

Perani's Pond Hockey – Spring 2026

Official Rules & Game Guide

For Referees, Scorekeepers, Coaches, and Parents

GAME FORMAT BY DIVISION

Blue Jackets League

- 6U – 4v4 half ice (coaches on ice)
- 8U – 5v5 full ice
- 10U – 4v4 full ice
- 10U may play 5v5 ONLY if both coaches agree and both teams have enough players.

Travel / Select

- 10U – 3v3 full ice
- 12U – 3v3 full ice
- 14U – 3v3 full ice
- 16U / 18U – 3v3 full ice

GAME STRUCTURE

- Three (3) 15-minute running time periods
- Clock stops only for player injuries

LEAGUE RULES

- No checking
- No icing
- Delayed offsides
- Play stops for goals, offsides, and penalties

PENALTIES

- All penalties result in a LIVE penalty shot
- Shooter starts at center ice red line
- All other players line up at far blue line
- If shooter scores – puck drops at center ice
- If shooter misses – play continues immediately

PLAYER CONDUCT

- Three (3) penalties = player ejected from the game
- Maximum of three (3) goals per player per game

SPORTSMANSHIP GUIDELINE

If a game becomes significantly one-sided, coaches are encouraged to maintain a competitive and fun environment. This may include swapping players between teams, swapping goalies, or adjusting lines.

PLAYER REQUIREMENTS

- All players must sign in on the scoresheet prior to each game
- All players must have a valid USA Hockey membership

COACH REQUIREMENTS

Each team must have a USA Hockey certified coach.

JERSEYS

- Players must have numbers on the back of jerseys
- If both teams wear similar colors, the visiting team must wear pinnies

QUICK REFEREE REMINDERS

- Running clock unless injury
- No checking
- No icing
- Delayed offsides
- Penalties = live penalty shot
- 3 goal max per player
- 3 penalties = ejection