



ARCHL Rulebook

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Glossary

Aggressor:

Player attempting to continue a fight by throwing or attempting to throw punches or again by continuing the grappling action with his opponent with the intent of intimidation or punishment of that opponent. The aggressor may or may not be the instigator of the fight.

Altercation

Any incident involving players leading to a penalty or penalties.

Attempt to injure / Deliberate Injury

An action by a player or team official who, by the use of a stick, skate or other object, or by using the body or fists, hits or attempts to hit an opposing player or team official or game official with the intention of causing injury.

Breakaway

A player in full control of the puck in the neutral or attacking zone, and having no opposing player between himself and the opposing goalkeeper (or goal, if the opposing goalkeeper has been removed).

Broken Stick

A stick that in the opinion of the Referee, is unfit for normal play.

Butt-Ending

Identifies the condition whereby a player uses the shaft of the stick, above the upper hand, to check an opposing player in any manner or jabs or attempts to jab an opposing player with this part of the stick

Captain

A player, inclusive of a goalkeeper, who is selected or named by the team, to represent the team with the officials in accordance with the rules. Wherever the word "Captain" appears in the Rule Book, it defines those players who have been designated as Captain or Alternate Captain on the Official Game Report.

Charging

The act of taking more than two steps or strides to contact an opposing player.

Checking From Behind

Identifies any action where a player is intentionally pushed, body checked, high-sticked, cross-checked, or hit in any manner from behind.

Creases

Identifies enclosed areas designed for the protection of the goalkeeper and the use of the Referee in the discharge of their respective duties. The lines which designate these areas are to be considered as part of the creases.

Cross-Checking

The action of using the shaft of the stick held between the two hands to check an opponent at any height.

Delayed Off-Side

A situation where an attacking player(s) has/have preceded the puck across the attacking blue line, but the defending team is in a position to bring the puck back out of its defending zone without any delay or contact with an attacking player.

Fight

When two or more players throw punches severe enough that the Referee perceives it as being a fight. Gloves do not have to be off for a fight to be considered.

Game Ejection

A player or team official has been removed from the game by the Referee and must leave the area of the players' bench and must in no way direct, coach, or assist the team in any manner for the remainder of the game.

Gathering

An occurrence during any game in which one or more players of one team come in close contact with one or more opposing players in such a manner as to create the possibility of a penalty or penalties against one or more of the players.

High-Sticking

The action of a player carrying the stick or any part of the stick above the normal height of the shoulder.

Holding

The action by a player that impedes the progress of an opposing player whether or not in possession of the puck.

Hooking

The action of using the blade of the stick in a "pulling or tugging" motion to impede the progress of an opponent. The hooking action may apply to any part of an opponent's body or stick.

Instigator

The player responsible for starting a fight by throwing or attempting to throw the first punch(es).

Roughing

The action of a player deemed to be too physical with an opponent, but not severe enough to be deemed a fight.

Slap Shot

The action of the stick having a wind up above the waist from the ice to contact the puck.

Slashing

The action of hitting an opponent with a stick while holding the stick with one or both hands. A player who swings his stick at an opponent and makes no contact, shall still be guilty of slashing.

Note: Tapping the stick of the puck carrier at the lower portion of the stick is not considered slashing when limited to hitting the stick of the opponent for the sole purpose of taking the puck.

Slew Footing

The action of tripping a player by knocking a player's skates out from behind with a kicking or leg dragging motion.

Spearing

The action of poking or attempting to poke an opponent with the toe of the blade of the stick while holding the stick with one or both hands.

Tripping

The action of a player who with the use of stick or foot, takes the feet out from an opposing player.

Rules Governing ARCHL

Section One : The Rink

1.1 Dressing Rooms

1. Each Rink shall provide two dressing rooms, a referee dressing room and if possible a specific dressing room when needed.

1.2 Alcohol Consumption

1. Alcohol consumption is not permitted in the arena or parking lot.

Section Two: Teams

2.1 Teams

1. A team must have a minimum of 6 players to play a game. If 6 players cannot be found the team will forfeit the game.

2.2 Uniform

1. All players must play with an ARCHL (Hockey Tourney) jersey.
2. Member players should be aware that there are insurance restrictions for players not wearing full facial protection.

