

- **Game Format -**

- One 3 minute warm up.
- Two 20-minute run time periods.
- 2-minute intermission between periods.
- Two nets, set cross ice from each other with blockers along the blue line.
- Players will change on the fly.
 - Continuous play with very little stop time.
- A tag up line will be drawn down the middle of the ice.
 - When a goalie freezes the puck, the whistle is blown, and all opposing players must tag up to that line and cannot go past that line until everyone has tagged up.
 - If players do not tag up, the official will blow whistle again and all players must tag up before they can re-enter the zone. Play will not be stopped. Failure to tag-up will result in an infraction.
 - When a goal is scored the scoring team must tag up at the half ice line before resuming play.
- Play will only stop for penalties.
 - A penalty shot will be awarded for any infractions.
 - The person taking the penalty shot starts on the half ice line, all other players start at the opposing net. On the whistle the players can start, and play will continue after the shot has been taken. If a goal is scored or the puck is covered the offensive team must tag up at the center line. Play will continue.
- Goalies will switch teams at the period break.
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- IF only one goalie is available
 - Shooter tutor may be used.
 - Or Tag Up Format can be used when only 1 goalie is available.
 - One net is set up in its normal position.
 - The blue line will act as the tag up line.
 - The area between the blue line and the red line is a safe zone.
 - At a change of possession, the team that took possession must tag up in the safe zone.
 - The offensive team must stay on sides when entering the zone.

- If the goalie covers the puck the team on offense must retreat to the top of the circles.
- The defending team may then collect the puck and attempt to leave the zone.
- If a goal is scored the team that was scored on takes the puck to the safe zone and the play continues.
- Penalties will be handled the same as listed above, with players starting on the blue line and chasers on the red line.

Rules

- o NO checking at any level; penalty shots will be assessed for all infractions.
- o Play will resume right after the penalty shot.
- o Coincidental penalties – both players will be removed from play for two minutes.
- o Teams will play full strength.
- o A fighting penalty is an automatic disqualification. No exceptions.
- o One volunteer official/coach will be scheduled for all games.
- o Players are not allowed to confront the officials or coaches.