section 502 - Referee](#)

5.3 - Scorekeepers

The PPHL follows the USA Hockey Rulebook - Sections 505 "Official Scorer" and Section 506 "Game Timekeeper" in regard to the "Scorekeeper" position. To read the full definition and summary guided by USA Hockey, please click link below.

[Section 505 - Official Scorer](#)

[Section 506 - Game Timekeeper](#)

Section 6 - Playing Rules

The Power Play Hockey League follows 'Section 6 - Playing Rules' of the USA Hockey Rulebook with certain modifications agreed to by the PPHL Department of Player Safety.

To view the USA Hockey Rulebook - Section 6 - Playing Rules, please click the link below.

Section 6 - Playing Rules

ALL Power Play Hockey leagues, tournaments, and affiliate programs will be governed by the USA Hockey Rulebook with modifications agreed upon and prepared below by the 'PPHL Department of Player Safety'.

PPHL Modifications to Game Play

1. **Face-offs after penalties** – In defensive zone of team that committed the infraction.

- Icing on delayed penalty will not bring faceoff outside

Hybrid Icing - *will be in effect.*

*Defending Team **Blue Line** determines Icing (**not the red line**)*

2. **Body Checking** *is NOT allowed!*

- Intentional body checking will result in:
 - 2-minute for Body check + 10-minute Misconduct for Unsportsmanlike Conduct

3. **(3) penalties in one game** = Game Ejection (Removal from the Game & Review by DOPS)

Parity Weeks

The first two games of every season will be parity weeks. These games will count towards their overall record. The games may consist of playing against the lowest seeded team from the division above and the highest seeded from the division below of where PPHL believes they should be placed. Once the 2 parity games are complete, the teams will be adjusted level-wise into their appropriate division.

It is always PPHL's goal to make sure teams are properly placed and these games are to be played at that team's best ability. The league reserves the right to place any team that is thought to be playing down to competition where we feel they will have the best competition.

* PPHL reserves the right to move any team to the appropriate division of play at any time throughout the season.

Regular Season Procedures

- - 3-minute warm-Up
- - (3) 17-minute periods (running)
 - (3) 15-minute periods (running) **SPECIFIC RINKS:** Edge Sports Center, NESC
- Clock STOPS during game for:
 - serious injuries or rink related (ice, glass)
 - stop clock at :10-seconds remaining for an offensive zone faceoff
 - 3rd period under 2:00 minute mark if score differential is 2 goals or less
- **NO** time outs
- **NO** over-time: games end in a tie

Tie Breaker Rules & Playoff Overtime Procedures

Determining seed - PTS, W, Head to Head, GA, GF, Coin Toss

Only full-time players are allowed to participate in playoffs. The only exception to this rule will be if a team is unable to field 8 full-time players. In which case they will be allowed subs in order to reach 8 total players for the game. (these players must have still played 3 regular season games for the team that season.) Also, any subs the team gets for that game cannot exceed the maximum number of upper-level players allowed for that league.

Goalies in playoffs must be the same skill level as the goalie you are replacing.

Format - Playoffs will be a single elimination format. They will either be played during regular nights for that league, or as a tournament done on one day.

Team No Shows - In the case where a team does not show up to a regularly scheduled game, the game is considered a forfeit, a win is awarded to the team that does show up, however no refunds will be given in the case of no shows.

Playoff Game Rosters – All Captains or representatives must hand in the “Registered Players Eligible for Playoffs” Printout (first page under your team in SportsEngine) at the beginning of each game with a name and number. All playoff subs MUST be rostered (prior to week 9 for short season and 3 games played with your team) (week 19 for long season and 6 games played with your team). If a team fails to hand in a roster and refuses to build a roster for/with the scorekeeper, they will be assessed a 2-minute Delay of Game Penalty, and all unregistered players will not be allowed to play.

Playoff Rosters ID check – If an opposing team believes a player is not a “Registered Player Eligible for Playoffs,” the captain can challenge during warmups or if/when a player shows up mid-game. The challenged player needs to get off the ice and verify his name by showing the refs their ID. If they are not on the “Registered Eligible for Playoff Roster” they will be ejected from the game and the team will be assessed a 5-minute major. If an error for rostering is on the PPHL staff, the game can be continued and PPHL staff will confirm post game. If the error is not on the PPHL staff, the game will be forfeited by the team with the unregistered player.

Playoff Game and Overtime Procedures

- 1 Time out per team allowed during a playoff. There will not be an extra timeout added if the game goes to overtime.
- Clock remains running at all times **except** (10)-seconds remaining in period with a faceoff in either end zone.

Overtime Rules

- *All Overtime formats during playoffs will be “Golden Goal” format. Teams will change ends per period.*

Round Robin - Semi-Finals:

- 5-minute 3v3
- 3-man shootout (sudden death per round after round 3)
 - Any player serving penalty that has not expired leading into shootout will not be qualified to participate in shootout.

