

2025 ESSO MINOR HOCKEY WEEK

Game Format and Special Rules

These rules apply to all leagues except U9.

- 1 The HOME team will be the top team in each bracket and will provide the game sheet.
- 2 Each team must supply two off-ice officials for all games. The Home Team will be responsible for the Timekeeper and Home Penalty box; the Visiting team will be responsible for the Scorekeeper and Visitor Penalty box. Off-ice officials should be in position at least five minutes before the scheduled start of the game. **As game officials, they are expected to remain neutral and conduct themselves in a respectful manner.**
 - For U13AA, U15AA, U16AA, and U18AA, all four off-ice officials will be supplied by the Home Team
- 3 Warm Up: Each game will have a 3-minute warm up. The clock will start at the scheduled start time, regardless of whether or not the teams are on the ice. If the teams are not on the ice, the timekeeper should sound the horn to alert them.
 - U13AA, U15AA, U16AA, and U18AA will receive a 5-minute warm up
- 4 **GAMES WILL NOT BEGIN BEFORE THE SCHEDULED TIME** with the following game format being observed:

GAME FORMAT	
GAME LENGTH	PERIOD LENGTH
1 hour permit	13, 13 & 13 minute stop time periods
1 ¼ hour permit	15, 15 & 15 minute stop time periods
1 ½ hour permit	15, 20 & 20 minute stop time periods
1 ¾ hour permit	20, 20 & 15 minute stop time periods (flood after 1 st at the discretion of the Arena Staff)
2 hour permit	20, 20 & 20 minute stop time periods (flood after 2 nd at the discretion of the Arena Staff)
2 ¼ hour permit	20, 20 & 20 minute stop time periods (flood/scrape after each period)

- 5 In addition to the period lengths, Timekeeper shall set:
 - 30 second break between each period.
 - 30 second break after regulation prior to shoot out or overtime.
- 6 **Teams may not take the ice more than 5 minutes prior to the scheduled time.**
- 7 Time outs are NOT permitted.
 - U13AA, U15AA, U16AA, and U18AA are permitted one 30-second timeout per team
- 8 **GAMES WILL END AT THE SCHEDULED TIME REGARDLESS OF WHEN THE GAME STARTS.** If delays occur for any reason, including a previous game going late, and the game cannot be completed within the scheduled time, the following procedure must be followed:
 - At the first stoppage of play when time reaches five (5) minutes left on the permit, the timekeeper will notify the referee. At this stoppage in play the clock will be reset to two (2) minutes and the remainder of the game completed with stop time.

Games Tied at the end of Regulation (except Championship Games)

During Esso Minor Hockey Week if after regulation time the game remains tied, the teams will proceed to a shootout. The rules governing the actual shot will be the same as [Hockey Canada's Official Rules 2022 – 2024](#) Rule 4.11 Penalty Shot.

The shootout procedure shall be as follows:

- 1 The ice will not be re-surfaced prior to the shootout.
- 2 The Teams will not change ends for the shootout.
 - a. The Home Team has the option to shoot either first or second.
 - b. The teams shall alternate shots.
- 3 Three (3) players from each team shall participate in the shootout and they shall proceed in such order as the Coach selects. All players are eligible to participate in the shootout unless they are serving a 10-minute misconduct or have been assessed a game misconduct, gross misconduct, game ejection, or match penalty.
- 4 Once the shootout begins, the goalkeeper cannot be replaced unless they are injured. No warm-up shall be permitted for a substitute goalkeeper.
- 5 Each team will be given three shots unless the outcome is determined earlier in the shootout. After each team has taken three shots, if the score remains tied, the shootout will proceed to a "sudden victory" format.
 - a. Sudden victory is achieved by each team sending one additional shooter, should one team score and the other not, a winner will be declared. If both shooter's score or both shooter's miss, then each team will send another shooter to participate until one team has scored and one has not.
 - b. No player may shoot twice until everyone who is eligible has shot once.
 - c. It is the scorekeeper's responsibility to place a check beside each shooter as they shoot during the shootout.
- 6 If a team declines to participate in the shootout procedure the game will be declared as a shootout loss for that team.
 - a. If a team declines to take a shot it will be declared as "no goal".

