



DISTRICT 2 HOCKEY

RULES AND REGULATIONS

The objective of District 2 Hockey is to foster a fun, healthy, and competitive environment where the participants can learn teamwork, discipline, and respect, and develop their athletic ability. The adults, parents, coaches, and administrators of the organization will instill honesty, courage, loyalty, and appreciation for the sport in our youth so they can grow to become productive members of society.

Divisions and Age Groups

1. Chipmunk (4-6 yrs old)
 2. Penguin (7-9 yrs old)
 3. Beaver (10-12 yrs old)
 4. Cadet (13-15 yrs old)
 5. Freshman (16-19 yrs old)
- Players must play in their appropriate age groups only, and will only be permitted to play up a level if a written request is made by the parent/guardian, and approved by the D2 Board. Players cannot be rostered on two teams in different age groups.

Section I: Equipment Requirements

1. Dek Hockey shin pads of any kind must be worn by every player, except goalies. Shin guards must be worn on the outside of any clothing so it is visible to the Officials.
2. Goalies are required to wear goalie pads, chest protector, facemask, and other protective equipment. Gloves of any kind must be worn by forwards and defensemen. No cutoff fingers are permitted.
3. All players must wear a helmet and full face shields or mask. Mouth guards are optional,
4. Boys in the Beaver level (10-12) and up must wear athletic supporter with cup.
5. Coaches are responsible for any/all equipment provided to them by D2. Equipment may be issued at the beginning of the season, and returned in full upon season's end.
***(Anyone needing to turn in damaged equipment, or replace lost or stolen equipment, may do so with the equipment manager prior to being reissued another set).**
6. No jewelry shall be worn during the game. All jewelry must be removed prior to the start. Anyone wearing jewelry may be assessed a minor penalty, unless jewelry is medically required.

Section II: Jersey Requirements

1. ALL players must wear matching jerseys. Teams or players not having matching jerseys MUST request and exception from the Dek Manager, who may grant a temporary allowance at their discretion.
2. **No alterations are to be made to any jersey in any manner. Any alterations will result in the player being removed from the game, and required to reimburse the league for the purchase of an additional jersey.**

Section III: Helmet Requirements

1. Helmets MUST be worn at all times while on the Dek, including in the players bench area.

Section IV: Officials and Benches

1. All games for Penguin (7-9), Beaver (10-12), Cadet (13-15), and Freshman (16-19), will have at least one official. This official is responsible for ALL calls.
2. The Chipmunk (4-6) A maximum of three (3) coaches from each team are allowed on the Dek with the players.
3. *****NO PARENTS OR SPECTATORS, OTHER THAN COACHES, ARE ALLOWED ON THE PLAYER BENCHES DURING PRACTICES AND/OR GAMES. ANY SPECIAL REQUESTS OR ACCOMODATIONS ARE TO BE PRESENTED TO THE D2 HOCKEY BOARD*****

Section IV (A): Official Abuse

1. **No coaches or players may verbally argue or abuse the referees or officials. Any players, head coaches, or team representatives who persist in arguing, or verbally abusing referees may be suspended for one (1) game, subject to D2 Board review.**
2. No player, coach, or any team representative will strike, or attempt to strike a referee under any circumstance. Doing such will result in permanent removal from the organization.
3. All penalty calls or game situations will only be discussed by the team's head coach and the head referee.

Section V: Damaging of Property

1. Anyone who willfully damages the rink area, or any part of the rink, will be subject to removal from the dek and/or park, and will be required to make restitution prior to re-admittance to the league.

Section VI: Basic Playing Rules

1. **A game will consist of three (3) ten (10) minute periods.**
 - a. **The first period will be a running clock**
 - b. **Clock will stop on every whistle in the (2nd and 3rd) period, provided it is less than a five (5) goal differential.**
 - c. **Any team losing by 8 or more goals in the 3rd period, the game will be stopped regardless of the time.**
2. If there is a tie after regulation, there will be a three (3) minute overtime period, with the clock stopping on all whistles.
3. If the game is tied after the overtime period, there will be a shootout of three (3) rounds.
 - a. If still tied after the three (3) rounds, each time will provide an additional shooter until the game is won. All players must shoot once before any player is permitted to shoot again.
4. Wins = 2 pts; Losses = 0 pts; OT wins = 2 pts; OT Losses = 1 pt
5. Each team receives one (1) timeout per game. An additional timeout will be granted for overtime.
6. Playoff seedings are determined by total points. The first tiebreaker will defer to the overall head to head record. The next tiebreaker will be total goals allowed. If still a tie, tiebreaker will be a coin toss.

Section VII: Playing Rules (A)

- Standard NHL rules apply with modifications listed in Section VII Playing Rules (B).

Section VII: Playing Rules (B)

1. Offsides line will be the center (yellow) line of the Dek.

2. **All icing is automatic once the ball crosses the opposite goal line, and will be called from behind the defensive zone red line.**
3. Minor Penalties – one (1) minute; Double Minors – two (2) minutes; Major Penalties – two and a half (2 ½) minutes; Double Majors – Five (5) minutes
 - a. All major penalties may result in a game misconduct, and are subject to the D2 Board review for further action.
4. **Any player receiving three (3) minor penalties in one (1) period, also will be given a game misconduct.**
5. Any intent to injure another player, whether injured or not, will be a major penalty subject to D2 Board review.
6. Any player that leaves the bench during an altercation will receive a game misconduct, subject to D2 Board review.
7. Any player that fights with another person will receive a major penalty, game misconduct, and subject to D2 Board review.
8. Players are allowed to close their hand on the ball during play, but cannot take a step with it, nor can they hold it for more than a second.
 - a. Player are encouraged to use their feet, but if the ball is stepped on and held intentionally, it will result in a minor penalty for Delay of Game.
9. Offsides will be called using center (yellow) line. Touch-up offsides is allowed.
10. If a team does not show up for a game, or cannot field a team with appropriate call-ups, the game will be forfeited.
 - a. Two (2) forfeits in a season may result in the forfeiture of the remainder of their games.

