

PGMHA

Recreational 4 on 4 / 3 on 3 Game Play

PHYSICAL CONTACT

It is important to recognize that game play has been permitted with the express understanding that rules have been modified to eliminate intentional contact. It is equal and collective responsibility of all participants (players, coaches and officials) to create and adhere to game play structure that eliminates intentional physical contact. Within the modified playing rules, game officials will encourage and promote continuous play to the greatest extent possible.

It is the expectation of PGMHA that coaches are teaching and promoting during practice and games team tactics that eliminate intentional physical contact and promote continuous play.

NO INTENTIONAL PHYSICAL CONTACT	
Intentional physical contact is not permitted and must be avoided. For the purposes of hockey, intentional physical contact will include body to body contact.	
Stick to body infractions do not constitute physical contact	
Ex. Lifting a player's stick to obtain the puck does not constitute intentional physical contact.	
Accidental/incidental contact may occur	
When a scrum or gathering (2 or more participants) occurs with prolonged contact officials will not separate the players, they will communicate with them to disengage. Should the scrum continue, play will be stopped.	

For modified playing rules involving intentional physical contact, the game official will provide one warning to BOTH TEAMS on account of the first minor penalty involving intentional physical contact, any subsequent minor penalty assessed for physical contact will result in immediate removal from competition. An individual player does not require an individual warning prior to removal, the warning will be directed at the Head Coach. It is the responsibility of the Head Coach to manage their team and relay the warning.

GAME PLAY

MANDATORY RULES	
Pre-game on-ice warm-up	4 minute warm-up
Two periods (Run Time) of equal length	45 min game 20 minute periods / 60 min game 27 minute periods
Intermission / break between periods	1 minute
Teams shall alternate ends between each period	
There will be face-offs	
A player that loses a glove must immediately retrieve the glove or leave the ice	

GAME ROSTER

MANDATORY RULES	
Maximum 12 participants	11 skaters plus one goalie
Both teams must start the game with a minimum of 5 skaters plus 1 goaltender	All games are intended to be played at 4 on 4. If a team has 7 or more players the game will be played at 4 on 4. Less than 7 players the game will be played at 3 on 3

GOALTENDER FREEZES THE PUCK OR A GOAL IS SCORED

MANDATORY RULES
When the goaltender freezes the puck and the whistle is blown, the goalie will place the puck on the face-off dot nearest the frozen puck.
When a goal is scored the goalie must retrieve the puck out of the net and place it in between the hash marks for the referee to retrieve

PENALTIES

MANDATORY RULES
An offending player will be assessed a 1 minute penalty for a minor penalty and must serve the full penalty
An offending player will be assessed a 2 minute penalty for a double minor penalty and must serve the full penalty
All penalties will result in a penalty shot as well as serving the penalty regardless of the result of the penalty shot (play continues at even strength, penalized player cannot exit penalty box until a stoppage in play occurs after their penalty has expired)
When a penalty shot is awarded the player that was offended will take the penalty shot, starting at the red line. The remaining players will retreat back to their bench area. If the player scores a goal the face-off will be at centre ice. If the player does not score a goal, a face-off will happen in the offending teams end.
If a delayed penalty is called near the end of the game and the clock runs out, and where the result of the penalty shot could change the outcome of the game, the penalty shot will be taken. If the outcome of the penalty shot would have no impact on the outcome of the game, the penalty shot will not be taken