

# Alamosa Parks & Recreation

## 2023 Youth Ice Hockey Rules

### Game Time

Taking the ice and leaving the ice should be done as a team. Helmets MUST be worn while on the ice at all times! It is highly recommended to wear a mouthguard while on the ice at all times!

**Warm-up Prior to Game:** 5 minutes from the official game time.

### **Time Keeping:**

**Mites:** three 8-minute stop-time periods with two 1-minute shifts

**Squirts:** three 10-minute stop-time periods

**PeeWee:** three 12-minute stop-time periods

**Period Breaks:** two 3-minute intermissions after 1st and 2nd period. (And 3rd period, if in overtime)

**Team Time-Outs:** one 30-second timeout per period

**Mercy Rule:** if any one team is up by 10 points, the score will lock at that point. The score will continue to be kept in the books but not on the game clock. The locked score will be circled to indicate what the locked score was at the time of the mercy rule.

**Over-Time:** one 3-minute sudden death period; if no winner, the game ends in a tie.

**Mites/Squirts will play half-ice.**

**PeeWees play full ice.**

**Addendum to Rules Emphasis:** Body checking is defined as intentionally hitting an opponent with your body, to block or take your opponent out of a play AND IS NOT ALLOWED.

**Incidental collisions:** May be called and penalized as "interference" at the discretion of the referee.

### Penalties

**Minor Penalties:** Body checking, cross-checking, high-sticking, holding, holding the stick, hooking, interference, roughing, slashing, delaying the game and tripping.

### **Result:**

**Mites:** Players will be advised on infraction and will be given warning. Repeat offense will result in leaving shift and resuming with established line at next change.

**Squirts:** 1 minute penalty, player will be advised of infraction and serve time on team bench or penalty box.

**PeeWee:** 1 minute & 30 seconds penalty, player will be advised on infraction and serve time on team bench or penalty box.

\*a player is released if a goal is scored by the opposing team.

### Violations

Icing (PeeWee and Squirts Only)

Off-Sides (PeeWee and Squirts ONLY)

### **Definitions of Infractions**

**BOARDING:** A minor penalty called when a player slams another player into the boards.

**BODY CHECK:** To hit an opponent with your body, to block him or take him out of a play.

**BUTT ENDING:** A major penalty is called when a player hits an opponent with the top shaft of the stick.

**CENTRE ICE:** The neutral area between the two blue lines.

**CENTRE LINE:** The red stripe that extends across the ice, midway between the two goals.

**CHARGING:** A minor penalty called when a player takes more than two steps before checking an opponent.

**CHECKING:** The attempt to cover an opponent to prevent him from getting a better position.

**CREASE:** The 4' by 8' area in front of goals, which is out of bounds for attacking players without the puck.

**CROSS CHECKING:** A minor penalty called when a player drives the shaft of his stick into an opponent while holding it with both hands.

**ELBOWING:** A minor penalty called when a player strikes an opponent with his elbow.

**FACE OFF:** When the referee drops the puck between two opposing players in order to start or resume a game.

**FIGHTING:** A major penalty called when players engage in a fist fight.

**FORECHECKING:** The act of checking an opponent in their own end in order to prevent them from starting an attack.

**FREEZING THE PUCK:** Pinning the puck against boards with either a skate or stick, in order to have a face off called.

**GOAL LINE:** The red stripe between the goal posts, and extending to the sideboards.

**HIGH STICKING:** A minor penalty called when a player carries his or her stick above their shoulder, or hits an opponent with it.

**HOLDING:** A minor penalty called when a player uses the hands to hold an opponent or their stick.

**ICING:** A violation called when a player shoots the puck from behind the centre line, across the opponent's goal line.

**INTERFERENCE:** Illegally interfering, or contacting an opponent without the puck.

**MINOR PENALTY:** A two-minute penalty.

**NEUTRAL ZONE:** The area in the centre of the ice, between the two blue lines.

**OFFSIDES:** A violation called when a player moves ahead of the puck in the attacking zone, resulting in a face off.

**PENALTY BOX:** The bench outside the playing area where penalized players serve their penalty time.

**PENALTY SHOT:** A rare play in which a player gets a free shot at goal, with only the goalie defending. It is usually called when a player is hit or tripped from behind during a breakaway.

**POKE CHECK:** A legal check where a player pokes or jabs with his stick at the puck in order to dislodge it from an offensive player.

**POWER PLAY:** When a team has a one or two man advantage due to penalties, giving them a good chance to score.

**ROUGHING:** A minor penalty called for unnecessary roughness on the ice.

**SLASHING:** A minor penalty called when a player swings his stick at another player.

**SPEARING:** A major penalty called when a player jabs the blade of his stick at an opponent.

**SWEEP CHECK:** A legal check where a player goes down on one knee and sweeps his stick along the surface of the ice in order to gain possession of the puck.

**TRIPPING:** A minor penalty called when a player pulls down an opponent with his stick, hand or leg

**Any rules not written may be referred to USA Hockey.**