



SECTION ONE – THE RINK

RULE 1. RINK

Pond hockey should be played on an area of natural, outdoor ice called a rink.

RULE 2. RINK DIMENSIONS

- a) As nearly as possible the dimensions of the rink shall be 150 feet long and 65 feet wide. The corners of the rink are to be either square or curved to match the turning radius of the snow removal equipment.
- b) The rink shall be enclosed by the boards, which may be constructed of snow and ice.
- c) Snow fences can be used to keep balls in play at both ends of the rink.
- d) It is recommended that areas for spectators to stand and view the games be made available on the two long sides of the rink. It is NOT recommended that spectators be allowed to watch from the ends of the rink.

RULE 3. DIVISION OF ICE SURFACE

- a) There shall be NO line marking divisions in the ice surface. The referee's tent/table will delineate the center ice line. The center ice markers are used to determine the "attacking" zone for each team.

RULE 4. GOAL POSTS AND NETS

- a) The goal frames are to consist of standard ice hockey frames, 72 inches wide, 48 inches high and deep enough to keep the goal from falling over.
- b) Nets are to be applied to the goal frames.
- c) Goals are to be located at each end of the rink and centered on the width of the rink. The goals should be placed approximately one stick length from the end of the rink allowing skaters to play the puck behind the net.
- d) Goals should NOT be held firm to the ice.



RULE 5. PLAYER BOXES AND OFFICIALS AREA

- a) Each rink shall have an area set aside on one side of the rink large enough to hold up to four (4) team members (players and coaches) for each team while play is in progress.
- b) An area large enough to hold two (2) “officials” shall be made available between the two player areas.

RULE 6. CLEANING THE ICE

- a) The team scoring the most number of goals shall be responsible for cleaning the ice at the end of each game. Shovels will be supplied by the organizing committee.
- b) The PHFR ice maintenance crew will perform patch work repairs to the ice between games.
- c) In extreme cases, emergency repairs of the ice can be requested ‘during’ a game. Time will be suspended until the repairs have been completed.
- d) Ice will be cleared and flooded at night whenever weather conditions allow.



SECTION TWO – TEAMS

RULE 7. COMPOSITION OF TEAMS

- a) A team shall consist of no more than three (3) players on the ice at any one time, plus one goalie, while play is in progress.
- b) Each team shall consist of a maximum of ten (10) players including the goalie.
- c) The Masters Divisions can be made up of either men or women or any combination thereof.
- d) The Corporate Division must have at least three women listed on the team roster. At least ONE female player must be on the ice at all times.
- e) All players and coaches are expected to behave in the spirit of sportsmanship and good will throughout the tournament.
- f) Player substitutions are not allowed after the team has played its first game. Under special circumstances the tournament chairman(s) may consider an exception. Any protest must be made prior to the start of the game. The game will then be played under protest until a decision is made.

RULE 8. TEAM UNIFORMS

- a) Each team is expected to provide both a light and dark colored, matching, long sleeved sweater (it is NOT called a jersey) for all players.
- b) Each sweater must have a number applied that is large enough for the referee to see from across the rink.
- c) All players on the same team must have a different number.

RULE 9. PLAYER ELIGIBILITY

- a) All adult players must meet the minimum age requirement for their division as of the first day of tournament play. All minor players must meet the age requirements as listed below.



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| Division | Age | Cost |
|--------------------------------------|--|-------|
| High School Division Under 18 | Open to players under age of 18 and all high school students. Co-ed optional | \$400 |
| College/University | Open to students with a valid post-secondary student ID | \$400 |
| Competitive | Age 18 and up, co-ed optional | \$600 |
| Recreational | Age 18+ | \$600 |
| Recreational Co-ed | Age 18 and up. Minimum 3 women | \$600 |
| Ladies | Age 18 and up | \$600 |
| Masters | Age 30+; co-ed optional | \$600 |
| Corporate | Age 19 and up, mandatory co-ed. Minimum 3 women | \$600 |

b) Recreational divisions are provided for teams and players who wish to play pond hockey recreationally and are not concerned with winning.

c) Any underage players in the masters divisions or overage players in a minor division will be ejected from the tournament. The offending team will NOT be allowed to replace the ejected player for the remainder of the tournament.

d) More than one underage player on a Masters team or overage player on a minor team will result in a team ejection.

e) All players must be recreational athletes meaning active professional, junior or university/college hockey players are NOT allowed to participate.

f) Any player visibly intoxicated will NOT be permitted to play at the discretion of the Officiating Committee or Game Official.

g) The Organizing Committee and Officiating Committee reserves the right to prohibit any player from participation if he/she presents a threat to the safety and wellbeing of other event participants or behaves in a manner that does not exemplify sportsmanship and fair play.



SECTION THREE - EQUIPMENT

RULE 10. MANDATORY EQUIPMENT

- a) All skaters must wear 'hockey' skates. Goalies are allowed to wear winter boots but it is strongly recommended that goalies wear skates.
- b) All minor divisions must wear hockey skates, hockey gloves, and a CSA approved neck protector, helmet and facemask. All other equipment is optional, but strongly encouraged.
- c) All adult divisions must wear a CSA approved helmet. All other equipment is optional, but strongly encouraged.
- d) Hockey sticks must be in good condition.
- e) Each goalie must wear a CSA approved helmet and facemask. All other goalie equipment is optional.
- f) All players should remember that outdoor ice conditions are NEVER ideal and falls are very common. **Shin pads and elbow pads are strongly recommended.**
- g) All players must realize when playing pond hockey, stick contact to the hands is possible. **It is strongly recommended that all players wear hockey gloves.**

RULE 11. BALL

- a) The ball shall be a standard tennis ball of any bright color. Game balls will be provided by the Pond Hockey Organizing Committee prior to the game.



