2026 4x4 Hockey Rules

Divisions - Team & Player Placement

Teams and players will register in the division of their choice; however, the league reserves the right to move a team or player into whatever division they feel is best, to ensure balanced, safe & competitive play. In the event of there not being a position to move a player into, the player will receive a full refund.

If you are unsure of where to place your team or player, please contact the league at www4x4hockeyca@outlook.com.

In game rules…

A. Regular Hockey Canada rules will apply.
B. 4x4 Hockey "officials" consist of, referees, scorekeepers and other league representatives.
C. All games are non-contact.
D. Goal limits: No player can score more than 2 goals in a period or score more than 4 goals in a single game; the coach, manager and player are responsible for tracking goals scored by an individual player, the referee and/or scorekeeper may, or may not, advise the coach/team that the player(s) can no longer score.
    - If a player reaches his or her maximum numbers of allowed goals in a game, they may still score as many goals as they need in the post-game shootouts.
    - Any player who scores and exceeds 2 goals in a period, or 4 goals in a game, will receive a minor penalty. A subsequent penalty of this type, in the same game, will receive a double minor.
E. Offsides: Whistle blown then offensive team clears zone and then can attack again; same as a delayed offside. No face-off.
F. Icing: Whistle blown then offending team clears centre ice then may attack again. No face-off.
G. Face-offs: Face-offs will only be used to start periods, after goals and to start penalties.
H. Hurry up face-offs: the puck may drop when officials are ready to resume play; regardless of whether one team, or both, is/are missing from the face-off circle.
I. Line changes: Only allowed "On the Fly", to maximize ice time in play.
J. Clock never stops – except if there is 1or 2 goal lead, in the last 2 minutes of the 3rd period, but only in the playoffs; and for injuries.
K. Penalties:
    - Penalties will be 5 on 4 and 90 seconds long.
    - Penalties start when the puck is dropped and then will run non-stop until penalty over or goal scored.
    - Team with power play adds a player to the ice, team receiving penalty also adds a player to ice to replace player serving penalty.
    - If a goal scored player serving penalty exits penalty box and play reverts to 4 on 4 for faceoff.

- **If no goal is scored, when the penalty expires the player in penalty box will exit penalty box and play will be 5 on 5 until the puck is in the neutral zone or at the 1st whistle, whichever comes 1st. Once the puck is in the neutral zone 1 player from each team must leave the ice immediately or a too many men penalty may be assessed.**
- **Penalty format for multiple penalties is the same as MHA play.**
- **Coincidental penalties will be 4 on 4.**
- **Intentional body contact will always result in a penalty; if in the discretion of the referee the contact is severe, a game misconduct and a review by the league for further suspensions will follow.**
- **When a player receives a 4th penalty in any game, they will receive a minor penalty, and may be immediately ejected from that game at the discretion of the game officials, ie. referee, league official or scorekeeper.**

L. **Game & Period lengths: Each game will have a 1 - minute warm-up followed by 3 – 17-minute periods. There will be 30 second intermissions between periods.**
M. **Game times = various times on various days. April to June. TBD each season.**
N. **Seasons have 10 regular season games and 1-4 playoff games at minimum, 11 games guaranteed, 13 or 14 total games are possible in a season with playoffs.**

Game Sheets

O. **A team representative must complete the game sheet prior to all games, ensuring players are correctly listed; spares must be noted, absent players scratched, and the Jersey numbers listed are confirmed correct.**
P. **No stats will be kept for the Initiation or Novice Divisions; however, game sheets are still required to be filled out.**
Q. **Stats kept for U11 to U15 will only reflect points for the goals up to 10, or if the scoring of a team exceeds 10 goals and the other team is within 5 goals of the winning team, then points will be allowed as follows.**
    - **if the losing team scores 8 goals and the winning team scores 16, the points that will be counted will be up to 13 goals (8+5). However,**
    - **if a player scores or assists on a goal that, because of the forgoing example is not eligible, the point will be eligible if it is the only goal or assist that player had in the game.**
R. **The arena scoreboard will never show a score differential of more than 5 goals; unless the losing team reduces the lead to less than 5 goals, then the real score will be displayed, and adjusted to a maximum of a 5-goal difference when necessary.**
S. **The maximum goals recorded on the website for a winning team will be 10; unless the score becomes less than a 5-goal gap. Scores will then rise to reflect the score as a 5-goal win. IE> if the losing team reaches 6 goals, then the final score will be 11-6; 12-7; 13-8 and so on, assuming the winning team scored more than 10 goals. If not, the actual score will be recorded.**

Forfeits

T. If a team does not take to the ice within 10 minutes of the scheduled ice time, they will go down 1 goal if subsequently the game starts late. If the game is forfeited, the late or absent team will have a losing score of 1-0 entered. If the game starts late, this will also eliminate that games shootout and may shorten the length of the 3rd period.