- Same player may be selected after Round 3.

Championship Games:

- 10-minute 5v5
- 3v3 until someone scores. Periods will be set for 10 minute run time.

Rule 601 | Abuse of Officials and Other Misconducts

At no point may any player physically or verbally abuse a referee. Seacoast Hockey Officials is instructed to report any abuse of referees. PPHL utilizes Live Barn to review any and all cases that are reported to the league.

May be subject to game ejection.

1. At any point if a player touches a referee in what the referee and PPHL believes is an aggressive manner, they will automatically be suspended indefinitely, forfeiting any refund of fees. Any games missed due to misconduct will not count towards eligibility for playoffs.
2. Verbal abuse of a referee will result in on ice penalties. If an infraction occurs, referees will remove the player from the ice. These occurrences will also be reviewed by PPHL and may be subject to further penalty. *PPHL has strict policy regarding abuse of official by any player. Physical or verbal abuse will not be tolerated and is to be strictly enforced.*

Verbal abuse (arguing calls) *(Must be during same altercation):*

Communication is key here! The PPHL understands emotions run high in this competitive sport - if disagreements arise within a game, only the team captain may speak with the referees to inquire about the situation.

Penalties to be called if situation arises:

- **Warning #1** – Referee warns player to skate away & stop verbal abuse
 - Minor Penalty Assessed – Unsportsmanlike Conduct (1:30 minutes)
- **Warning #2** – Referee warns player to stop
 - Misconduct – Abuse of Official (10:00 minutes)
- **Warning #3** – Referee warns player to stop
 - Game ejection, or
 - Game Misconduct – Abuse of Official (10:00 minutes)
- **Match** – A player who refuses to get off the playing surface after receiving a game misconduct will receive a match penalty and suspended indefinitely

Player receiving a match penalty for abuse of official may not participate in any PPHL event

prior to meeting with the PPHL Department of Player Safety. Failure to attend meeting before trying to participate in any PPHL games will result in forfeit of participated games and 1-year suspension from PPHL.

2. Physical Abuse

No player is to (or attempt to) – touch, push, shove, intent to injure, or spit on an official.

- a. Match penalty – physical abuse of official (10:00 minute)

(e) A game misconduct penalty shall be assessed to any player or team official who is guilty of the following actions:

1. Persists in any course of conduct for which he has previously been assessed a misconduct penalty (player) or bench minor penalty assessed to the team (team official).
2. Uses an obscene gesture anywhere in the rink before, during or after the game.

Match Penalty

3. Uses language that is offensive, hateful or discriminatory in nature anywhere in the rink before, during or after the game.

*Effective as of October 30, 2019, any player or team official who uses language that falls under Rule 601(e.3) shall be assessed an automatic **match penalty**. The officials are required to immediately file a game report and the offending player/team official is suspended until a hearing is conducted by the affiliate association per the process outlined in Bylaw 10 of the Annual Guide. If the incident was reported to, but not heard by the official(s), the officials are required to notify the coach of the offending team and submit an incident report to the proper authorities immediately following the game outlining what was reported to them.*

4. Interferes in any physical manner with any game official, including off-ice officials, in performing their duties.
5. A player who receives their second misconduct penalty (for any rule infraction) during the same game shall be assessed a game misconduct penalty in lieu of the second misconduct penalty.

- ***Option for game ejection***

Alcohol / Tobacco Policy

All players will not be allowed to bring alcohol or any tobacco products on the ice while

participating in any PPHL events. Any items under the category of “alcohol” or “tobacco” that are found on a team bench or used by a player will result penalties below.

(g) The use of tobacco products or alcoholic beverages by any player or team official is prohibited in the rink area, including the bench areas and off-ice official area. A warning shall be issued by the Referee for the first offense by any participant and any subsequent violations by the same team shall result in a bench minor penalty being assessed.

- **1st offense** – stop game and remove tobacco/alcohol and receive a minor penalty for delay of game
- **2nd offense** – results in player (or captain) ejection
- **3rd offense** – results in a forfeit of the game

Alcohol

1st Offense: Any player found with any type of alcohol on the bench will receive a minor penalty for delay of game. BEFORE the game continues, both benches will be searched by the on-ice officials for all alcoholic beverages. IF more is found, all beverages will be confiscated and brought over to the scorekeeper booth.

2nd Offense: If ANY player from either team is found with alcohol, it will result in player (or captain) ejection.

3rd Offense: the game is then ended with the team found guilty of the third offense forfeiting the game by one goal of the current score.

Tobacco

1st Offense: Any player caught using any type of tobacco on the ice will be called for minor penalty.

