GAME PLAY

- 5 min warm up

- 2 x 22 min periods (run time)

- 1 min intermission between 1st and 2nd period

- No overtime / no shootout for tied games

- No faceoffs

   o Period 1 – visiting team has first possession

   o Period 2 – home team has first possession

- Physical contact is not allowed

   o Players must remain one stick length apart*

   o Accidental/incidental contact may occur

   o No body checking

   o When a scrum or gathering occurs the puck will be given to the defending team and the attacking team must retreat. A whistle will be blown to separate the players and another whistle to signal the resumption of play once the official is satisfied the attacking team has retreated and the defending team has gain puck possession

- A player that loses a glove must immediately retrieve the glove or leave the ice

LINE CHANGES

1.5 min shifts (timekeeper will sound the horn to notify shift change).

GOALS

Goals result in a change of possession. The attacking team must retreat and allow the team that was scored against the opportunity to play the puck. If this does not occur, the official may blow their whistle and signal the opposing team to provide more space.

GOALTENDER FREEZES THE PUCK

When the goaltender freezes the puck, the attacking team must retreat and allow the team that froze the puck the opportunity to play the puck. If this does not occur, the official may blow their whistle and signal the opposing team to provide more space.

ICING

There is no icing in cross-ice hockey.

OFFSIDES

There are no offsides in cross-ice hockey.

PENALTIES

Penalties will be handled in the same manner as modified ice programming per the Hockey Canada Player Pathways. Intentional body contact or body checking may result in removal from the game at the discretion of the referee

ROSTER

- 9 players plus 1 goaltender (per team)
- Both teams must start the game with a minimum of 5 players plus 1 goaltender

*May require a rules procedure to deal with this