

# **LAST SHIFT Games – RULES SHEET**

## **FORMAT OVERVIEW**

Draft-style teams  
Mixed skill levels  
Adult 18 and Up  
Focus: fun, safe, community play

## **TEAM STRUCTURE**

4-6 teams total  
Balanced via draft  
2 games per team guarantee  
Typical roster:  
10–15 skaters  
1 goalie

## **GAME FORMAT**

Full ice  
5v5  
**2 x 25 -minute running time halves**  
2-minute warm-up  
2-minute halftime (quick changeover)

## **CLOCK RULES**

Running clock at all times




No checking

Slap shots (optional depending on skill mix)

No icing

Tag up offsides

 Goal: keep games flowing and fun

## **GOALIE RULES**

Goalies rotate if needed  
Sub goalie allowed if team is short

## **LINE CHANGES**

On the fly

Encourage short shifts (this is part of the vibe)

## **PENALTIES**

Minor penalties = **penalty shot OR 1-minute sit** (choose one system and keep it consistent)

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No major penalties → unsafe players removed from game

## **SPORTSMANSHIP RULE (IMPORTANT)**

These are the LAST games at Centennial.  
Respect the game, the rink, and each other.

Officials can:

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Issue warnings

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Remove players

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End games early if needed