AP's & Spares

U. A skater may only spare once for another team & no more than 3 teams and 3 overall games in total.
V. The parents or guardians of spares agree that they assume all risk of their child playing up a division, if applicable, and that participation is purely at their own discretion.
W. The league does not accept any responsibility for the decision of any parent or guardian for their player(s) to play up 1 or more divisions.
X. The league does not accept any responsibility for any injury or for any other negative experience of a player playing at any level or participating and attending 4x4 games.
Y. Use of spare players must be approved & will mainly be recruited by the league, the league will usually provide the spares to the teams; spares can be recruited by teams independently; however, as with all spares, they will require the leagues' prior approval.
Z. Teams must ice at least 7 skaters plus a goalie to play the game, less than this is a forfeit.
AA. At least 5 of the required 7 skaters need to be from the team's regular roster, less than this is a forfeit.
BB. When using spares, the team cannot have more than 9 skaters, regulars and spares together.
CC. Teams cannot use more than 2 spares in any game.
DD. Goalies are exempted from spare rule U.
EE. Teams may choose to forfeit and then bring any players they wish, that are allowed to play at their level who are registered in 4x4 Hockey, up to 12 skaters and a goalie. We will play the game as normal with referee(s) and scorekeeping still provided.
FF. Teams can register up to 12 skaters plus a goalie, with a minimum of 9 skaters and a goalie. 12 skaters are recommended; this helps when there are conflicts with other activities for players.
GG. Teams using spares must clearly note this on the game sheet,
HH. Teams using players /spares that are not registered may forfeit their next game. A second time = 3 games. At a third event, the team will be ejected from the league pending an appeal.
II. Spares knowingly sparing twice for another team may be suspended 1 game from their team's schedule.
JJ. The team using unauthorized spares may have to forfeit that game, if a protest is lodged by the opposing team within 1 hour of the end of the game. However, the league can decide to forfeit the game at any time, at the league's discretion if the circumstances warrant it.
KK. Teams can have up to 12 skaters and 1 goalie on their roster, plus a spare goalie if they wish. There are special circumstances (league pre-approved) where a roster may have more than 12 skaters, but even then, in any game a team with more than 12 skaters rostered plays in, only 12 skaters may play.
LL. 4x4 Hockey does not allow part-time "spare" skater registrations; however, spare goalies are allowed to register as spares for teams for a reduced season fee.

MM. We do not allow non-registered players, skaters or goalies, to a pay a "drop-in fee" to play single games.

Spare Goalies'

A. Goalie AP sparing is not limited; however, the approval for a goalie to play is required and at the discretion of the league.
B. Spare goalies may spare for any team in their division age division, Div I to IV or higher.
C. Goalies can spare for another team on an emergency basis with pre-approval from the league in both regular season and playoff games.
D. Goalies may play for any team in their division or higher, and more than once if needed, with league approval.
E. Spare goalies are welcome to dress and be on the bench for any game.
F. The U7 Initiation goalie equipment is supplied by the league, the equipment is picked up from the league prior to their games at the scorekeeper's box; the goalie position should be rotated through all players, if possible.
G. Teams can choose any player they wish from their roster to goal-tend any or all their playoff games.

Playoff Spares

H. No skater may play for another team during the playoffs. They must only play for the team they are registered to – they cannot spare for another.
I. Goalies registered as full time or spare players on any 4x4 hockey team may play for another team during the playoffs on an emergency basis only with the permission of the league. Following the 4x4 Hockey playing rules for goalies.

Playing up or down a division

J. Female players may play in their age division or comp division 1 division lower. All female teams can play in one division lower than their age division, ie. U9 or down to U7.
K. Players may register onto teams one level up. ie. A player who is novice age may play in Atom Rec. Playing in a higher division, ie. Atom Comp requires the league's permission.

Roster Sizes

L. Teams can have 1 full time goalie and from 9 to 12 skaters, a maximum of 13 players in a game and on their roster.
M. Rosters must be finalized, ie. no roster additions after the 4th game, with limited league approved exceptions, ie. player injury.
N. Teams must ice at least 7 skaters plus a goalie to play a game, at least 5 of these 7 skaters need to be from the team's regular roster.

Shootouts

O. When a game ends in a tie; the regular post-game shootout will determine the winning team, as games will never end in a tie.
P. In shootouts, if each team has the same number of shooters, after each team has shot the team with the most goals win.
Q. If one team has more shooters than the other, after the team with fewer skaters has exhausted its shooters, they will finish the initial shootout using shooters in reverse order, if still tied the order is reversed every time through.
R. If still tied, the shootout will become sudden death, ie. in each subsequent pair of shooters, whoever scores will win if the other team does not score.
S. Slapshots in the shootout are prohibited: If a shooter takes a slapshot, the offending team will lose the goal scored if the slapshot scored and an additional goal from their total whether the slapshot scored or not. This player will also lose their shootout opportunity, should there be a 2nd opportunity for that player to shoot in that game's shootout. Repeat offenders may lose their shootout opportunity for the rest of the season.

Playoff Shootouts

T. In the playoffs, the shootout will be taken by 4 shooters to determine the winning team, shooters are determined by the team.
U. After the 1st - 4 shooters, if still tied, it becomes sudden death and the next shooters must be by players yet to have taken a shot.