2.3 Captains of the Team

1. The League Commissioner will appoint a captain for each team or each team may appoint a Captain and not more than three Alternate Captains. One of these should be on the ice at all times and only a Captain or Alternate Captain who is on the ice shall have the privilege of asking the Referee for his interpretation of any rule, during the progress of the game. Prior to the start of the game, the Manager or Coach of each team shall advise the Referee or Official Scorer of the names and numbers of the Captain and the Alternate Captain(s).
2. Before the start of the game, the Official in charge of each team shall give to the Referee or Official Scorer a list of the names and the numbers of the players and goalkeepers who shall be eligible to play in the game. No change in the list or addition to the list shall be permitted.

3. Any team official who gives a false statement on the Official Game Report with regard to ineligible players, shall be dealt with by the League Commissioner.
4. No player under suspension may participate in the pre-game warm-up, or occupy the players' bench during the game.

2.4 Equal Playing Time (“Stacking lines”)

1. By default every player shall allow other team players equal playing time in all game situations.
2. Each team may choose before a season or game to agree on playing time during certain game situations. It's the captain's responsibility to ensure there is agreement from the team. Any player with concerns should discuss it with their team then the League Commissioner if needed. Without prior agreement the team's will ensure the default is being followed with equal ice time for all players.

Section Three : Penalties

3.1 General

1. All penalty times noted in the Rule Book are referred to in stopped time minutes.
2. To facilitate the use of straight time (or running time), the following rule shall be used to time penalties which run from straight time to stop time which could be used near the end of a period or game. “If the penalty is assessed in straight time, the game clock will be used to determine when the penalized player returns.”
3. **Any unnecessary contact between opposing players after the whistle shall result in penalties being assessed as prescribed by the rules.**
4. Penalties are divided into the following classes

	Stop Time	Running Time
Minor Penalty	2 min	3 min
Double Minor Penalty	4 min	6 min
Major Penalty	5 min	7 min
Misconduct Penalty	10 min	12 min
Match Penalty	5 min	7 min

3.2 Minor Penalty

1. For a "Minor" penalty, any player, except a goalkeeper, shall be ruled off the ice for two minutes actual playing time, during which time no substitution shall be permitted.

3.3 Major Penalty

1. A player, including a goalkeeper, assessed a Major penalty shall be ruled off the ice for the remainder of the game (Major penalty plus Game Misconduct). The penalized team shall place a substitute player on the Penalty Bench to serve five minutes actual playing time, during which time no on ice substitutions shall be permitted.
2. The only exception to this rule is when a Major penalty has been assessed for an ACCIDENTAL high stick, in which case the Game Misconduct shall not apply.

3.4 Misconduct Penalty

1. A player, except a goalkeeper, incurring a "Misconduct" penalty shall be ruled off the ice for a period of ten minutes actual playing time. A substitute for the penalized player shall be permitted immediately. A player serving a Misconduct penalty shall remain on the penalty bench until the first stoppage of play following the expiry of their penalty.

3.5 Game Ejection/Game Misconduct Penalties

1. Any player who is assessed THREE PENALTIES in one game shall be ruled off the ice for the remainder of the game (Game Ejection). It shall be necessary to place a substitute on the penalty bench immediately to serve the third penalty.
2. Any combination of minor, or major penalties shall apply to the personal total of any individual in the game.
3. A player or team official incurring a "Game Misconduct penalty shall be ordered to the dressing room for the remainder of the game and he shall be reported to the League Commissioner for further action.

3.6 Gross Misconduct Penalties

1. Any player or team official incurring a "Gross Misconduct" penalty shall be ejected from the game. A substitute for the penalized player shall be permitted immediately.
2. Gross Misconduct penalties shall be assessed where a person conducts himself in such a manner as to make a travesty of the game.
3. A total of ten minutes shall be charged in the records against a penalized player for a Gross Misconduct penalty. The Referee shall report the offender and the full details surrounding the violation to the League Commissioner who may assess further penalties

3.7 Match Penalties

1. Any player or team official incurring a "Match" penalty shall be ordered to the dressing room immediately for the balance of the game and will not be permitted to take part in any further games until his case has been dealt with by the League Commissioner.

