

WATERLOO MINOR HOCKEY PHASE 1

4-ON-4 HOCKEY MODIFIED PLAYING RULES

1. NO INTENTIONAL PHYSICAL CONTACT

- Intentional physical contact is NOT permitted and must be avoided. For the purposes of hockey, intentional physical contact will include body to body contact.
- Stick to body infractions do NOT constitute intentional physical contact (i.e. using your stick to lift a player's stick to obtain the puck does not constitute intentional physical contact).
- Accidental/incidental contact may occur
- The game official will provide one (1) warning to BOTH TEAMS on account of the first minor penalty assessed in game involving *intentional body-to-body* physical contact.
- Any subsequent minor penalty involving *intentional body-to-body* physical contact will result in immediate removal of the offending player from the game.

2. MODIFIED GAME PLAY

Pre-Game Warm-up	2 minutes
Periods & Length	Two (2) 22 minute run time periods
Intermission	1 minute Teams alternate ends between periods
No Face-offs	Period 1 – visiting team has first possession Period 2 – home team has first possession
Game Roster	Maximum 12 players (11 skaters + 1 goalie) per team Maximum 2 coaches (1 coach, 1 trainer) per team
Line Changes	On the fly
Goals	No contact between players to celebrate goals All 4 offensive players must simultaneously retreat behind centre ice redline before re-engaging
Offsides & Icing	Change of possession All 4 offensive players must simultaneously retreat behind centre ice redline before re-engaging
Goaltender Freezes Puck	Change of possession All 4 offensive players must simultaneously retreat behind centre ice redline before re-engaging

3. PENALTIES

Penalty Shots	Penalty shots will be awarded for penalties as follows: <ul style="list-style-type: none"> • Minor Penalty = 1 penalty shot • Major Penalty = 2 penalty shots + game ejection
Coincidental Penalties	Change of possession Offending players must return to their bench Defending team given possession and attacking team must retreat a sufficient distance to allow uncontested possession
Delayed Penalty	If a game ends before play can be stopped for a delayed penalty, and where the result of the penalty shot(s) could change the outcome of the game, the penalty shot(s) will be taken.
Misconduct Penalties	Misconduct penalties will result in NO penalty shot. The timekeeper will put 10-minutes on the penalty clock and the player must remain on team bench until 10-minutes has expired.

4. PENALTY SHOT PROCEDURE

- Time will not be stopped.
- The penalty shot must be taken by the individual the infraction was committed against unless they are unable to do so because of injury or have received a Game Ejection, Game Misconduct, Match Penalty, or Gross Misconduct.
- Attacking players line-up along centre-ice redline with shooter at centre ice face-off dot.
- Defending players line-up along defensive blueline (2 on each side between the boards and face-off dot).
- Players cannot move until shot is taken.
- If a goal is scored, shooter must retreat behind centre-ice redline before the scoring team can re-engage.
- If no goal is score, the puck is live and play continues.