Referees

V. Wherever possible there will be 2 referees refereeing U9 to U15 games. U7 & U9 games will usually have 1 referee.

Playoffs

W. Tie Breaker rules: The 4x4 playoff standings are determined by total points. If two or more teams are tied in total points, the tie is broken using the following criteria, in order:

1. Teams tied in the standings: and one of the teams was moved up from another lower division, the 1st tie breaker goes to the team who is playing in their original and higher division, ie. If two or more teams are tied, the team that was moved up a division will finish behind the team or teams they are tied with.
2. If rule 1 is not applicable…
3. Head-to-Head Record: Most wins in games amongst tied teams.
4. If still tied: Most goals scored in head-to-head games.
5. Coin Toss

Other Rules…

1. **Online registration MUST be completed by a parent or guardian. All players must have had their parents/guardian register them online and paid in full. The parent/guardian must have read/signed the on-line 4x4 Hockey league waiver. If this is not completed the player cannot take the ice.**
2. **Participation by players & coaches is at the participants' own risk.**
3. **It is the duty of all players, coaches, managers and parents/guardians at league games to report to the rink attendant anything that is a hazard to the safety of participants or fans. Including reporting abusive behavior by any participant or fan.**
4. **No recording devices are permitted in dressing rooms. Anyone caught using these devices inappropriately may be suspended from the league.**

Coach, player, parent or fan ejection / Suspensions

5. **Abuse of on or off ice officials, other teams or your own players or staff, rink staff or anyone watching games will NOT be tolerated. Suspensions or ejections can be made by any official, either on or off-ice official, of 4x4 Hockey and is in their sole discretion.**
6. **Suspensions from 1 game to eviction from the league are possible sanctions imposed by 4x4 Hockey.**
7. **If anyone, including a coach, player or parent, is suspended there are no refunds.**
8. **When there is a suspension, and the suspension is in dispute #'s 9 – 12 below will apply.**
9. **The appeal process is triggered by an email reply to the league's suspension notification email. Simply advise that you wish to appeal.**
10. **You have 2 days to request an appeal. If no appeal is received the suspension remains in place for whatever length is deemed appropriate by the league from 1 game to the entire season.**
11. **Should an appeal be lodged, the appeal will be conducted by a panel of 3 independent hockey personnel, they will be unfamiliar with the suspended party or others involved.**
12. **The appeal panels are allowed up to 3 days from receipt of the appeal to render a decision. Their majority decision will be final.**

Team officials Criminal Record Checks

13. **If a coach with a valid CR is not available to supervise the bench, there should be a minimum of 2 parents of 2 different players, always supervising the players on the bench. This includes supervision of the dressing rooms.**
14. **Siblings and / or friends of players or parents etc. cannot be on the bench at any time.**
15. **It is the team manager's, parents and coach's responsibility to ensure that anyone on the bench during a game have a valid (no more than 2 years old) Criminal record check.**

Dressing Rooms

16. **There should always be 2 unrelated supervising adults in the team's dressing room when players are present.**
17. **Teams need to be dressed and exited dressing rooms within 20 minutes from the conclusion of games.**
18. **The dressing rooms will be left as clean or cleaner than when you arrived. Damage cleaning of dressing rooms may result in a team being forced to forfeit their next game or eviction from league without refund.**

19. **Teams arriving and finding a dressing room in poor condition MUST advise the rink attendant prior to using the dressing room. If not, they may be held responsible for the condition of the dressing room.**

Team and Player Registration fees

20. **Teams can have 10 to 13 full-time players; this is decided by the team's manager / or the league for teams managed by the league. Team managers are responsible for the entire team fee, although as a courtesy, players are allowed to register and pay individually. The per player fee is the team fee divided by roster size, ie. the team fee divided by the 10-13 players required, as decided by the team manager.**
21. **All teams must register and pay for all players, skaters and a goalie before the registration deadline, March 10th each season.**
22. **If the entire team fee is not paid prior to the league start the team will not be allowed to play until the entire fee is paid.**
23. **If the team fee is not paid prior to March 10th, the team will also lose their spot in the registration line and may be bumped out by teams that may have registered later but have paid in full sooner.**

Refunds

1. **If a team or player who has registered and paid by the deadline decides not to play, prior to the February 10th refund deadline, they may be refunded, less a $35 per player administration fee.**

2. **There are NO refunds after February 10th each season; however, if a discretionary refund is offered after February 10th for an unforeseeable event, there will be a $85 player administration fee, this pays for the cost of registering the team or player on-line, equipment, jerseys, administration time and other miscellaneous costs already incurred.**

3. **If COVID-19 restrictions, or for any other reason, cause a cancellation of the season prior to February 1st each season, full refunds will be provided less a $35 administration fee. If play is permissible on February 1st, then the league will begin the season's preparations. Subsequently, if a season is cancelled after February 1st, the refund will only be for the ice refund and will be pro-rated based on the games played, and only if the arena management provides a corresponding full ice refund.**

****

Missing situations / Rules written incorrectly.

If a situation occurs not covered by these rules, and / or a rule has been written incorrectly or without sufficient clarity, a ruling will be made by the league to amend the rule, or add a rule, to cover the missing situation as soon as possible. The new rule can be implemented retroactively if needed to deal with the situation at hand.