

Quest Hockey 4 on 4 Summer League Rules of Play

Three 15-minute, running-clock periods

- 2-minute warm-up (buzzer at 15:30 indicating time to pick up pucks) w/ 1-minute intermissions between periods.
- Each team is responsible for bringing their own pucks and water bottles.

Limited face-offs | Only 1 face-off to start each period

Referee whistles play dead upon goal, frozen puck, off-sides, icing, etc.

Goal/Frozen Puck

- After a goal or a frozen puck by the goaltender, each player of the opposing team must either
 - be beyond the top of the circles; OR
 - allow a reasonable gap (at least 10 feet away from the puck and wait until the referee blows whistle to restart play.

Penalty Shot

- 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 either
 - be beyond the top of the circles; OR
 - allow a reasonable gap (at least 10 feet away from the puck and wait until the referee blows whistle to restart play.

Off-Sides/Icing

- Infraction team must exit & wait outside offensive zone until the referee blows whistle to start play.

Injured Player/All Other Whistles

- Team that causes whistle loses puck possession. Other team get's puck in either the neutral zone (if whistle occurred in offensive zone) or defensive zone (if whistle occurred in the neutral zone).
- Opposing team must give reasonable gap (10+ feet) & wait until the referee blows whistle to restart play.

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 immediate 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.

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

- Player starts at center ice without chaser and must maintain forward motion of the puck.
- Opposing team must provide a clear path to the net.

Miscellaneous

- Pucks off the net above the glass are live.
- Change on the fly.
- All divisions will play delayed/tag-up off-sides.
- No touch icing.