Section VIII: Infractions/Penalties (ALL AT REFEREE'S DISCRETION)

1. **Delay of Game:** Minor Penalty
 - a. Any player other than goaltender that closes their hand on the ball for more than one (1) second.
 - b. Any player other than goaltender that intentionally covers ball with their hand or other body part.
 - c. Any player, including goaltender that intentionally shoots the ball from the playing area.
 - d. If the goaltender covers the ball behind the net.
 - e. Any player that leaves the player bench to celebrate a goal.
 - f. Any player/coach that stalls for time after a warning has been given.
 - g. Goaltender freezes the ball after being instructed to play on.
 - h. Any player that intentionally knocks the net off its position.
2. **High Sticking:** Any player that raises the blade of the stick above shoulder height for any reason, other than in the act of shooting – Minor Penalty if unintentional; Major Penalty and possible Game Misconduct if intentional.
3. **Interference:** Impeding the progress of an opposing player without the ball – Minor Penalty

4. **Goaltender Interference:** Any player that makes contact with the goalie in the crease – Minor Penalty
 - a. Any player that runs through or stands in the crease will result in a faceoff in the opposing neutral zone.
5. **Holding:** Any player that grabs the opponent's body or stick – Minor Penalty
6. **Hooking:** Any player that impedes the progress of an opponent by putting the blade of their stick upside down on the opponent's stick or body – Minor Penalty
7. **Butt Ending:** Any player that strikes or attempts to strike an opponent with the butt end of their stick – Major Penalty, Game Misconduct
8. **Charging:** Any player that takes two or more steps towards another player and makes contact – Minor Penalty
9. **Elbowing:** Any player that strikes an opponent with their elbow – Minor Penalty if unintentional; Major Penalty if intentional; Possible Game Misconduct
10. **Kneeing:** Any player that strikes opponent with their knee – Major Penalty; Possible Game Misconduct
11. **Slashing:** Any player that swings their stick at an opponent's body, whether there is contact or not – Minor Penalty; Major Penalty; Possible Game Misconduct
12. **Tripping:** Any player that takes the legs out from under an opponent with their stick or body – Minor Penalty
13. **Roughing:** Any player that uses unnecessary roughness against another player – Minor Penalty
14. **Boarding:** Any player that intentionally pushes an opponent into the boards – Minor Penalty; Major Penalty; Possible Game Misconduct
15. **Spearing:** Any player that strikes, or gestures to strike an opponent with the tip of the blade of the stick – Major Penalty; Double Major Penalty; Possible Game Misconduct
16. **Sliding:** Any player, other than goaltender that slides on their knees, and makes contact with another player for any reason – Minor Penalty
17. **Fighting:** Game Misconduct; Possible season long suspension
18. **Throwing Equipment:** Game Misconduct
 - a. If equipment is thrown at a player during a shot on goal, a penalty shot will be awarded.
19. **Penalty Shots:** Will be awarded when:
 - a. Defensive player hooks or trips an offensive player on a breakaway with a velar path to the net
 - b. Any defensive player, other than the goaltender covers the ball in their own crease.
 - c. Any defender, including the goaltender that intentionally knocks the net off its position during a breakaway.
20. **Unsportsmanlike Conduct:** Major Penalty. Possible Game Misconduct will occur in the opposing neutral zone.
 - a. Any player verbally abuses other players, coaches, referees, or spectators.
 - b. Using foul language.
21. **Coincidental Minor Penalties:** Teams will play shorthanded during the shifts of the penalized players.

22. **Bench Penalties:** Minor Penalty; Major Penalty; Possible Game Misconduct.
23. **Hand Pass:** Hand Pass is only allowed in the defensive zone between two defenders. Otherwise, a faceoff
24. **Playing with illegal Equipment:** Minor Penalty

- **All Game Misconducts are an automatic additional game suspension, and subject to D2 Board review for further action**
- Any player that receives two (2) suspensions in a season may be suspended for the season if deemed so by the D2 Board.
- Any coaches ejected must leave the Dek immediately. Any players ejected will remain on the Player Bench until released to parent/guardian.

Section IX: Call-Ups

1. Teams can call-up players from the age group below theirs, with the following requirements/restrictions:
 - a. Can only call-up enough players to match the number of players for the other team. (e.g. if you have 6 players, and the other team has 8, you can only call-up 2 players)
 - b. Call-Ups can bring the number of players to eleven (11)
2. No call-ups during playoffs (**NO EXCEPTIONS**)
3. If call-ups receive a Game Misconduct or suspension, it must be served in the call-up's appropriate age level.
4. **Call-ups may not play more minutes than a regular player.**
5. Player can never be called down to play in an age group below the division they are registered in.

Section X: Travel Teams

1. In order to participate for the D2 Travel Team, you must be a member of the D2 organization or pay a fee to participate. At least half of the players on a travel team must be rostered in-house players of D2
2. Age is determined by the age the participant on January 1 of that year.
3. The Travel Team rosters will consist of a maximum of 18 players. (This is depending on tournament and coach/board decision.
4. Travel team rosters must be approved by the D2 board prior to submitting a tournament request