



RecFest 2020

Rules and Schedule – March 2020

Game Play Rules

The following rules are for the benefit of all players. We want to keep things fun and to ensure games are flowing with lots of passing, skating and plenty of great plays.

1. **Body Checking:** any intentional body contact is not permitted.
2. **Game Duration:** All games are running time. Either 25 or 30 minutes with a strict 2 minute warmup.
3. **Line Changes:** done on the fly
4. **Two-line passes:** are not called in the game
5. **Icing:** not called in the game
6. **Tag up Offside:** When players are offside, all players of the attacking team must clear the offensive zone (blue line) before re-entering in the offensive zone. If a play is whistled offside, the puck is automatically awarded to the opposing team. There will NOT be any stoppage or face-off. The offside team must retreat to the RED Centre Line. Failure to retreat may result in a delay of game penalty.
7. **Face-off:** only for the initial puck drop or during coincidental penalties
8. **Scoring: The Gretzky Rule is NOT in effect.** Individual players can score more than three goals (including Penalty Shots) in each game during regular play but passing is always encouraged.
 - i) **Penalty Shot Substitution:** a player who has already scored 3 goals has the option to defer the shot to a team mate in the event of injury. A line change for a substitute shooter is permitted.
9. **Change of Possession**
 - i) **Out of Play:** When the puck goes out of play, the team not responsible for the stoppage in play will be awarded the puck. A minimum of ten feet of clearance shall be given to resume play.
 - ii) **Goal Scored:** When a goal is scored, the scoring team **MUST RETREAT to the RED CENTRE LINE** before attacking. If the scoring team intentionally touches the puck prior to clearing the RED CENTRE line, a penalty for Delay of Game shall be awarded.
 - iii) **Goalie Freezes Puck:** The goalie has 5 seconds to get rid of the puck. A Delay of Game penalty may be assessed should the goalie take longer than 5 seconds. The attacking team is required to clear the hash marks on the face-off circles until the puck is brought forward to the hash marks by the defending team. If the attacking team intentionally touches the puck prior to the other team advancing to the hash marks, a penalty for Delay of Game shall be awarded.
 - iv) Any other stoppage of play caused by a team (aforementioned offside, injuries, etc.) will result in possession of the puck being awarded to the team not responsible for the stoppage of play.
10. **Timeouts:** not permitted in a game
11. **Pulled Goalie:** Teams may pull their goalie for an extra attacker at any time
12. **Shootout:** There will be no TIES during games. The teams will engage in an NHL Style Shootout. The first team to reach three goals is the winner.
13. **Equal Ice Time:** coaches are minded that this is a fun event and MUST make every effort to ensure equal ice time.



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Penalties

1. All minor penalties will result in a penalty shot.
2. All major penalties will result in 2 penalty shots and an ejection from the game. The Penalty Shot Procedure is outlined below:
 - i) When a penalty is called, the clock will not stop.
 - ii) The penalty shot must be taken by the player who was infringed upon. Substitute shooters are allowed in the event of an injury as well as per the rules as noted Section 8. All players on the ice must remain there until the shot is taken. Line changes are not permitted during penalty shots. A line change is permitted for a substitute shooter. A delay of game penalty, at the referee's discretion, will be called to teams attempting to make line changes prior penalty shots.
 - iii) The player taking the penalty shot will line up at centre ice.
 - iv) All other players from both teams will line up along the far blue line.
 - vi) Referee will blow the whistle to start play.
 - vii) All players may begin skating on the whistle; players on the penalized team are allowed to "chase" the player taking the shot and can engage the shooter if able to do so.
 - vii) Penalties can still be called during penalty shots (such as hooking or tripping of the shooter)
 - viii) Players are permitted to change once the whistle blows to start the penalty shot occurs.
 - ix) Should the player miss the penalty shot, play will continue as the puck will be declared live. Any goal scored immediately after a penalty shot is deemed to be a live play.
 - x) If a goal is scored, players must clear the zone as normal.
 - xi) For major penalty penalties – the first shot only involves the shooter (no players chasing).
3. Any individual receiving 3 minor penalties in one game will receive a game ejection.
4. Coincidental minor penalties will result in no penalty shots for either team – but the timekeeper will mark this penalty down to be counted toward the maximum of 3 minor penalties in a game. Coincidental minor penalties will result in a face-off at centre ice.
5. Any major penalty will result in immediate ejection for the offending player as well as suspension from the balance of the 3-on-3 Jamboree. Under no circumstances will fighting be permitted.
6. All checking from behind penalties or intentional checking to the head penalties – regardless of being considered a major or minor penalty – will be treated as a Major penalty.
7. If a delayed penalty is called near the end of the game and the clock runs out, and where an additional goal would change the outcome of the game, the penalty shot will be taken. If a goal on a penalty shot would have no impact on the outcome, the penalty shot will not be taken.



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Suggested Game Play Tips

1. **PASS!!!** The puck always moves faster than any skater - even goalies are encouraged to have fun and get involved with pushing the puck up the ice.
2. **Designate a Stay at Home Defenseman** – this will help reduce the number of breakaways . However, there is nothing stopping a team from going with three forwards. The various formations of 1-1-1 or 2-1 or 1-2 can be adjusted depending on the players on your team.
3. **PLAY THE BODY** – do not worry about the dangle. Focus on the center of the opposing player. Stick in Stick/Stick on Puck/Body on Body. Get into the passing or shooting lanes and take away the opponent’s time and space. Keep your stick on the ice.
4. **TAKE AWAY THE MIDDLE** – keep them on the outside if possible – in other words – defend between the dots.
5. **TRIANGLE FORMATION** – maintain spacing when attacking – if you do not have the puck – get to an open lane or drive to the net for a pass or rebound.
6. **USE THE POINT MAN** – get open for a quick shot or pass back down low. Getting a shot on net will create a rebound and scoring chances.
7. **MAKE SMARTER LINE CHANGES** – if the kids are tired – icing the puck is fine. Players can also hold onto the puck (i.e. behind their own net or while skating back out of the attacking zone) in order to wait for the line changes to finish.
8. **FORECHECK** – there is no neutral zone. Check hard to stop any momentum and to create a turnover. Unless you have blinding speed – avoid chasing someone behind your own net.
9. **SKATE HARD** – keep your feet moving at all times. Try not to stand in one spot. Should there be a turnover – it will be easier to transition to offense. By keeping your feet moving – you will also make it harder for the opponent to defend.
10. **HAVE FUN !!!!**