Section Four : Playing Rules

4.1 Abuse of Officials, Unsportsmanlike Conduct/Misconduct

1. Team Officials shall be responsible for their conduct and that of their players at all times. They must endeavor to prevent disorderly conduct before, during, or after the game, on or off the ice, and any place in the rink. The Referee may assess penalties to any of the above officials for failure to do so and shall report full details of the incident to the League Commissioner.
2. Should a player or team official challenge the rulings of an official or display unsportsmanlike conduct, he must be assessed a minor for unsportsmanlike conduct, followed by a misconduct or game misconduct if he persists. **A Referee is required to assess a Minor penalty under this rule before assessing the Misconduct or Game Misconduct.**
3. A Misconduct penalty shall be assessed to any player or team official who:
 - a. uses obscene, profane or abusive language or gestures to any person;
 - i. If the Referee is unable to identify the person responsible for use of obscene, profane, or abusive language, a Bench Minor penalty shall be assessed to the offending team
 - b. persists in disputing or shows disrespect for the ruling of any official;**
4. Any player or team official who engages in verbal taunts, insults or intimidation based on discriminatory grounds (race, ethnicity, religion, gender, sexuality, language) shall be assessed a Game Misconduct penalty and shall report full details of the incident to the League Commissioner.
5. Any player assessed a Game Misconduct penalty in the last 10 minutes of play of the 3rd period will automatically serve a one game suspension.
6. A Bench Minor penalty shall be assessed to a team when any player or team official on the bench bangs the bench or ice surface with a stick or any other object in protest of an official's ruling.

4.2 Boarding and Body Contact

1. A Double Minor or Major penalty, at the discretion of the Referee, based upon the intent and the violence of the impact with the opposing player, shall be assessed to any player who intentionally bodies, pushes, shoves, stands in front of an opponent for the purpose of making contact, and/or does not avert body contact with an

opponent. When injury results from intentional body contact a Major penalty shall be assessed.

2. Where, in the opinion of the Referee, accidental contact has taken place, no penalty shall be assessed.
3. A Minor or Major penalty shall be assessed to any player who makes deliberate physical contact with an opponent after the whistle.

4.3 Head Contact

1. A Minor penalty shall be assessed to any player who accidentally contacts an opponent in the head, face or neck with any part of the player's body or equipment other than a stick.
2. A Double Minor penalty or a Major penalty and a Game Misconduct penalty, at the discretion of the Referee and based on the degree of violence of impact, shall be assessed to any player who intentionally contacts an opponent in the head, face or neck with any part of the player's body or equipment other than a stick.
3. A Match penalty shall be assessed to any player who deliberately attempts to injure or deliberately injures an opponent under this rule.

4.4 Charging

1. A Minor penalty or, at the discretion of the Referee, a Major penalty shall be assessed to any player who runs or jumps into, or charges an opponent. If injury results, a Major penalty and a Game Misconduct penalty shall be assessed. If more than two steps or strides are taken, it shall be considered a charge.
2. A Major penalty and a Game Misconduct shall be assessed to any player who charges a goalkeeper while the goalkeeper is within the goal crease or who injures an opponent as a result of a charge. A goalkeeper is NOT "fair game" just because they are outside the goal crease area. A penalty for interference or charging (Minor or Major) shall be called where an opposing player makes unnecessary contact with a goalkeeper. Likewise, Referees should be alert to penalize goalkeepers for tripping, slashing, or spearing in the vicinity of the goal.

