



League rules:

- 2 min horn for first line/second line changes. Timekeeper will maintain.
- Delayed icing. High ref will initiate icing with arm up and call, low ref calls the icing with arm up or nullifies icing.
 - Defensive team has to get the puck out, past the blue line, in a timely manner (6 - 8 sec). If the defensive team does not break out in a timely manner, face off at nearest neutral zone face-off spot.
 - Offensive team can still be in the zone but cannot challenge. They can skate a few strides away from the player breaking it out, but they cannot get in the way or challenge. Penalty, face off in defensive end of team challenging (Icing is called).
 - Otherwise, USA Hockey icing rules are applied.
- This is a NO CONTACT league. Anything other than **minor** and incidental body contact will be considered checking. Open ice checking, pinching on the boards, 'power moves' to the net are simply not allowed.
 - Power move penalty: Face-off at nearest neutral zone face (outside offensive zone). If a goal is scored, it is disallowed.
 - 'Power Move' is considered to be a hard cut from below the face-off dot into or towards the front of the net.
- Slap shots are allowed.
- Report all penalties, no recording on game sheet (for referees).
- USA Hockey penalties and time of penalties (2/5/10 for minor/major/misconduct).
- Nine-dot face off, closest to last play. Last play is considered to be from where the puck was last fairly played when the horn sounded. i.e. If puck is passed from defensive zone to somewhere in the neutral zone at a horn, face off in defensive zone. If icing is initiated at a horn, face-off is at defensive end of team icing the puck.
- **Player Substitutions:**
 - ***You must call your team rep, or Executive Committee member, to setup a substitution. NO EXCEPTIONS!!***
 - Substitutions should be
 - First Choice: Substitution List
 - Second: Full time player, same rank
 - Third: Full time player, one rank lower or higher
 - Absolutely no substitutions from outside the league without Commissioner and EC approval.
- In-Game Substitutions:
 - There are no constraints for a second line player for a first line substitution.
 - First line player substitution on second line:
 - First line player cannot score.
 - Goalie substitution, the first line player can only be the E-player.
 - Player substitution, must rotate through all first line players, starting with E-player and working directly up to A-player.