

Dakota Community Centre
2010 Optimal 4on4 Youth Hockey League
Rules & Regulations

This information sheet is provided to ensure that all players are fully aware of the league rules.

1. **Hockey Canada** rules will apply with the following changes:
2. **Timing of Games** - All games are 3 - 17 minute run time periods, provided both teams are ready at the scheduled time. Games must start on time and teams must have 4 skaters and a designated goaltender to start the game. A penalty shot will be awarded to the opposing team if the other team is 5 minutes late. If the team is 10 or more minutes late, they will be charged with a default and the team will receive a **\$50 fine**.
3. **Each team must supply the timekeeper with 3 pucks prior to the game.**
4. **Signing In** – All players must be signed in on the gamesheet, and have the gamesheet returned to the timekeeper.
5. **Helmets and Proper Equipment** - Players without proper equipment will not be allowed onto the ice surface. Players found to be worn illegal equipment during a game will be assessed a minor penalty against their team, and the player will be ejected from the game.
6. **Slapshots** – All Divisions will have Slap-Shots.
7. **Body Checking** – Will not be tolerated in any division. Distinct attempt to body check will result in an immediate game ejection and possible suspension.
8. **Goal Crease Rule** – At no time can a player on the opposing team enter the goalies crease. If this occurs the whistle will immediately blow, and there will be a face-off outside the blue line. Any contact made with the opposing goalie will result in a penalty shot.
9. **Centre Red Line Rule** – The red line will only be used for icing only, 2 line passes are permitted.
10. **Penalties** – All minor penalties will result in a penalty shot for the player interfered with. Opposing players must start on the far blue line on their knees. When the ref blows the whistle play becomes live, with all players trying to chase down the player taking the penalty shot. After the shot, play remains live.

11. **Conduct** - Unruly conduct in the arena or within the confines of the Dakota Community Center's parking lots will not be tolerated. Individuals exhibiting such behavior will be subject to eviction from the league without refund.

12. **Fighting or Match Penalties (butt-ending, spearing, spitting)**

This type of behaviour will not be tolerated. 1st offence will result in suspension, 2nd offence will result in termination from the league without refund.

13. **Suspended Players** - Any team guilty of allowing a suspended player to participate in further competition will be expelled from the league without refund.

14. **Complaints** - Any problems should be directed to the program manager. No one except the referees are allowed in the officials room.

15. **No Goalie/Shooter Tutor Rule** – If a goalie does not arrive for game time, using a “Shooter Tutor” is an option to complete the game, no fine will be issued and the team will be charged with a default game.

16. **Timeouts** – No timeouts are given to either team.

Contact Anthony Knapp, Program Manager at 254-1010 (201) or email at dakotaccpm@shaw.ca