FVMRD Pond Hockey Rules

1. Equipment:
   1. No goalies, goalie pads, or goalie sticks
   2. All players must wear hockey helmets and hockey skates. Protective equipment is optional but highly recommended
   3. No figure skates
   4. A full cage or shield is highly recommended
   5. All players should have a dark and light jersey. The schedule will indicate which color to wear for each game.
2. Timing:
   1. Games will consist of 3 periods
   2. Each period will be seven minutes
   3. All rinks will start and stop on the master horn
   4. There will be a two-minute break between each period
   5. All games and each period will start on time. Periods and breaks between periods will be timed on the scoreboard. The timekeeper will not wait for teams to be ready.
3. Rules of Play
   1. No checking
   2. No slapshots
   3. Players cannot fall or lay on the ice in an effort to protect the goal area. Such action will result in a goal being awarded to the other team.
   4. Goaltending is not allowed. Players may not patrol, “camp out”, or remain stationary in the crease area. A defender may deflect the puck in the crease area but they must do so while moving through the crease area. The crease area is defined as an imaginary box extending out four feet from the outside corners of the goal.
   5. Saucer passes- pucks that are lifted low, below the knee- are acceptable.
   6. If a puck goes out of bounds then the last team to touch it loses possession.
      1. During the restart the defender must give 2 stick lengths of space to the inbounding player
   7. There are no off-sides or icing calls
   8. Teams must give their opponent ½ ice after a goal is scored
   9. All games will be running time
4. Rule Infractions
   1. Rink monitors will be observing all games and calling penalties when necessary.
   2. Penalties will be called for rule infractions. Penalties called by Rink Monitors are final. A minor penalty will result in possession of the puck awarded to the opposing team. Rink Monitors will have the discretion to also award a goal to the opposing team when a minor penalty is flagrant and/or a team is consistently playing in a reckless manner.
   3. Any major penalty, which includes any action that could possibly injure another player, will result in that player being ejected from the league.
   4. No checking is allowed. Such action will result in a minor penalty unless deemed serious enough to be a major (Rink Monitor discretion).
   5. Abuse of Rink Monitors will be considered a major penalty. This includes yelling, swearing, or arguing about calls.