Championship Games Tied at the end of Regulation

- 1 If the score is tied at the end of Regulation, a three-minute, 3-on-3, sudden victory overtime period shall be played. (Three (3) skaters and one (1) goaltender, or four (4) skaters and no goaltender).
- 2 Teams will not change ends for the overtime period.
- 3 Overtime period will be stop time. Teams may change on the fly at any time.
- 4 Goaltenders may be removed at any time during overtime and replaced with another skater
- 5 At no time will a team have less than three (3) players on the ice.
- 6 If the three (3) minute period has expired and the game remains tied, a shoot-out will determine the winner following the same format as per above.

Penalties During Overtime (Championship Games)

- 1 Penalties incurred in regulation time and not completely served will carry forward into overtime and will be completed in overtime unless the game is ended.
 - a. Should regulation time end and a team is on a 5-on-4 man advantage, that team shall start overtime 4-on-3. Once player strength reaches 4-on-4, at the next stoppage of play, player strength is adjusted to 3-on-3.
 - b. Should regulation time end and a team is on a 5-on-3 man advantage, that team shall start overtime 5-on-3. Once player strength reaches 5-on-4 or 5-on-5, at the next stoppage of play, player strength is adjusted to 4-on-3 or 3-on-3 as appropriate.
 - c. Should regulation time end and a team is on a 4-on-3 advantage, that team shall start overtime 4-on-3. Once player strength reached 4-on-4, 5-on-4, or 5-on-5, at the next stoppage player strength is adjusted to 3-on-3 or 4-on-3 as appropriate.
 - d. Should regulation time end and teams are 4-on-4, overtime will start 3-on-3. Once player strength reached 4-on-4, at the next stoppage player strength is adjusted to 3-on-3.
 - e. Should regulation time end and teams are 3-on-3, overtime will start 3-on-3. Once player strength reached 4-on-4, 5-on-4, or 5-on-5, at the next stoppage player strength is adjusted to 3-on-3 or 4-on-3 as appropriate.
- 2 A “time” penalty call in any of the overtime periods will result in a penalty shot(s) being awarded to the non-offending team for each time penalty called. A “time” penalty is defined as a two (2) minute minor, a four (4) minute double minor, five (5) minute major penalty and/or a five (5) minute match penalty where a player(s) would make his/her team short handed. If a 10-minute misconduct, game misconduct or gross misconduct penalty is called without an associated “time” penalty, the player will either sit in the penalty box (in the case of a 10-minute misconduct) or leave the ice and retire to the dressing room (in the case a Match penalty, Game Misconduct or Gross Misconduct).
- 3 If both teams receive a time penalty or penalties on the same stoppage of play, then each team will take a penalty shot(s) with the home team shooting first. In the case of multiple penalties being assessed to both teams, a penalty shot will be awarded to the non-offending team for each time penalty called against the offending team. The teams will shoot one shot each until all time penalties have been accounted for. If the teams are still tied after all penalty shots have been taken, overtime will continue.
- 4 Players who have been assessed a “time” penalty in overtime will not serve the time duration of their penalty unless they incur a 10-minute misconduct, game misconduct or gross misconduct penalty. In this case they must leave the ice surface and retire to the dressing room for the remainder of the game.
- 5 The player who has been fouled will take the penalty shot unless they have been injured. If the fouled player is injured or if the referee cannot determine a specific fouled player, any eligible player on the non-offending team may take the penalty shot.
- 6 Any player who is ejected from a final game is not eligible to participate in the overtime period or shoot-out.
- 7 Any player still serving a serving 10-minute misconduct penalty at the beginning of Overtime must finishing serving their misconduct before being eligible to participate in the overtime period or shoot-out. They are not permitted to participate in the shoot-out if they have not served their misconduct in its entirety.