

Basic Game Rules

In addition to updating the size of the playing surface to encourage development for our youngest players, the basic rules of the game have also been adapted to fit the needs of a modified-ice game. Below is a selection of those adaptations as **recommended** by Hockey Canada.

Rule	Cross-Ice	Half-Ice
Lines	4 – on – 4	4 – on – 4
Warm-up	3 minutes	3 minutes
Length	2 – 25 minute halves	2 – 25 minute halves
Face-offs	To start game and second half	To start game and second half
Keep Score	No	Not recommended
Standings	None	None
Off-side	None	None
Icing	None	None
Line Changes	On the fly, every minute. Play stops at the buzzer/whistle and players leave puck where it is and go to bench. Play resumes immediately as new players take to the ice.	On the fly, every minute. Play stops at the buzzer/whistle and players leave puck where it is and go to bench. Play resumes immediately as new players take to the ice.
Puck out of Bounds	Offending team backs away, coach drops new puck to non-offending team.	Offending team backs away, referee drops new puck to non-offending team.
Goaltender Save	Shooting team backs away on coach's whistle, goalie passes to own teammate.	Shooting team backs away on referee's whistle, goalie passes to own teammate.
Goal scored	Coach blows whistle. Scoring team backs away, defending team removes puck from net and immediately starts on attack.	Referee blows whistle. Scoring team backs away, defending team removes puck from net and immediately starts on attack.
Penalties	Coach indicates penalty, if offending team has puck, it is a change of possession. At end of shift, coach notifies of offending player, who misses their following shift. Teams play at even strength.	Referee indicates penalty, if offending team has puck, it is a change of possession. At end of shift, referees notify coach of offending player, who misses their following shift. Teams play at even strength.