

Skate the Lake Rules



- 5 player teams: 4 on ice 1 spare
- No goaltenders. No goalie sticks or any goal equipment. Players cannot lay down or lay their sticks on the ice to protect the goal area. This will result in a minor penalty.
- Games will be 30 minutes; 2 – 15 minute periods, with 5 minute break between periods.
- No body contact allowed. Any such infraction will result in a minor penalty or a major penalty if serious enough.
- Contacting the puck with a stick above the waist will result in a loss of possession.
- If a puck goes out of bounds, the last team to touch it loses possession. Play will resume with defending team allowing his opponent 2-stick lengths of space.
- There are no off-sides or icing calls.
- Goals must be scored from the attacking side of centre ice.
- Teams will be allowed to raise the puck no more than 12" (inches) off the ice. Raising the puck higher will result in loss of possession.
- No slap shots.
- Pucks accidentally shot out of bounds will result in possession to the opposing team at the spot closest to where the puck left the area of play. Defending team must allow 2 stick lengths until the puck has re-entered play again.
- Round robin games that end in a tie remain a tie. Playoff games, teams will play a 5-minute, sudden death overtime.
- Teams will be ranked based on their total goal average. The goal average of a team is determined by dividing the total number of goals for by the total number of goals for and against, with the team having the highest percentage gaining the higher position.
- **7-UP Rule:** A maximum 7-goal differential per game will be used to record the game scores. If needed, the winning team's total goals will be reduced to meet the 7 goal differential.

Equipment + Uniforms

- Helmets are mandatory. Hockey skates are required. Other equipment is optional.
- Teams must supply their own uniforms. A dark set and a white set would be preferred but not required. Teams will be responsible to resolve any uniform issues prior to game time in the event that "swapping" may need to occur to avoid same-coloured jerseys.

Penalties

- Penalties will be on the honour system.
- No body contact allowed. Any such infraction will result in a minor penalty or a major penalty if serious enough.
- A **minor penalty** will result in a goal awarded to opposing team as well as possession of puck. Penalized team must give ½ ice to the other team. These include tripping, hooking, slashing, body contact, elbowing, etc. High sticking penalty to the head area, will result in a 1 goal penalty as well as ejection from game. (not from Tournament) Penalized team must finish game without replacing penalized player (3 vs. 4) Off ice officials and tournament committee will settle disputes.
- Any **major penalties** which include any action that could possibly injure another player will result in ejection from the tournament. The team that received the ejection will play the remainder of the tournament short-handed (3 vs. 4). All major infractions which include fighting, swearing, abuse of any official or committee member, or intent to injure will result in an ejection from the tournament with no substitution allowed for the offending player's team and goal awarded to opposing team as well as possession of the puck. Off-ice Pond Hockey Official will determine major penalties. Fair play and sportsmanship are essential.
- **Abuse of officials, volunteers, and opposing teams will constitute a major penalty and ejection from tournament. This includes yelling, swearing or arguing about calls.**
- Teams must give their opponents 1/2 ice after a goal is scored or an infraction takes place. The team that has been scored on must move the puck over the ½ ice marker before the defending team can engage play within 15 seconds or lose possession of puck.