

# ICE HOCKEY

## League Rules



## CONTENTS

|   |   |
|---|---|
| <b>1. Referees + Timekeepers</b> .....        | 3 |
| <b>2. Roster Requirements</b> .....           | 3 |
| <b>3. Default Minimums &amp; Scores</b> ..... | 3 |
| <b>4. Format &amp; Equipment</b> .....        | 3 |
| Game Format.....                              | 3 |
| Scoring .....                                 | 3 |
| Equipment .....                               | 4 |
| <b>5. General Playing Guidelines</b> .....    | 4 |
| Starting & Re-starting Play .....             | 4 |
| Face-Offs.....                                | 4 |
| Substitutions.....                            | 4 |
| Playing Area .....                            | 4 |
| Crease Area.....                              | 4 |
| Offsides + Icings.....                        | 4 |
| Net Out Of Position .....                     | 4 |
| Goaltenders .....                             | 5 |
| Penalties .....                               | 5 |

## 1. REFEREES + TIMEKEEPERS

All SSCHL games will have an official referee and timekeeper present. Official referees will be equipped with a go-pro for all games. Players are expected to respect the referee, timekeepers, their opponents, and the rules of the sport.

## 2. ROSTER REQUIREMENTS

| League | Total # of Players Required on the Ice |
|--------|--|
| 3 on 3 | 4 (3 + Goalie)                         |

- All players must complete a liability waiver and be on the team roster.
- Any player is permitted to play for multiple teams.
- Each player must play at least one game to be eligible for playoffs.
- The CSSC welcomes people of all gender identity or expression.

## 3. DEFAULT MINIMUMS & SCORES

| League | Minimum Players on the Ice to Avoid Default | Default Score |
|--------|---|---------------|
| 3 on 3 | 3 (+ Goalie)                                | 0-15          |

## 4. FORMAT & EQUIPMENT

### GAME FORMAT

- Players should arrive 15-30 minutes prior to the scheduled game time.
- Teams will play one 60-minute game per night:
  - 5-minute warm-up
  - 5-minute half-time
  - 25-minute run-time halves
- **Regular Season:** Ties are allowed
- **Playoffs:** Ties are not allowed
  - If a game is tied at the conclusion of the 2<sup>nd</sup> half, a shoot-out will take place.
  - 3 different players from each team will shoot.
  - If the score is still tied after 3 shooters, teams will alternate until the tie is broken.
  - After the initial 3 shooters, any player on the team can shoot in any given round (teams can repeat shooters).

### SCORING

- Mercy is called and the score freezes if a team gains a 15-goal lead.
- For all goals scored, only one assist is counted.

---

## EQUIPMENT

- All players are required to wear full equipment (Helmet, Shin Pads, Elbow Pads etc.).
- Players are required to bring their own skates and stick.
- Shoulder pads are optional but recommended.
- Mouthguards are optional but recommended.
- Helmet with Facial Protection is mandatory (Visor or Cage).
- Players should bring a light and dark jersey to each game.
- All players must have a number on the back of their jersey.
- Pucks will be provided by the CSSC.

## 5. GENERAL PLAYING GUIDELINES

---

### STARTING & RE-STARTING PLAY

---

#### FACE-OFFS

- Occur at the start of each half, and after certain stoppages in play.
- Always occur at centre ice.
- The puck must hit the ice before it can be played.

---

#### SUBSTITUTIONS

- Substitutions can be made on the fly or during stoppages in play.
- The player leaving the ice must reach the bench before the replacement player gets onto the ice.
- Pulling the goaltender for an extra attacker is allowed.

---

### PLAYING AREA

---

#### CREASE AREA

- Players are allowed to enter the crease to score a goal
  - Players cannot remain stationary in the opponent's crease or make contact with the goaltender inside of the crease.
  - If a goal is scored and the referee deems that an offensive player was interfering with the goaltender, the goal will be disallowed

---

#### OFFSIDES + ICINGS

- There are no offsides or icing calls in SSCHL.

---

#### NET OUT OF POSITION

- If the net is moved during play, the referee will decide whether to stop play and fix the net, or fix the net as play continues down the ice
  - Goaltenders are permitted to readjust their own nets
- A goal that enters the net while the net is out of position will be disallowed
  - The exception to this rule will be if the referee deems that the goaltender or defending team dislodged the net intentionally or accidentally during an active scoring opportunity by the offensive team

## GOALTENDERS

- Once a goaltender covers the puck, the play is dead:
  - The goaltender will then pass the puck to a teammate and play will continue without a faceoff.

## PENALTIES

- There are no shorthanded opportunities in the SSCHL.
- Penalties result in a penalty shot for the opposing team.
- All penalty shots should be taken by the player on the receiving end of the infraction.
- When a penalty is called on a player, they must sub off. Coincidental penalties will result in no penalty shot for either team.
- Regardless of the penalty shot outcome, the defensive team will gain possession of the puck.

## MINOR PENALTIES

All Minor penalties result in one shot. A list of infractions that could fall under Minor Penalty category are listed below:

- Tripping
- Interference
- Hooking
- Holding
- Slashing
- Cross-Checking
- High Sticking
- Unsportsmanlike conduct
- Too Many Men

## MAJOR PENALTIES

All Major penalties result in two shots. A list of infractions that could fall under Major Penalty category is listed below:

- Body Checking
- Boarding
- Slashing
- Roughing
- Spearing
- High Sticking
- Elbowing
- Unsportsmanlike conduct
- Cross Checking

Some infractions are listed in both the Minor and Major Category. It is up to the Referee to determine the severity of the infraction.

## MATCH PENALTIES

All Match penalties result in two shots and the player responsible for the infraction is removed from the game. A list of infractions that could fall under Match Penalty category is listed below:

#### FIGHTING

- Fighting is strictly prohibited.
- Receiving a Fighting penalty will result in an indefinite suspension.
- Players involved in a fight will automatically receive a game misconduct.
- All Fighting penalties will be reviewed by the CSSC.

#### BODY CHECKING + HEAD CONTACT

- Body Checking is prohibited.
- Any contact with an opponent's head that is deemed malicious, will result in a game misconduct.
- All Body Checking + Head Contact penalties will be reviewed by the CSSC.

#### KICKING

- Attempting to kick a player will result in a game misconduct
- All Kicking infractions will be reviewed by the CSSC.

#### INTENT TO INJURE

- Attempting to injure an opposing player will result in a game misconduct
- All Intent to Injure infractions will be reviewed by the CSSC.

#### ABUSE OF OFFICIAL

- The CSSC does not tolerate verbal or physical abuse to the referees or timekeepers.
- Any abuse of the officials will be reviewed by the CSSC.