| Objective          | - Ice Hockey is a game played by two teams and 6 players per team (including 1 goalie)  
|                   | - All players must wear helmets and protective gear  
|                   | - Object is to score more goals than the opponents  |
| Game Length       | - Games will consist of three 20 minute runtime periods with a one minute break in between  
|                   | - If there is no winner at fulltime there will be a 3 round shootout  |
| Equipment         | - Each player must have their own full protective equipment  
|                   | - CSA approved helmets are required with full shields/cages which must be worn at all times  
|                   | - Teams should bring both a light and dark colored Jersey to each game  |
| Roster and Eligibility | - Teams are comprised of maximum 6 players on the ice at one time  
|                   | - Teams can start with 5 players if that is all they have  
|                   | - CoRec - maximum of four self-identified males on the ice at one time. The goalie is not included in satisfying gender requirements.  
|                   | - Open - no gender requirements  
|                   | - Rosters max out at 18  |
| Game Rules        | - Rules follow the NHL and Canada Hockey’s Rulebook  
|                   | - Player substitutions will be made on the fly  
|                   | - To score a goal, the puck must fully cross the goal line  
|                   | - Hitting is not permitted at any time  
|                   | - Faceoffs will occur from any stoppage of play.  
|                   | - All penalties will be called by referees  
|                   | - Contact should be avoided when possible  
|                   | - No slapshots above the waist allowed  |
| Penalties/Misconduct | - Penalties will be called following the guidelines of the NHL and Canada Hockey’s Rulebook  
|                   | - If a penalty is committed players will sit in the box for 3 minutes (because of runtime)  
|                   | - Any foul or action deemed inappropriate by the referee that warrants dismissal from the match will result in immediate suspension of the player until a meeting is held and the incident is reviewed. Examples of offences warranting dismissal from the match:  
|                   | - Spitting on another player  
|                   | - Putting your hands on and/or fighting with another player (swinging at or pushing another player will result in ejection)  
|                   | - Abusive language towards other people or the referee  |
- Sexual, racial, or religious comments towards other participants or staff
- Continued infractions of the laws of the game
- Any other offences deemed inappropriate by the referee