

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.
- Affiliate players from a lower division within the same organization are allowed if rosters are short (e.g., Shoreline Elite Bruins may use a Shoreline All Star Bruins player).
- Goaltender relief is permitted from within the division or the division below, up to 5 games per season. Playoff goalie relief must be pre-approved by the Shoreline Hockey Committee.
- Shoreline Hockey will maintain a goaltender relief list available to teams.

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 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 is 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.

Regular Season Game Format

- Each Shoreline Hockey team will play 9 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.
- Regular season games can end in a tie if the score is even at the end of two 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 in a 1 vs 4 and 2 vs 3 play off format to start the divisional semi finals.

- Semi final winners will advance to the divisional championships
- Semi final losers will continue to the divisional consolation final
- One 30-second timeout per team is allowed in playoff games.
- Semi final playoff games:
 - 7-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 games:
 - Continuous 10-minute sudden-victory 3-on-3 overtime until a winner is determined.

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.