2nd Offense: If ANY player from either team is found with tobacco, it will result in player (or captain) ejection.

3rd Offense: Any player caught using any type of tobacco on the ice for a third offense will forfeit the game by one goal of the current score.

Repeat Offender: Any player continuously abusing alcohol or tobacco throughout a season will be suspended immediately and indefinitely and will be scheduled for a meeting with the PPHL Department of Player Safety. Player will not be eligible to play until meeting results are determined and player has been served a decision.

Rink Policies: If a rink has a policy for no alcohol and a team is reported to PPHL staff for breaking this rule, the team will be suspended as follows:

- **1st Offense:** Team is suspended for 1 game
- **2nd Offense:** Team is suspended for 30 days

- 3rd Offense: Team is suspended for the remainder of the season

* ALL suspensions due to any rule infractions will be at the cost of the team. The league will not be responsible for any refunds.

Remainder of Modified PPHL Rules

Rule 608 | Checking from Behind

(a) A minor plus a misconduct penalty, or a major plus a game misconduct penalty, shall be assessed for checking from behind.

- **Option for game ejection**

(b) A major penalty plus game misconduct penalty shall be assessed to any player who injures an opponent, or causes them to go head first into the boards or goal frame, as a result of checking from behind.

- **Option for game ejection**

Rule 611 | Elbowing

(b) A major plus a game misconduct penalty shall be assessed to any player who injures an opponent as the result of a foul committed by elbowing.

- **Option for game ejection**

Rule 623 | Hooking

(b) A major plus game misconduct penalty shall be assessed to any player who injures an opponent as a result of hooking.

- **Option for game ejection**

Rule 624 | Icing the Puck

(a) When a player of a team shoots, bats with the hand or stick or deflects the puck from his own half of the ice completely beyond the goal line of the opposing team, play shall be stopped and a face-off shall take place at an end zone face-off spot in the defending zone of the offending team.

- **Error on the call results in face off at center dot**

Rule 629 | Leaving the Players' Bench or Penalty Bench

- Entering the ice *at any time during an altercation* results in a game misconduct
- Entering the ice *and* entering the altercation results in a 5:00 minute major penalty and an additional game misconduct

Rule 634 | Slashing

(b) A major plus a game misconduct penalty shall be assessed to any player who injures an opponent as a result of slashing.

- **Option for game ejection**

Penalty Lengths and Disciplinary Action

Minor: 2:00 minutes. 3 minor penalties sustained in 1 game results in game ejection

Major: 5:00 minutes

Ejection: Removal from game

- No intent to injure – injury occurs; reviewable for additional disciplinary action
- 3 game ejections result in 1 game suspension

Misconduct: 10:00 minute major

Game Misconduct: 10:00 minute major

- Automatic 1 game suspension
- 3 game misconduct penalties in one season results in season suspension – reviewed by DOPS
- 5 game misconduct penalties in one calendar year results in up to a year suspension by DOPS vote

Match: 10:00 minute major

- Suspension until further notice – reviewed by DOP

Delay of Game

1. Delaying Start of Game - 3-minute warm-up clock begins once the nets are set up along with either option:

(A) When game time is supposed to begin on Horizon Web Ref

(B) If rink is running late, once the Zamboni doors are closed. The game clock begins regardless of who is on the ice for teams. (*Special circumstances – Weather, Accidents, etc. – Officials & Scorekeeper will be notified by Seacoast and/or PPHL*)

- Once 3-minutes is complete, game is to begin. Game may begin when a team has (3) players and goalie, OR, (4) players. If a team or both teams do not meet the requirement, game clock is to begin immediately and run until both teams field the proper requirement to begin the game.
- If one team is not ready, game clock begins to run. Every three minutes that is completed without other team on the ice, the team ready will receive (1) goal.
- Once team delaying start of game is ready to play, the game clock will stop, a minor penalty for DELAY OF GAME will be issued and the game will begin at center face-off dot. (No delay of game will be issued to either team if both teams are late to start at proper time – regardless of which team is ready first)

2. Intermissions - At the end of each period, 1-minute will be put on the game clock, and then clock will run to zero. At the conclusion of the 1-minute intermission, the game is to begin. If a team delays the start of the next period, the officials will give a 15-second warning to team to send out line-up to start next period within. After 15-seconds, team will be issued a minor for Delay of Game. Official will then issue FINAL 15- SECOND WARNING to send out line-up. Failure to send out line-up will result in Forfeit. *If both teams fail to send out a line-up, after the warnings, the game will be completed with the current score.*

- If Team who delays game is winning at time, will lose by +1 goal of current score. EXAMPLE: Team A delays game to point of Forfeit and is currently winning 5 to 4 – Team A will lose 6 to 5, in order to give proper stats to players during game.
- If the Team who delays game to point of Forfeit is losing, current score will be the FINAL SCORE.