4.5 Checking from Behind

1. A Minor penalty plus a Game Misconduct or a Major penalty plus a Game Misconduct at the discretion of the Referee, based on the degree of violence of the impact, shall be assessed to any player who intentionally pushes, body checks, or hits an opposing player from behind, anywhere on the ice. If a player is injured, a Major penalty plus a Game Misconduct penalty must be assessed. A Match penalty could also be assessed under this rule.
2. Where a player is high sticked, cross-checked, body-checked, pushed, hit or propelled in any manner from behind into the boards or goal net, in such a way that the player is unable to protect or defend himself, a Match penalty shall be assessed. **Referees are instructed not to substitute other penalties when a player is checked from behind in any manner. This rule must be strictly enforced.**

4.6 Cross-Checking

1. A Double Minor penalty or, at the discretion of the Referee, or Major Penalty and a Game Misconduct shall be assessed any player who cross checks an opponent.
2. Any player who strikes an opponent with a cross-check shall incur a Major Penalty and Game Misconduct if injury results.
3. A Major penalty and Game Misconduct shall be assessed to any player who crosschecks a goalkeeper while he is in his crease, or who injures an opponent as a result of a cross- check.
4. A Match penalty shall be assessed to any player who deliberately attempts to or deliberately injures an opponent with a cross-check.

4.7 Elbowing and Kneeing

1. A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who fouls an opponent in any manner with his elbow or knee.
2. A Major penalty shall be assessed to any player who injures an opponent by elbowing or kneeling.

4.8 High Sticks

1. A Double Minor penalty shall be assessed to any player who checks an opponent or intimidates an opponent while carrying their stick above the waist height of their opponent and it results in no blood or injury.
2. A player who accidentally or intentionally contacts an opponent above the normal height of his waist with a high stick shall be assessed a Major penalty and a Game Misconduct if injury results.
3. A player who is assessed a penalty for intentionally contacting an opponent with a High Stick shall also incur a Game Misconduct and face a review by the League Commissioner.
4. A Match penalty shall be assessed to any player who deliberately attempts to injure or deliberately injures an opponent with a high stick
5. Contacting the puck with the stick above the normal height of the player's shoulders is prohibited. When it occurs, play shall be stopped immediately and a face off shall take place.

4.9 Holding

1. A Minor penalty or, at the discretion of the Referee, a Major penalty shall be assessed any player who holds an opponent with the hands, stick or in any other manner. If the penalty assessed is for holding the stick, a minor penalty for "holding the stick" shall be recorded and announced.
2. A Major penalty shall be assessed to any player who injures an opponent by "holding".

4.10 Hooking

1. A Minor penalty shall be assessed to any player who impedes or seeks to impede the progress of an opponent by hooking with his stick.
2. A Major penalty shall be assessed to any player who injures an opponent by "hooking".

4.11 Icing the Puck

1. When the blue lines are used to divide the ice, any contact with the puck over the defensive teams blue line WILL NOT be called icing.
2. When the blue lines are used to divide the ice, should any player of a team equal or superior in numerical strength to the opposing team, shoot, bat, or deflect the puck from BEHIND THE DEFENSIVE TEAMS BLUE LINE BEYOND THE GOAL LINE of the opposing team, play will be stopped and icing will be called.
3. "Icing the puck" shall not be called if a team is below the numerical strength of the opposing team at the instant the puck is shot.
4. Play shall continue and the "icing the puck" infraction shall not be called if it is caused directly from either player taking the face-off.
5. If, in the opinion of the Referee, a player of the opposing team, except the goalkeeper, is able to play the puck before it crosses the goal line, but has not done so, the play shall continue and the "icing the puck" rule shall not apply.

4.12 Slashing

1. A "slashing" penalty shall be assessed to any player who swings his stick at an opponent (whether in or out of range) without actually striking him or, when on the pretext of playing the puck, makes a wild swing at the puck with the object of intimidating his opponent.
2. An automatic Double Minor , or a Major penalty, at the discretion of the Referee, shall be assessed to any player who impedes or seeks to impede the progress of an opponent by "slashing" with his stick.
3. Injury to an opponent by "slashing" shall incur a Major penalty.
4. A Match penalty shall be assessed to any player who deliberately attempts to, or deliberately injures an opponent with a slash.