SECTION FOUR – GENERAL RULES OF PLAY

RULE 12. GAME LENGTHS

- a) All games are thirty (30) minutes in length with three (3) 10-minute straight time periods each with a one (1) minute intermission between periods.
- b) The winner of a captain's 'rock, paper, scissors' will determine either who has first possession or which goal to defend. Teams will switch ends after each period.
- c) The beginning of each period shall be controlled by the off-ice official. All games should begin simultaneously. The game clock will run continuously. Teams late for games will automatically forfeit after ten (10) minutes with a 5-0 score awarded to the opponent. Games will NOT be rescheduled.
- d) Each period will end with a referee's whistle.

RULE 13. OFFICIALS

- a) One (1) off-ice official and one (1) off ice score-keeper will monitor each game from the 'officials area' between the player areas.
- b) The 'official' scorekeeper will record all goals and penalties for each team.
- c) The referee is responsible for calling penalties and controlling the play on the rink.
- d) The official will ensure that the team captain from each team signs the score sheet at the end of each game.

RULE 14. GAME PLAY

- a) Teams will be required to vacate opponent's half of the ice after a goal is scored. The team that has been scored upon will then move the ball over the half ice marker and the defending team can engage in play. The ball must be moved over the center ice area within 15 seconds of the goal being scored. Failing to do so will result in a loss of possession.
- b) When a goalie covers the ball in front of their net, the referee will call a stoppage in play. The opposing team must give two (2) stick lengths space away from the goalie so that play can resume with the goalie passing the ball to a teammate. The ball must be moved within 15 seconds of the referee's whistle.



RULE 15. PENALTY SHOTS

- a) At the end of regulation time, one penalty shot will be awarded to the opposing team for every penalty a team takes throughout regular time. The off-ice official will keep track of the penalties during play and announce the totals at the end of regulation time.
- b) Penalty shots will only be taken if the final outcome of the game can be affected.
- c) Penalty shots start at center ice and play begins at the start of the referees whistle.
- d) All penalty shots are taken at the same end of the ice. Each team is to alternate until all of the penalty shots have been completed. The team that has been awarded the MOST penalty shots takes the first shot.
- e) Goals scored during penalty shots will be ADDED to each teams score total at the end of regulation time.
- f) All players, excluding the goalies, must make a penalty shot attempt before a player on the same team can take a second penalty shot.

RULE 16. OVERTIME

- a) There will be no overtime periods played in round-robin. Games will remain tied at the end of regulation time and penalty shots.
- b) During playoff games, if a game remains tied at the end of regulation time and penalty shots, the teams are to enter into a sudden victory shoot-out format.
- c) The team with the least number of penalties is given the option of shooting first or second.
- d) Each team will alternate shooters until one team scores more goals than the other on an equal number of attempts.

RULE 17. TEAM POINTS

- a) There are two points available for every game.
- b) If one team is leading the game at the end of regulation time and the outcome of the game CANNOT be changed with penalty shots, the leading team is given the win and awarded two (2) points. Penalty shots will not be taken.



RULE 18. IN-GAME SUBSTITUTIONS

a) Players may be changed at any time from the players area, providing the player(s) leaving the ice has one skate off the ice and is out of play before the change is made – this is called ‘changing on the fly’.

RULE 19. OUT OF BOUNDS

a) Balls that are accidentally shot out of bounds result in the opposing team gaining possession at the spot closest to where the ball left play. Defenders must give the in-bounding team two (2) stick lengths to initiate play again. Players should NOT pursue balls out of play. Officials will have balls to immediately re-start play again.

b) Balls that enter the snow bank around the rink are considered ‘out of bounds’. Only one player is allowed to dig the ball out of the snow. The referee will determine which team is given possession of the ball. The opposing team must give the in-bounding team two (2) stick lengths to initiate play.



SECTION FIVE – PENALTIES

RULE 20. PENALTIES

- a) Penalties will be called for rule infractions as defined in the Hockey Canada regulations.
- b) The off-ice official will call penalties by blowing a whistle, stopping play and awarding possession of the ball to the opposing team. The offending team must give the opposing team two stick lengths distance from the ball. Play is to resume when the off-ice official announces ‘GAME ON’.
- c) All penalties are to be tracked by the off-ice official. At the end of regulation time, a penalty shot will be awarded to the opposition team for every minor penalty each team has been given if it can affect the outcome of the game.
- d) A major penalty, which includes any action that could injure an opposing player, will result in immediate ejection from the event and a goal awarded to the opposing team. The penalized team also loses possession of the ball. No addition to the offending player’s roster will be allowed. If the penalized player is playing in multiple divisions – the player will also not be allowed to play for his/her other team.
- e) A fighting major will result in the immediate ejection from the event for both teams involved.
- f) Body checking is NOT allowed. A body check is considered a major penalty and the offending player will be ejected from the tournament.
- g) Any abuse of the officials will be considered a major penalty including: yelling, swearing or arguing calls.
- h) Slap shots are NOT allowed and are considered to be a minor penalty. Sticks must remain below the knees while shooting.
- i) Contacting the ball above the waist or trying to make a play on a ball above the waist with a stick is considered to be a minor penalty.



SECTION SIX – TIE BREAKERS

RULE 21. TIE BREAKERS

If two or more teams have an equal number of points at the end of round robin play, their position in the standings will be determined by:

- I. **The team with the least number of penalty minutes.**
- II. If still tied, the winner of head to head games in round robin play.
- III. If still tied, goals for over goals for and goals against will be used ((GF/GF+GA)), with the highest outcome being 1.0
- IV. If still tied, coin toss.