



5TMSL YOUTH HOCKEY RULEBOOK

GAME STRUCTURE

- Each game consists of three 12-minute periods with a running clock, except for injuries or penalties.
 - The games will be played 5 on 5, plus a goalie.
 - The clock stops for all whistles in the final minute of each period.
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OVERTIME & SHOOTOUTS

- If a game is tied at the end of regulation, a 5-minute sudden-death overtime period (3-on-3) will be played.
 - The clock stops for all whistles in the final minute of overtime.
 - If still tied, a three-round shootout will take place.
 - If still tied after three rounds, the game will proceed to a sudden-death shootout.
 - In the playoffs, overtime will be 12 minutes and will be played 5 on 5. If still tied, the game will continue until there is a winner.
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TIMEOUTS

- Each team receives two timeouts per game.
 - Timeouts cannot be taken in the same period.
 - One additional timeout is given in overtime.
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SWITCHING SIDES

- Teams will switch attacking sides for the second period but will keep the same benches.
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OFFSIDES

1. Basic Offside

- To start an attack, the puck must cross the center line before any attacking player.
- If an attacking player crosses the center line before the puck, it's offside.

2. Expanded Offensive Zone

- Once a team brings the puck over center with control, their offensive zone expands.
- From that moment, their offensive zone is: from their own defensive blue line all the way to the opponent's goal line.
- The puck can go back over the center line and play is still onside, as long as the puck does not go back over their own defensive blue line.

3. Zone Reset

- If the puck fully crosses back over the attacking team's defensive blue line into their own end, the offside zone resets.
- After a reset, it goes back to normal: the puck must cross the center line before any attacking players.

4. Delayed Offside / Tag Up

- If an attacker is over the active offside line (center, after a reset) before the puck, the ref raises an arm for delayed offside.
- If all offside players tag up by touching back to the legal side of center, play continues.

Brandeis – House Rules

- Puck contacting stage stairs: If the puck hits the stage stairs and comes back into play, the referee may allow play to continue at their discretion, as long as the puck is immediately playable.
- Puck shot onto the stage: If the puck is shot onto the stage, play is stopped and the puck is returned to the nearest spot it was shot from. If the attacking team shoots the puck onto the stage, the face-off remains in the offensive zone.
- Puck contacting the ceiling: If the puck contacts the ceiling, play may continue at the referee's discretion unless the referee determines the puck's direction or trajectory was altered.

PENALTIES

- **Minor penalty:** 1-minute penalty (ends if a goal is scored)
- **Double-minor penalty:** Two consecutive 1-minute penalties. If a goal is scored during the first minute, the first penalty ends and the second 1-minute penalty begins.
- **Major penalty:** 2-minute penalty (served in full, regardless of goals)

Two major penalties for any player in one game results in an ejection.

Fighting

This is a no-fighting league. Any form of fighting or physical contact is prohibited, including defending yourself or a teammate. There is zero tolerance for fighting in this league for any reason.

Instigating a fight will be reviewed by the league and is grounds for a suspension or permanent removal from the league, at the league's discretion.

Checking

Any form of checking, body checking as well as cross-checking, are not allowed and will be penalized.

High-Sticking

Any contact with another player above the shoulders caused by a stick will result in a minor penalty for high-sticking. If it causes an injury, even if not intentional, it will result in a double-minor.

Tripping

A tripping penalty is called when a player or goalie causes an opponent to fall, intentionally or unintentionally, through the use of their stick, body, or any other action.

There are two exceptions:

1. If a player steps on a stationary stick and falls, the referee may determine the contact was incidental and choose not to call a penalty.
2. If a player dives to block a shot and makes unintentional contact that causes the opponent to fall after the shot has been taken, no tripping penalty will be assessed.

Slashing

Slashing occurs when a player swings their stick at an opponent in a way that goes beyond normal play. This includes any forceful chop on an opponent's stick.

Roughing

Any use of unnecessary physical force or roughness against an opponent will result in a roughing penalty.

Delay of Game

A delay of game penalty is assessed at the referee's discretion for deliberate actions that disrupt the flow of play, such as:

- Taking too long to substitute
- Holding the ball against the wall
- Deliberately shooting the ball out of play

Unsportsmanlike Conduct

A minor penalty that can be called on any player for unsportsmanlike conduct.

Throwing the Stick

If a player throws their stick or any object to interfere with the ball or a play, they will receive a minor or major penalty. If it's on a breakaway, the referee can assess a penalty shot.

Penalty Shots

A penalty shot may be awarded in the following situations:

1. A defender commits a penalty from behind during a breakaway, when the player has a clear opportunity to score with no defenders between them and the goal.
2. A defensive player covers the ball while it's in the crease.
3. An illegal substitution occurs during a breakaway.

During a penalty shot, the goalie must remain in the crease until the shooter makes contact with the ball.

It would be impossible to cover every potential situation in this rulebook. If you have a question about a specific rule or scenario, please contact the league for clarification.