

LAST SHIFT Games – RULES SHEET

FORMAT OVERVIEW

Draft-style teams
Mixed skill levels
Adult (18 and Up) & Youth (9-17) divisions
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 30 minute running time games (Adults)
2 x 45 minutes scrimmages (Youth)
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