



QUEST
HOCKEY

4 ON 4 SUMMER LEAGUE

RULES OF PLAY

- ⚡ **Three 15-minute, running-clock periods**
 - 3-minute warm-up (buzzer at 30 seconds indicating time to pick up pucks) w/ two 1-minute intermissions
 - We will provide pucks. Your team is responsible for bringing water bottles.

- ⚡ **Limited face-offs | Only 1 face-off to start each period**
 - Referee whistles play dead upon goal, frozen puck, off-sides, icing, etc.
 - *Goal/Frozen Puck*
 - Opposing team must exit & wait outside offensive zone until the referee blows whistle to start play
 - *Off-Sides/Icing*
 - Infrafracting team must exit & wait outside offensive zone until the referee blows whistle to start play
 - *Puck Out of Play/Injured Player/All Other Whistles*
 - Team that causes whistle loses puck possession. Other team get's puck in either the neutral zone (if whistle occurred in offensive zone) or defensive zone (if whistle occurred in the neutral zone).
 - Opposing team must give reasonable gap & wait until the referee blows whistle to start play

- ⚡ **Real hockey**
 - Change on the fly
 - Delayed/Tag-up off-sides
 - No touch icing

- ⚡ **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 immediate removal from the league.

- ⚡ **Normal USA Hockey penalties – penalty shot awarded to player who is the victim of the penalty**
 - Player starts at center ice without chaser. Player must maintain forward motion of puck.
 - Goal or not, shooting team must exit the offensive zone until the referee blows whistle to start play.