4.13 Tripping

1. A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who trips an opponent. If injury results, a Major penalty and a Game Misconduct penalty shall be assessed. A penalty shall not be assessed if, in the Referee's opinion, a player is unquestionably hook-checking the puck and obtains possession of it, thereby tripping the puck carrier.
2. A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who uses his feet to knock an opponent's skates out from under him with a kicking or leg dragging motion from

behind (“slew footing”). If a player in the process of falling or sliding along the ice, hits or knocks the puck from their opponent’s stick prior to making actual body contact, the tripping shall be ignored

3. Where a player uses their stick, knee, hand, foot, arm or elbow in any manner or falls or slides along the ice directly in the path of the puck, causing the puck carrier to trip and lose possession of the puck, a penalty shall be assessed. If a player in the process of falling or sliding along the ice, hits or knocks the puck from her opponent’s stick prior to making actual body contact, the tripping action shall be ignored.

4.14 Interference/Protection of the Goaltender

1. A Minor penalty for interference or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any players who:
 - a. interferes with or impedes the progress of an opponent who is not in possession of the puck;
 - b. deliberately knocks a stick out of an opponent’s hand;
 - c. prevents an opponent who has lost or dropped his stick from regaining possession of it.
 - d. Often the action and movement of the attacking player causes the interference, since the defending players are entitled to “stand their ground” or “shadow” the attacking players. Players of the side in possession of the puck shall not be allowed to “run” deliberate interference for the puck carrier.

2. A Minor penalty for interference with the goalkeeper shall be imposed on a player who, by means of his stick or his body interferes with or impedes the movement of the goalkeeper, by actual physical contact. The penalty should be announced as “interference with the goalkeeper”.
 - a. Unless the puck is in the goal crease area, a player of the attacking side may not stand in the goal crease. If the puck should enter the net while such conditions prevail, the goal shall not be allowed. If the attacking player has physically interfered with the goalkeeper, prior to or during the scoring of the goal, the goal will be disallowed and a penalty for “interference with the goalkeeper” will be assessed and announced. The ensuing face-off shall be taken in the neutral zone, at the face-off spot nearest the attacking zone of the offending team. If a player of the attacking team has been physically interfered with by the actions of any defending player so as to cause him to be in the goal crease, and the puck should enter the net while the player so interfered with is still in the goal crease, the goal shall be allowed.
 - b. A Minor penalty shall be assessed to an attacking player, who while his team is in possession of the puck, is interfered with by a defending player, but fails to attempt to avoid making contact with the goalkeeper. In addition, if a goal is scored it shall be disallowed.
 - c. A Minor penalty shall be imposed on an attacking player, not in possession of the puck, who is tripped or caused to fall and fails to attempt to avoid contact with the goalkeeper, whether he is in or out of his crease.

- d. A Minor penalty shall be imposed on any attacking player, who makes deliberate contact with a goalkeeper whether in or out of the goal crease. At the discretion of the Referee, a Major penalty may be imposed.

4.15 Leaving the Players' or Penalty Bench

1. No player may leave the players' bench or penalty bench at any time during a fight on the ice or for the purpose of starting a fight. Substitutions made prior to the fight shall be permitted, provided the players so substituting do not enter the fight.
2. (a) For a violation of Rule 4.7(1), a Double Minor penalty shall be imposed on the player of the team who was the first to leave the players' or penalty bench during a fight. If players of both teams leave their respective benches at the same time, the first identifiable player of each team to do so, shall incur a Double Minor penalty. A Game Misconduct penalty shall also be imposed on any player penalized under this section, plus any other penalties he may incur.

4.16 Fighting and Roughing

1. A Match penalty shall be assessed to any player who is identified by the Referee as the instigator or aggressor in a fight. The opposing player may then be assessed a Match penalty if he fights back or continues the altercation.
2. If two players throw the first punch simultaneously, then both players will receive Match penalties.
3. Any player joining in a fight,, or taking part in another fight during the same stoppage of play will be assessed a Game Misconduct penalty plus any other penalty the offender incurs under the rules.
4. A Double Minor penalty shall be assessed any player(s) who, in the Referee's judgement, is (are) guilty of unnecessary rough play.
5. Any players or goalkeeper who are assessed fighting penalties in a ARCHL or in Hockey Tourney sanctioned tournaments shall be automatically suspended until dealt with by the League Commissioner. Fighting is not tolerated and will result in banishment from the league without refund.

