

## Forest Lake Pond Hockey – Official Game Rules and Standards of Play

1. Games will begin either with a faceoff which can be a puck drop or a 1.,2.,3. stick tap or teams may elect to give one team possession to start the first half with the other team starting with possession in the 2<sup>nd</sup> half
2. All youth players must wear full protective hockey gear. Adults must wear helmets and highly recommended for adults to also wear shin pads and elbow pads
3. No goalies! Games are played using official pond hockey wooden board “nets”
4. Players should bring their reversible light / dark jersey or bring both a light and dark jersey. Mini mites and JR Rangers should bring their programs jersey as Mini mites will play on either a dark or light jersey team and JR Rangers will be mixed into teams at the time of their event
5. No slapshots or raising of the puck is allowed. Players should keep the puck on the ice. A saucer pass that does not go above the players knees is acceptable
6. Players may not “Goaltend” or lay on the ice to protect the net. A warning for goaltending may be issued if necessary followed by a penalty shot
7. If a puck leaves the rink area out of bounds the last team to touch the puck loses possession and must allow the other team to start again with the puck in possession
8. Teams should skate back to ½ ice upon scoring a goal
9. Games will be 2 – 12 minute halves with a 1 minute intermission. Upon completion of the game both teams will have 5 minutes to shovel the ice for the next game
10. Gameplay is continuous, players should change on the fly if necessary and equal playing time is required
11. Lopsided play rules
  - a. For youth games if play becomes lopsided a must pass before scoring rule may be implemented. This may be adjusted to more than 1 pass if necessary
  - b. For youth games if a single player scores more than 3 goals in a row they must pass and allow another player on their own team to score before their next goal may count
  - c. Rink monitors have the ability to adjust rules as needed during games to create balanced play. i.e. the 3 goal rule may be changed to a 2 goal or every other goal rule if necessary for extreme game play situations

