



Rochester Spring Hockey

RSHL League Rules 2023

RSHL rules are designed to make the game fun, keep play moving and to waste as little time as possible. We try to get as much “playing time” in our allotted ice time as possible. Our goal is to reduce the stoppages that take up valuable ice time. We are also aware that spring is a busy time for families, and our goal is to ensure a quick, safe and efficient mini season of hockey so that people can get outside to enjoy the spring weather!

- No Checking
- Tag-up offsides
- All penalties result in a penalty shot
- No timeouts
- Puck is in-play off the netting around the rink (unless a bounce results in an immediate goal without the defense having an opportunity to defend.) Referee will use judgement.

Game Clock Format and Speed up Rules

Two 17 min periods (34min of STOP TIME). Game clock begins at 20:30 and starts when the Zamboni doors close, or as soon as the listed game time, if spring hockey is first ones listed for ice use. The Scorekeeper will sound the buzzer when the clock hits 18:15. This will give the players 1 minute and 15 seconds to pick up the pucks and be ready for the face-off. The clock will not stop, and players and refs need to be ready to drop the puck at 17:00. **Again the clock will NOT stop until the first whistle.**

When the first period ends, the scorekeeper immediately puts 18:00 on the clock and will start it. This gives the teams 1 minute between periods. Again, the clock will NOT stop, and players and refs need to be ready to drop the puck at 17:00. The clock will not stop until the first whistle.

Coaches Note: Have your starting players selected in the locker room prior to the game so that they can be ready for the face-off as the clock will not stop. The same goes for the 2nd period.

Penalties: Any player receiving 4 penalties in a game will receive a game misconduct and will be out for the remainder of that game only. Referees can issue typical additional discipline at their discretion including but not limited to: Misconducts, unsportsmanlike conduct and major penalties. In such cases there will be a penalty shot and the player would sit in penalty box for time assessed (plus a whistle) with 5-on-5 play continuing. Coincidental minor penalties DO NOT require penalty shots but the offending players must come off the ice until their next shift.

Penalty Shot Procedure: Teams go back to their bench area, and the player taking the shot goes immediately to the center ice area. Referees will help make the happen quickly. Only the player that drew the penalty can take the shot.

Substitutes: Subs can only be used with prior approval of the RSHL staff and supervisor on site. Coaches, if you are missing a player it is important that you let a RSHL supervisor know as soon as you find out so that we can make a decision as to whether a sub is appropriate. Coaches: Please email RSHL (admin@rochesterspringhockey.com) as soon as you become aware of an attendance issue. RSHL will work with the coaches to identify substitutes. **ONLY** players that are registered with RSHL are eligible to sub and only with approval from RSHL supervisor. **NO EXCEPTIONS!**

5-on-5: Our default is 5-on-5 play. If either team has less than 10 skaters, the coaches and RSHL staff may agree to play a game in a 4-on-4 format. Any such decision is to be made before the start of play.

Playoff Seeding: Team rankings will be determined as follows:

1. Total points earned (Win=2, Tie=1, Loss=0)
2. Head-to-head record between any teams tied in points
3. Best goal differential among remaining tied teams (GF-GA)
4. Coin toss

Team Balance: RSHL management may trade players between teams at any time during the season. Such movements are to provide team balance and a more enjoyable experience for all participants.