

ICE REALM YOUTH REC LEAGUE RULES

1. Game Format

- One-hour ice slots (schedule subject to change).
- (3) 15 minute run time periods for 10/12u & above
- 8u: 22-minute run time with 2-minute buzzers
- All periods of play will be run time with the last 2 min of each period being stoppage time
- 3 minute warm-ups before the start of the game.
- No overtime or shootouts during regular season games.
- Rink reserves the right to run the clock if games are running behind

2. Points Awarded

- 2 points for a win, 1 point for a tie, 0 points for a loss
- Placement in the playoffs will be determined with the following procedure:
 - 1.) Points
 - 2.) Wins
 - 3.) Head to head
 - 4.) Goal differential
 - 5.) Goals for

3.) Gameplay Rules

- **Body Checking is NOT allowed in any division**
- Tag up offsides applies
- Icing is permitted on the penalty kill. The team that is penalized can ice the puck
- Powerplay goal releases the penalized the player
- 2 min penalties on minor penalties
- No timeouts during the regular season
- (1) 30 second timeout allowed in playoffs
- Ties in regulation during playoff games will result in a 5min 3-on-3 period, followed by a (3) player elimination shootout

4.) Equipment Rules

- All players must wear Ice Realm rec league jerseys & socks
- Neckguards are mandatory and required to by USA Hockey