

Shoreline Hockey – Summer 4-on-4 Youth League Rules

Team Roster Requirements:

- Each team may roster up to 12 skaters and 1 goaltender.
 - A minimum of 2 coaches must be on the bench at all times.
 - A designated trainer must be present for each game, available to assist both teams.
 - Coaches can choose between 3 forwards, 1 defense, and 1 goalie or 2 forwards, 2 defense, and 1 goalie formations.
 - All players should receive equal ice time; this is the responsibility of the coaching staff.
 - Teams must have at least 7 skaters and 1 goalie to play; otherwise, they must forfeit the game.
 - Shoreline Hockey will maintain a goaltender relief list available to teams.
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League Affiliation Rules:

General Player Affiliation

- Teams may only affiliate skaters when they have fewer than 8 skaters available.
- If a team is unable to achieve the minimum 7-skater roster through affiliation, the situation must be escalated to league directors for support and resolution.

Pro, All Star, and Elite Division Affiliation

- Pro, All Star, and Elite teams must affiliate from the nearest feeder team within their own association.
 - Affiliated skaters must be either:
 - A top 5 scorer, or
 - Any defenseman from the feeder team.
 - *(Example: Elite Bruins must affiliate from the All Star Bruins.)*

Goaltender Affiliation

- Teams are permitted to affiliate goaltenders from:
 - Within their own division,
 - The nearest feeder division, or
 - The Emergency Backup Goaltender (EBUG) list.
- Goaltender affiliation is permitted for all regular season games.

Playoff Affiliation

- All affiliations for playoff games not sourced from an association's nearest feeder team must be reviewed and approved in advance by league directors.
- No playoff affiliation may occur without prior approval where required.

Rookie Division Affiliation Rules

- Rookie teams may affiliate any goaltender within the Rookie division or from the Rookie EBUG list.
 - Rookie teams may affiliate any skater from another Rookie team to complete a game roster, except:
 - The top 3 scorers from another Rookie team are not eligible for Rookie-to-Rookie affiliation.
 - The top 5 scorers from any Rookie team are the first players to be contacted for affiliation to Pro division games.
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Player Movement (Competitive Balance):

- In the event of a competitive imbalance within a division, player movement—either within the division or from another division—may be required to balance team rosters and overall division competitiveness.
- Requests for player movement may be:
 - Submitted by the coaching staff of the non-competitive team, or
 - Initiated by Shoreline Hockey League Directors.
- When player movement is deemed necessary, the League Directors will work collaboratively with the coaches from all five (5) teams in the division to develop a proposed player movement plan.
- All proposed player movement must be voted on by:
 - One coaching staff member from each of the five (5) teams, and

- All three (3) Shoreline Hockey League Directors.
 - A majority vote will determine approval or rejection of the proposed player movement.
 - Prior to final approval, League Directors must review the proposed player movement with the player's family.
 - All approved player movement must be completed prior to August 1, 2026.
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Pre-Game Requirements

- All players must wear their assigned Shoreline Hockey jerseys.
- All players must adhere to Hockey Canada's rule book equipment requirements
- Teams must be ready to start on time.
- A 3-minute warm-up clock begins when the first team steps on the ice.
- Players may not enter the ice until the Zamboni doors are closed and coaches are present.
- Shoreline Hockey provides warm-up pucks and a first aid kit at each bench. Coaches must return these items to their bench after each game.
- Handshake lines are not permitted to maximize playing time.

Game Play Requirements

- All games are **non-contact** and consist of:
 - 3-minute warm-up
 - Three 14 minute straight-time periods – the last 2 minutes shall be stopped time if the score is within 3 goals or less.
 - No end changes will occur during the game.
 - Pace of play is expected to be accelerated, especially during face-offs and whistles.
 - The clock will only stop for injuries at the referee's discretion.
 - Rules of play will follow Hockey Canada's rule book with the expectation of Shoreline Hockey rules outlined in this rule guideline.
 - The Shoreline Hockey League shall follow all Hockey Canada rules, with these modifications:
 - 2-minute minor penalties run during straight time. Penalties result in 4-on-3 play.
 - All coincidental penalties release at the first whistle after their duration.
 - If the team serving a penalty, receives a secondary penalty during the initial penalty is being served. The secondary penalty will result in a penalty shot. The team awarded a penalty shot, must select a shooter from the ice to take the penalty shot. The score clock will be stopped for the penalty shot, the awarded team must position within 30 seconds to begin the penalty shot. If the penalty shot results in a goal, the an unassisted goal will be added to the score sheet and the player serving the initial penalty will remain in the penalty box to serve the remainder of the penalty, the faceoff will taken at center ice and the score clock will be started. If the penalty shot in unsuccessful, the faceoff will be taken in the offending teams zone and the score clock will be started. Players awarded a penalty shot must keep forward movement of the puck and are not allowed secondary contact of the puck once its released on net. The referee has discretion award a goal or no goal on a penalty shot attempt based on these rules.
 - Faceoffs must start in 30 seconds. Delay may result in a delay of game penalty.
 - Major penalties result in ejection and review for possible suspension.
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Regular Season Game Format

- Each Shoreline Hockey team will play 10 regular season games prior to playoffs
- Teams will be awarded 2 points for a win, 1 point for a tie and 0 points for a loss.
- Standings will be established based on the following order: 1-Points, 2-Win %, 3-Head-to-Head Record, 4 – Goal Differential.
- Regular season games can end in a tie if the score is event at the end of three periods.
- Coaches may pull the goalie in the last 3 minutes to add an extra skater.
 - If trailing by 3 or more goals, the goalie must be returned to play.

Playoff Seeding & Game Format

- Teams will be seeded based on regular season standings #1-5.
 - Each division will consist of 7 playoff games, with each team playing a minimum of 2 games.
 - Playoffs will be structured to advantage teams based on their regular season performance.
 - One 30-second timeout per team is allowed in playoff games.
 - Playoff games tie breaker policy:
 - 5-minute sudden-victory 3-on-3 overtime
 - If still tied: 3-player shootout
 - If still tied: Sudden-victory shootout
 - Each player may shoot a maximum of two times
 - Divisional championship game tie breaker policy:
 - Continuous 10-minute sudden-victory 3-on-3 overtime until a winner is determined.
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Code of Conduct

- All participants—players, coaches, referees, and spectators—must show respect for all members of Shoreline Hockey.
- Any reports of disrespect or harassment will be reviewed, potentially resulting in suspensions or removal from the program.
- Coaching staff must monitor dressing rooms to prevent misconduct. A two-person monitoring system is required.
- Female players will have access to a separate dressing room to change before joining their team.
- Shoreline Hockey does not provide practice ice. Teams may book their own practice times independently and must obtain proper insurance from the facility.