4.17 Attempt to Injure or Deliberate Injury

1. A Match penalty shall be assessed to any player or team official who deliberately attempts to or deliberately injures an opponent, a Game Official, Team Official, or spectator in any manner.
2. Players who engage in headbutting shall be assessed a Match penalty.
3. A player who attempts to kick or deliberately kicks an opposing player shall be assessed a Match penalty.
4. A player who grabs an opponent's hair, facial protector, helmet, or chin strap and uses this as an advantage or to inflict punishment or injury shall be assessed a Match penalty.

5. A player who grabs an opponent's hair, facial protector, helmet, or chin strap, but does not use it as an advantage to inflict punishment or injury shall be assessed a double Minor penalty.
6. A Match penalty shall be assessed to any player who uses his facial protector or helmet as a weapon.
7. A Match penalty shall be assessed to any player or team official who deliberately butt-ends or deliberately attempts to butt-end an opponent by jabbing him forcefully with the butt-end of the stick, or who injures an opponent by any butt-ending action. A Double Minor penalty shall be assessed to any player or team official who uses the shaft of the stick above the upper hand, to hold or hook an opponent, or who attempts to butt-end an opponent.
8. A Match penalty shall be assessed to any player or team official who deliberately spears or deliberately attempts to spear an opponent by jabbing him forcefully with the toe of the blade of the stick, or who injures an opponent by any spearing action. A Double Minor penalty shall be assessed to any player or team official who pokes, jabs, or attempts to poke or jab an opposing player with the toe of the blade of the stick.
9. A Match penalty shall be assessed to any player who deliberately attempts to or deliberately injures an opponent with a slash, high stick, or cross-check. A Double Minor penalty assessed under this rule shall count as two (2) penalties in the application of the Three Penalty Rule

4.18 Puck must be kept in Motion

1. A team in possession of the puck in its defending zone shall always advance the puck towards the opposing goal, except if prevented from doing so by players of the opposing team. For an infraction of this rule, play shall be stopped and the face-off shall be at either end face-off spot in the defending zone of the offending team.
2. A Minor penalty shall be assessed to any player who deliberately holds the puck against the boards or any part of the goal in any manner, unless he is being checked by an opponent. Referees must determine the offending player and enforce these rules quickly.

4.19 Slap Shot "Waist high"

1. Any player who uses a "slap shot above the waist" during the game have play stop and a faceoff take place.. If an injury to an opponent results, a Major penalty shall be assessed.
2. The use of a "slap shot below the waist" has been authorized by ARCHL. The "slap shot below the waist" is to bring the stick back behind the puck to the player's waist. The spirit of the rule is to prevent injury to newer players in the stick and puck's path. At the Referee's discretion a slap shot with a backswing above the waist with a clear path behind and in front to the goal may be allowed.
3. A player who uses the action of a Fake Slap Shot for the purpose or intimidating an opposing player and/or opposing goalkeeper shall be assessed a Minor penalty.

4.20 Time of Match

1. Three 13-15-15 minute stop time periods with a 5 min warmup will be allowed for each game.
2. If a game is within one goal and there is 7 minutes stop time but only 7 minutes on the permit (leaving 5 min for shootout) the game will go to running time. There will be no reverting back to stop time for the balance of the regulation game. Penalties assessed during running time will be three (3) minutes for a Minor penalty, seven (7) minutes for a Major / Match penalty and twelve (12) minutes for Misconduct penalties.
3. If a shootout cannot be settled because we are out of ice time the team with the least penalties is deemed the winner. If it's still tied we will flip a coin.
4. In the event that a shoot-out is required to break a tie score, any players serving penalties with time remaining at the end of overtime shall be permitted to take part in the shoot-out providing his penalty is not such that would have warranted a Game/Gross Misconduct or a Match Penalty

4.21 Mercy Rule

1. Every game will be decided by a +/-6 goal differential.
2. Once we reach a 6 goal differential no future goals will count for the team in the lead as long as the score stays within 6 goals.
3. Abuse of this rule (teams in lead scoring on their own net) will result in a bench minor and the goal will not count.