

Alamosa Parks & Recreation

2018 Youth Ice Hockey Rules

Game Time

Taking the ice and leaving the ice should be done as a team.

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 time out per period

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

Mites will play half-ice.

Squirts and 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:** Player 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:** 2 minute penalty, player will be advised on infraction and serve time on team bench or penalty box.

*player is released if goal is scored.

Major Penalties: Spearing, fighting, butt-ending, charging, and boarding.

Result:

- **Mites:** Will be advised on infraction and result in immediately leaving shift and resuming with established line at next change.
- **Squirts:** 3 minute penalty, player to serve entire time on team bench or penalty box
- **PeeWee:** 5 minute penalty, player to serve entire time on team bench or penalty box.

*player not released if goal is scored

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 called when a player hits an opponent with the top shaft of 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.

MAJOR PENALTY: A five-minute penalty.

MATCH PENALTY: A suspension for the rest of the game.

MINOR PENALTY: A two-minute penalty.

MISCONDUCT PENALTY: A ten-minute penalty against a player. (That player's team does not play shorthanded during his penalty time).

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