

## QUEST HOCKEY 4 ON 4 RULES

Two 15-minute running-clock periods followed by running clock third period set to the end of the ice slot

- 2-minute warm-up (set clock to 17:00 with a buzzer at 15:30 indicating time to pick up pucks) with 1-minute intermissions between periods

Limited face-offs, only 1 face-off to start each period.

- After a goal, frozen puck by the goaltender, offsides, or icing, each player of the opposing team must exit the offensive zone
- No-touch icing
- All full ice divisions will play delayed/tag-up off-sides.
- Pucks off the net above the glass are live, no whistle necessary
- Full ice: change on the fly
- Half ice: change on the buzzer, 90 second shifts
- Other whistles (injured player, puck over the glass, etc.): the team that causes the whistle loses puck possession. The other team gets the puck in either the neutral zone (if the whistle occurred in the offensive zone) or the defensive zone (if the whistle occurred in the neutral or defensive zone).

Normal USA Hockey penalties, penalty shot awarded to the player who is the victim of the penalty

Penalty Shot

- The shooter starts at center ice and must maintain forward motion of the puck
- The opposing team must provide a clear path to the net and cannot chase the shooter
- Regardless of the result of the penalty shot, the goalie's team is given possession of the puck and each player of the shooter's team must exit the offensive zone

No checking or fighting

- Checking is strictly prohibited and will result in a penalty shot for the opposing team.
- Fighting will not be tolerated. Fighting will result in suspension and possible removal from the league.
- Intentional checks, cheap shots, reckless/careless acts unfit for the league, and anything deemed inappropriate or over-the-line will result in a major penalty (5 minutes) that the penalized player will be forced to serve (penalty shot awarded to the other team; the penalized team will still play at even strength 4 on 4). Another major penalty by the same player will result in immediate ejection from the game. Multiple game ejections will result in removal from the league.
- To the ref's discretion, any flagrant check or play deemed an attempt to cause injury results in a penalty shot and immediate game ejection of the penalized player.