Fighting

Fighting is not allowed at any time during a PPHL game. A fight is defined by PPHL as players being involved in throwing punches, regardless of whether a punch lands. PPHL uses the Live Barn app, game official reports, and captain interviews to review any and all reported fights. Referees are not obligated to break up any fights. However, if they deem it a fight the players must leave the ice immediately; failure to do so may result in extra suspensions or ban up to at least 1-year.

Any player involved in two fights in one season will be suspended for the remainder of that season. If any player is involved in 3 fights in one calendar year, they will automatically be suspended from all PPHL leagues for 365 days (1 year), and will need to apply for reinstatement.

(a) Minor + Misconduct – Non-injury occurs

(b) Major + Game Misconduct – Injury occurs

Off Ice Conduct

1. Any player or players who engage in off-ice altercations will be reviewed by the PPHL and may result in or up to an indefinite suspension from all PPHL activities.

Conduct in Facilities

1. Alcohol - Any player caught outside of a locker room with alcohol will be suspended 1 game. These are our rink rules as well as our liability rules. Alcohol is sometimes permitted in the locker rooms (follow each rinks' policies) and not to be abused or we will lose that privilege.
 2. Tobacco - Any player caught spitting tobacco on the ice, floor, showers, or anywhere besides a bottle. will be suspended 1 game.
 3. Rink Employees - Any player who is found to be abusive towards any rink employee will be suspended as necessary. No player should abuse any employee. If you have an issue with a rink employee notify your captain so management can address it.
-

Specialty Rules: 3x3

Applies to the Braintree 3X3 League that's played on the smaller rink (90x80ft)

All general league rules and game rules apply unless otherwise noted

General 3x3 Rules

- Face-offs occur at the beginning of each period and after penalties
- No icing
- Slap shots are allowed but must be controlled
- No checking
- No fighting
- No unsportsmanlike conduct
 - Results in penalty shot
 - Results in ejection
- Play is stopped when:
 - A goal is scored
 - The goalie covers the puck
 - The puck goes out of play
- The clock changes to stop time for the last 2:00 minutes of the period only if the score is within 2 goals
- No timeouts unless injury or valid reason
- A tie game ends with a 3-person shoot out until there is a winner
- Hand passes are only allowed in the defensive zone
- A player must be present for at least one-third (1/3) of a team's regular season games (rounded up) to be eligible to play in that team's playoffs.

When the play is stopped, a whistle will signal the attacking players to clear the opposing teams zone. Once all players have cleared the zone, the referee will signal continuation of play and the attacking players may enter into the zone.

After the whistle, the attacking player must start with the puck behind their goal line.

If a puck goes out of play behind the net, the closest defending team gains possession. If the puck gets deflected out of play at center ice, the other team gets possession.

Penalty Procedure

- Minor penalties result in penalty shot
 - The puck is placed at center ice
 - The shooter must have forward momentum at all times.
 - The clock will NOT be stopped for the penalty shot unless it is within the last minute of the game
- Fighting, major penalties, and any unbecoming conduct will not be tolerated and will result in suspension. These penalties will be reviewed by the league to make a final determination.
- Coincidental penalties result in both players sitting out of play for 2:00 minutes; teams will play full strength.
- Matching penalties
 - Even strength, no penalty shot
- Three minor penalties in one game results in game ejection and possible suspension
- On a delayed penalty, teams cannot pull their goalie

Specialty Rules: 4x4

All general 5x5 league rules apply unless otherwise noted below

General 4x4 Rules

- Clock STOPS during game for:
 - serious injuries or rink related (ice, glass)
 - if under 1 minute to play, for an offensive zone faceoff – stop clock at 10 seconds
 - 3rd period under 2:00 minute mark if score differential is 2 goals or less
- No time outs unless injury or valid reason
- No over-time in regular season: games end in a tie
- No checking
- No fighting
- No unsportsmanlike conduct
 - Results in ejection
 - Results in potential suspension from league
- Play is stopped when:
 - A goal is scored
 - The goalie covers the puck
 - The puck goes out of play
- A player must be present for at least one-third (1/3) of a team's regular season games (rounded up) to be eligible to play in that team's playoffs.

Penalty Procedure

- Minor penalties result in player sitting out of play for 2:00 minutes
 - Coincidental penalties result in both players sitting out of play for 2:00 minutes
 - If another penalty is called on the same team before the first one ends, the player must go to the penalty box
 - The consecutive penalty will not start until the first penalty is over
 - There must be at least 3 players on the ice at all times

- Fighting, major penalties, and any unbecoming conduct will not be tolerated and will result in suspension. These penalties will be reviewed by the league to make a final determination.
 - Matching penalties
 - Even strength
 - Three minor penalties in one game results in game ejection and possible suspension
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NOTES