

# Whitewater Ice Hockey Rules

Players must be 18+ to participate

Each team is required to roster 5-10 players.

Players can only be registered with one team during a season.

If a game is cancelled due to weather, a make up game will be held on the following Friday or Sunday.

Rosters are final at 8:00 a.m., the day before the first game of the season.

All players must check-in at the River Center 15 minutes prior to the start of the game receive a wristband.

All games are self-started at center ice. The away team will begin with possession in the first half, the home team will begin with possession in the second half. Teams will switch sides after the first half.

Games will be composed of two 20-minute halves with a 5-minute halftime. Games will utilize a running clock

All games are running-time and substitutions can be made during play ("on-the-fly") or while a puck is being retrieved. Substitutions must take place through the designated gate. There is no stoppage of play after a goal is scored, or after a penalty is awarded. It is up to each team to ensure that there are only three players on the ice.

A Whitewater employee will be the off-ice scorekeeper and will act as the trusted official, not as a referee. They will monitor scoring possessions, puck resets, and arbitrate major infractions.

All players must wear standard hockey helmets with a chin strap, hockey gloves and hockey skates. Other protective equipment is optional but highly recommended. Helmets must have HECC sticker that is not expired.

No goalie equipment or goalie sticks permitted.

All teams must have light and dark jerseys or uniforms. Home teams wear dark, away team wears light.

## Penalties

Minor and/or major penalties will be awarded at the discretion of the Whitewater Official. The chart below details the type of penalties and possible actions

Minor Penalty	Major Penalty
Change of Possession	Change of Possession

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Penalty Shot	Penalty Shot
	Ejection from Game

A change in possession will also be awarded to the team taking a penalty shot.

Whitewater Officials reserve the discretion to award penalties as they see fit.

The following chart describes what penalties may be awarded for each infraction. Any other infraction not listed will be awarded a penalty at the discretion of the Whitewater Official.

Minor Penalty	Major Penalty
Goaltending	Contact or Checking
More than 3 players on ice	Intent or actions that could result in injury to yourself or another player
Lifting (elevating the puck to above knee height)	Slapshots
Contact or Checking	Verbal abuse towards Official or Opposing Team

Any ejected player must meet with league management prior to being allowed back into the league. In some circumstances the ejected player will not be allowed back into the league.

Players cannot fall or lay on the ice in an effort to protect the goal area. Such action will be considered intent to injure and will be awarded a major penalty.

Goaltending is not allowed. A player may not patrol, "camp out" or remain stationary in the crease area and act as a goaltender. A defender may deflect the puck in the crease area, but the defender must do so while continuing to move through the crease area. The crease area is defined as an imaginary box extending out four feet from the outside corners of the goal. Goaltending also applies to offensive players in the offensive zone/goal as well. In the referee's opinion the goaltending violation prevented an imminent goal, the referee can award the goal at their discretion.

- Setting picks in offensive zone is not allowed.

Contacting the puck with a stick above the waist will result in a loss of possession.

Saucer passes (i.e. pucks that are lifted low, below the knee) are acceptable.

There are no off-sides or icing calls.

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Goals can be scored from any area of the rink.

The official will call out the score after each goal. This includes goals scored by players or awarded from penalties.

Teams must give their opponents 1/2 ice after a goal is scored, an infraction occurs, or the puck goes out of bounds.

## Overtime/Scoring

There will be no overtime for regular season games

In the event of a tie, during playoff or championship games, play will move to sudden death format. A stick tap face-off will take place at center ice and play will continue for up to 3 minutes of overtime or until a goal is scored. If no goal is scored in two periods of 3-minute overtime, the game will move to a sudden death shootout. Payers will rotate taking penalty shots. If one team scores and the other doesn't, the game ends and the team who scored during sudden death wins. If both teams miss, or if both teams make the shot, rounds continue until the game is over. A player may not take another penalty shot until all other players on their team have taken a shot.

It is the responsibility of the team captain to ensure the correct game score has been logged on the scorecard, sign the score card and submit it to the official. By signing the scorecard at the conclusion of the game, your team captain is acknowledging that they agree with the final score. Teams cannot contest scores/results after they have signed the scorecard.

- Any scoring challenges must be addressed by the registered team captain with [racedirector@whitewater.org](mailto:racedirector@whitewater.org) within 60 minutes of the end of the game.

In the event of a forfeit during non-playoff play, the team who did not forfeit will receive a win and the score will be assigned 3-0 for tiebreaker purposes.