

5TMSL 2025 HOCKEY RULEBOOK



REQUIRED EQUIPMENT

- All players must wear a helmet with a full cage, gloves, and a team jersey.
 - If a player does not have their jersey, the league may provide an extra. If no extra is available, the player cannot play.
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TEAM REQUIREMENTS & FORFEIT POLICY

- Each team must have at least five players, including a goalie, ready to play no later than ten minutes after the scheduled game time.
 - Failure to meet this minimum will result in an automatic forfeit.
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GAME STRUCTURE

- Games consist of three 12-minute periods with a running clock (stops only for injuries or penalties).
 - Games are 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 tied after regulation, teams play a 5-minute sudden-death overtime (3-on-3).
 - The clock stops for all whistles in the final minute of overtime.
 - If still tied, a three-round shootout will follow.
 - If still tied after three rounds, the shootout continues to sudden-death.
 - In the playoffs, overtime is 12 minutes, played 5-on-5. If still tied, the game continues to another period until a goal is scored.
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TIMEOUTS

- Each team has one 20-second timeout and one 60-second timeout per game.
- Timeouts cannot be taken in the same period.
- Unused timeouts carry over to overtime.

SWITCHING SIDES

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

SUBSTITUTIONS

- Players may change at any time during live play if the exiting player is within five feet of the bench.
- During the second period (when benches are on the offensive side), new players must enter from the middle and touch the half-court line before joining play. Failure to do so results in an offside call.
- Neither player may touch the ball while both are on the court in the substitution area. If they do, a minor penalty for delay of game is assessed.

PLAYING TIME RULES

- Every player must play in each period for at least one minute (unless injured).
- No player can play an entire period; each must sit at least one minute per period.
- Every player must sit at least five minutes total per game. Penalty minutes count toward this total.
- In the regular season, referees will monitor but enforcement relies mostly on coaches.
- In the playoffs, staff will track minutes and ensure compliance.
- If a player has not yet sat for five minutes by the end of regulation, they must sit the remaining balance during the final minutes of the game.

Adjustment for Small Rosters:

- If a team has 7 or fewer players (including the goalie), each player must play at least two minutes per period, and the sit-out requirement drops to three minutes.
- If a team has exactly five players, all play the entire game.

OFFSIDES RULE

- Players must make an effort to return to the defensive zone once the ball is controlled in the opponent's zone.
 - Referees will raise a hand to signal when players need to return to the defensive zone. As long as players attempt to return, offside will not be called.
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HIGH STICKING

- Batting the ball above shoulder height with the stick is not allowed.
 - Play continues unless the ball is immediately touched by a teammate, goes “on goal,” or enters the net (such a goal will be disallowed).
 - If the offending team gains an advantage, the faceoff is where the high stick occurred.
 - If the offending team is disadvantaged, the faceoff is in their defensive zone.
 - If a player bats the ball into his own net with a high stick, the goal counts.
 - Any stick contact with an opponent above the shoulders is a penalty — minor if no injury, major if injury results.
 - Accidental contact above the shoulders is allowed only on a natural windup or follow-through.
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PENALTIES

Minor Penalty: 1 minute

Major Penalty: 2 minutes

Types of penalties:

- **Checking:** Body checking and cross-checking are not allowed.
- **High-Sticking:** Contact above the shoulders with a stick.
- **Tripping:** Causing an opponent to fall using stick, body, or other action. Exceptions: stepping on a stationary stick or unintentional contact after a shot.
- **Slashing:** Swinging the stick forcefully at an opponent or stick.
- **Roughing:** Unnecessary physical force or roughness.
- **Delay of Game:** Includes holding the ball against the wall, deliberately shooting it out of play, or taking too long on substitutions.
- **Unsportsmanlike Conduct:** May be called on players or coaches.
- **Throwing the Stick:** Minor or major depending on intent; if on a breakaway, a penalty shot may be awarded.

Goalie Penalties: A goalie never serves penalties; another player designated by the coach will serve it.

PENALTY SHOTS

Awarded when:

1. A defender commits a penalty from behind on a breakaway.

2. A defensive player covers the ball in the crease.
3. An illegal substitution occurs during a breakaway.

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

FINAL NOTE

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.