

PARKLAND HOCKEY GROUP

ORIGINAL SIX 4 ON 4 YOUTH HOCKEY LEAGUE

Season Rules

The following rules are for the benefit of all 4 on 4 participants:

Section I: Game Play Rules

- There is no INTENTIONAL BODY CHECKING allowed in the 4 on 4 Youth Hockey League.
- All 4 on 4 games are three fifteen-minute periods and are run time.
- ICINGS TWO-LINE PASSES and are not called in games.
- TAG UP OFF-SIDES - when offside, all players must clear the offensive zone before re-attacking in the offensive zone (Referee will coach the offending team out of the zone).
- Face-offs occur at the beginning of each period at center ice.
- Teams in all divisions will switch ends at the end of each period.
- Line Changes:
 - Line changes will be done “on the fly” – no buzzer system.
- Scoring - A three-goal per period rule is in effect. No individual player can score more than three goals in each period. Timekeepers will track all scorers and post player number in the timekeeper’s box. If a player scores a 4th goal in any period, the goal will not count.
 - When a player has three goals in a period and is awarded a penalty shot and score the goal will count. Timekeepers will keep track of all goals scored on penalty shots.
 - If a team is BEHIND BY THREE OR MORE GOALS, then all players are allowed to score no limitations on goals per period (unless the gap is again closed to less than three goals behind).
- Change of possession
 - OUT OF PLAY - When the puck goes out of play, the team not responsible for the stoppage in play will be awarded the puck. A minimum of ten feet of clearance shall be given to resume play.
 - GOAL SCORED - When a goal is scored, the scoring team is required to retreat back to the RED LINE until the puck is brought forward to the blue line by the team scored upon. If the scoring team INTENTIONALLY touches the puck prior to clearing the blue line, a penalty shot will be awarded. A team clearing the puck after being scored upon has only 10 seconds to proceed past the blue line, or a delay of game penalty will be called.



- GOALIE FREEZES PUCK – The goalie has 10 seconds to get rid of the puck. If the goalie hangs onto the puck for more than 10 seconds a delay of game penalty may be assessed. The attacking team is required to clear the ringette line until the puck is played. If the attacking team intentionally touches the puck prior to the other team advancing, a penalty shot will be awarded.
- Timeouts - no timeouts will be awarded during the regular season. Each team will be awarded one 30 second timeout during the playoffs.
- Pulled Goalie - Teams may pull their goalie for an extra attacker only in the LAST 3 MINUTES of a game, or on delayed penalty calls.
- Goalies cannot play the puck past the blue line.
- There will be no overtime during the regular season. Games will end in a tie at the end of the third period.
- All suspensions will be issued at the discretion of the league managers.

Section II: Shoot-outs

- Each game will conclude with a 4-player shootout for an extra point
- 4 different players will participate on each of the teams.
- Each player must participate in 2 shootouts throughout the season
- If the shootout is tied, an additional player will be chosen until there is a winner.

Section III: Roster and Eligibility Rules

- No more than 12 skaters and 1 goalie can be dressed for any given game – no exceptions.
- A team must have a minimum of 5 players and 1 goaltender dressed for a game to avoid default.
- No more than 3 coaches/parents may be behind the bench at any time.
- All coaches are required to make every effort to ensure EQUAL ICE TIME for all 4 on 4 participants.
- Every 4 on 4 participant must fill out a registration/waiver form (including parent's signature) prior to the first game.
- SUBSTITUTION RULE - PLAYERS - there are no substitute players allowed.
- SUBSTITUTION RULE - GOALIES - If a goalie is going to be absent, the coach must contact the league representative to find a replacement goalie who is already registered in the league. If the league fails to provide a goalie, the team may be granted permission to bring in a new goalie, such goalie's parent or guardian must sign a waiver form prior to going on the ice. If a waiver is not signed, the game will result in a default. If the team fails to find a substitute goalie, teams may play with 5 skaters - one of these players must be assigned to playing behind their blue line. The extra player should not stay in net as they are not properly protected to do so.



- Under no circumstances can a player who is not registered on a team play in the 4on4. Failure to abide by this rule will result in a game default and possible further action at the discretion of league management.
- It is the coach's responsibility to ensure that attendance is reflected accurately on the game sheet, and that the jersey numbers are accurate. Players absent MUST be crossed off the game sheet.

Section IV: Penalties

Penalty Shot Procedure

When a penalty is called, the clock will NOT stop.

Penalty Shot will be taken by the player infringed upon (if applicable).

The player taking the penalty shot will line up at centre ice.

Players from both teams will line up at the far blue line in the standing position.

The referee will blow the whistle to start the play.

Players on the blue line can NOT start skating until the player taking the penalty shot has cleared the blue line.

Should the player miss the penalty shot, play will continue as normal.

If a goal is scored, players must clear the zone.

- All minor penalties will result in a penalty shot.
- Any individual receiving 3 minor penalties in one game will receive a game ejection on the 4th infraction.
- Coincidental minor penalties will result in no penalty shots for either team – but the timekeeper will mark this penalty down to be counted toward the maximum of 3 minor penalties before receiving a game ejection. Coincidental minor penalties will result in a face-off at centre ice.
- A major penalty will result in the offending player(s) ejection from the game and two goals being awarded to the opposing team.
- Any major penalty will be written up on an incident report by the referee and will be reviewed by the league managers to determine the length of the suspension for offending players. Under no circumstances will fighting be permitted in 4on4. Expulsion from the league may result. A player suspended or expelled from the league for any reason will not be entitled to any refund or credit.
- All game ejections in the 3rd period will be reviewed by league managers.
- If a delayed penalty is called near the end of the game and the clock runs out, and where an additional goal would change the outcome of the game, the penalty shot will be taken.
- The referee's decision is final. A zero-tolerance approach will be used by the referee towards aggressive and/or abusive coaches, players and spectators. A review of incidents involving inappropriate behavior will be conducted by league managers with possible disciplinary actions taken.



Section V: Other

- There is a 3-minute time limit for warm-ups prior to the start of the games
- It is at the league manager's discretion to move players and/or teams in order to create balanced divisions. While we will attempt to honor player requests, groups of players will not be permitted to play on the same team to the detriment of the division.
- Coaches Report Form - All comments/concerns must be submitted in writing to the league manager. Parents must also submit their comments/concerns in writing. League managers can be contacted as follows:

Name: Craig Kibblewhite/Jason Fischer

Email: parklandhockeygroup@gmail.com

- Code of Conduct -the standard of behavior that is expected of all 4 on 4 Youth Hockey League members which, for the purpose of this code includes players, coaches, volunteers and spectators. We are committed to providing an environment in which all individuals are treated with respect. All members shall avoid behavior which brings the players or the sport of hockey into disrepute, including but not limited to abusive use of alcohol, use of non-medically prescribed drugs and use of alcohol by minors. Members shall refrain from comments or behavior that is disrespectful, offensive, abusive, racist or sexist. In particular, behavior which constitutes harassment or abuse will not be tolerated. Failure to comply with this Code of Conduct may result in disciplinary action.

