

Quest Hockey 4 on 4 Summer League

Mite Rules of Play

4 on 4, Half-Ice

- Two games per ice sheet.
- Bumpers will be placed on the red line to separate the games.
- Both teams will use the same bench that corresponds to the side of the rink they're playing on.

Two 22-minute, running-clock halves

- 2-minute warm-up (buzzer at 23:00 indicating time to pick up pucks) w/ 1-minute intermission between halves.
- Each team is responsible for bringing their own pucks and water bottles.

Limited face-offs | Only 1 face-off to start each period

Referee whistles play dead upon goal, frozen puck, puck out of play, etc.

Goal/Frozen Puck

- After a goal or a frozen puck by the goaltender, each player of the opposing team must allow a reasonable gap (at least 10 feet away from the puck and wait until the referee blows whistle to restart play).

Penalty Shot

- Regardless of the result of the penalty shot, the goalie's team is given possession of the puck and each player of the shooter's team must allow a reasonable gap (at least 10 feet away from the puck and wait until the referee blows whistle to restart play).

Off-Sides/Icing

- No offsidess or icing will be called.

Injured Player/All Other Whistles

- Team that causes whistle loses puck possession. Other team get's puck.
- Opposing team must give reasonable gap (10+ feet) & wait until the referee blows whistle to restart play.

No checking or fighting

- Checking is strictly prohibited and will result in a penalty shot for the opposing team.

- Fighting will not be tolerated. Fighting will result in suspension and/or removal from the league.
- Intentional checks, cheap shots, reckless/careless acts unfit for the league and anything deemed inappropriate or over-the-line will result in a major penalty (5 minutes) that the penalized player will be forced to serve (penalty shot awarded to the other team; the penalized team will still play at even strength 4 on 4). Another major penalty by the same player will result in immediate ejection from the game. Multiple game ejections will result in removal from the league.
- To the ref's discretion, any flagrant check or play deemed an attempt to cause injury results in a penalty shot and immediate game ejection of the penalized player.

Normal USA Hockey penalties – penalty shot awarded to player who is the victim of the penalty

- Player starts at center ice **without** chaser and must maintain forward motion of the puck.
- Opposing team must provide a clear path to the net.

Miscellaneous

- Blue pucks and intermediate nets will be used.
- 90 second shifts - a buzzer will sound and each team will change. Play the puck where it is.
 - A parent/volunteer will be needed each game to sound the buzzer.
- Pucks off the netting above the glass are live.
- If a puck goes over the bumper pads on the red line, the ref will throw a new puck into play. Puck possession will go to the team that was **not** the last team to touch the puck before it left play.