



HOCKEY RULES

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// PLAYER ELIGIBILITY

1. All Players must be at least 21 years of age and have current, adequate health insurance.
2. All players must be properly registered on a team during the season for which they are playing.
 - a. If a player is registered on more than one team within the league, they may only play for one team in the playoffs.
 - b. All players must agree to the Fray Liability Waiver as described in the Fray Terms and Conditions section of Player Registration.
3. Any use of an ineligible player will result in a forfeit.

// GAME PLAY

1. Each game will consist of two 17-minute halves with a 4-minute half time between periods. Game times may vary based on a specific location.

- a. The clock will run continuously during the first half and all but the final two minutes of the second half. During this time, the clock will stop only on an injury, time out, or penalty shot.
 - b. During the final two minutes of the second half, the clock will stop on all whistles (only if the margin is 2 goals or fewer).
 - c. Teams will switch goals at the end of each period.
2. **Time Outs:** Each team will receive one time out per game. Unused time outs do not carry over into subsequent periods. Time outs can only be called by a captain or alternate captain during a stoppage of play. Time outs are not permitted during overtime.
 3. **Face Off:** A face-off will be used to begin each half and to restart play following a stoppage. Players must be outside the restraining circle on a face-off.
 - a. Face-off areas will be approximate as they are not marked on the playing surface. Face-offs that occur in a team's defensive zone will be in their end of the rink; face-offs that should occur in the neutral zone will be at the center line.
 - b. The ball must hit the ground before it can be touched by a player. Playing the ball before it hits the ground will result in a warning to the offending players and the face-off being repeated. After multiple warnings, a player may be removed from the face-off.
 4. Regular Season Games can end in ties. If there is a tie at the end of regulation in the playoffs, there will be a 5-minute golden goal period. The first team to score wins.
 5. **Substitutions:** Subs can be made during a stoppage of play and/or on the fly. To sub on the fly, the player coming off must be within 5 feet of their team's bench. Once the substitute is in the rink, the player coming off may not be involved in play.
 6. If a team is serving a penalty during the running clock portion of the game, substitutions must be made on the fly unless the opposing team is also making substitutions. If the opposing team is also making substitutions, the team serving a penalty is able to make substitutions during a stoppage of play. Violation will result in a delay of game minor penalty.

Stoppages & Violations

1. **Offside/Icing** – There will be no offside or icing called.
2. **Hand Pass** – If a player plays the ball with their hand and it is touched next by a teammate, there will be a whistle and a face-off back one zone from where the violation occurred. Hand passes started and completed within a team's own defensive zone are allowed. (For

our purposes, the defensive zone will be defined as the half of the rink where that team's goal is; the center line is approximate.)

3. **Kicking the Ball** – Playing the ball with the foot or kick passing to a teammate is legal. However, the ball cannot be kicked into the goal or crease. If the ball is kicked into the goal or crease, play will stop and the face-off will occur outside the offensive zone.
4. **High Stick** – The ball may not be played with the stick if the blade of the stick is above the player's shoulder. Normal windup and follow through is permitted as long as the point of contact with the ball is below the shoulder. However, players are responsible for their stick hitting another player on the windup and/or follow through.
5. **Ball Out of Play** – If the ball travels into an obstruction or more than 10 feet away from the walls/cones, play will stop and the face-off will be back one zone for the team that sent the ball out. If an unforeseen obstacle prevents the ball from being played safely, the referee may deem the ball out of play at their discretion.
6. **Ball Strikes an Official** – If the ball hits an official during play, play will continue unless the ball deflects off an official directly into the goal.

Goaltenders Handling the Ball

1. The goalkeeper may use either hands or a stick to clear the puck away from the goal. The goaltender may cover the ball when inside the crease (goal crease is approximate) and under pressure from an offensive player.
 - a. The goaltender has two seconds to play the puck from the crease once they have fully controlled it.
 - b. Any freezing of the ball by the goalie outside of the crease or when there is no offensive player near the goaltender will result in a minor penalty for delay of game. Only the goaltender may legally freeze the ball, any other player doing so will also result in a minor penalty.

Penalties

The following penalties may be enforced by the officials according to the severity of the offense:

1. **Minor Penalty** – The offending player will be sent to the penalty box and their team will play shorthanded for 2 minutes. The penalty will end if a power play goal is scored by the opposing team.

2. **Double Minor** – This is two consecutive minor penalties to be served by the same player. A power play goal scored in the first two minutes will end only the first minor and begin the second one.
3. **Major Penalty** – The offending player will be sent to the penalty box and their team will play shorthanded for 5 minutes. The entire penalty time must be served regardless of how many power play goals are scored. Two major penalties in a game will result in ejection.
4. **Game Misconduct** – This will result in the offending player being ejected for the rest of the game and possible suspension.
5. **NOTE:** Minor and major penalties on a goalie may be served by any designated player on the floor at the time of the infraction. Bench penalties may be served by any player on the team that was on the rink, however, a “too many men” penalty must be served by a male player.

Penalty Actions

Penalties will be enforced for the following actions. If any penalties are committed deliberately, double minors or majors may be imposed.

1. **High Stick** – Either of the following will result in a high stick penalty:
 - a. Making contact with an opponent above their shoulder level with one’s stick, including on a windup or follow through of a shot. You are responsible for the control of your own stick.
 - b. Playing or attempting to play the ball with the blade of the stick above your own shoulder. This will be a minor penalty unless there are repeated offenses or the play is deemed exceeding reckless or dangerous by the official.
2. **Checking/Roughing** – This is a non-checking league. Incidental body contact will not be penalized, but any pushing, shoving, or checking that is violent or dangerous will not be permitted. Minor, major, or game misconduct penalties may be assessed depending on severity.
3. **Slashing** – Swinging a stick at an opponent. Lifting or moving an opponent’s stick with your own (or stick checking) is legal as long as they have the ball or it is at their feet; however, bringing your stick down forcefully on the shaft of your opponent’s stick or hands constitutes a slash and will result in a penalty.
4. **Holding** – Grabbing any part of an opponent’s body, clothing, or equipment, including the stick.
5. **Hooking** – Using a stick as a hook to slow or obstruct an opponent
6. **Tripping** – Using one’s stick or body to trip an opponent.

7. **Interference** – Physically impeding an opponent from reaching the ball.
8. **Goaltender Interference** – Physically impeding or checking the goalie when they are in the goal crease. While visually impeding the goalie’s view, or “screening,” is legal, a player may not attempt to use their hand or stick to obstruct the goalie’s face.
9. **Delay of Game** – The following actions will be considered delay of game. Delay of game will result in a minor penalty, except when a non-goaltender covers the ball in the goal crease area which results in a penalty shot.
 - a. Covering the ball by a player other than the goaltender.
 - b. Covering the ball by the goaltender outside the goal crease (behind the net or more than five feet from in front of the net)
 - c. Any action determined by the referee to be delaying the continuation of the game.
10. **Throwing the Stick** – A player may not intentionally throw their stick at the ball for any reason. This will result in a minor penalty, or, if the stick blocks an impending shot on goal, a penalty shot (if the goalie is pulled this will result in an automatic goal awarded). Throwing a stick at or near another player in dangerous play may result in a minor or major for unsportsmanlike conduct. Subsequent offenses will result in ejection.
11. **Too Many Players/Too Many Men** – A “too many players” penalty will be assessed if a team has more than 5 players (including the goaltender and any players in the penalty box) on the rink at one time. A “too many men” penalty will be assessed if there no female players on the rink for a team. Both are bench minor penalties, the difference being that “too many players” can be served by any players on the rink at the time of the infraction, and “too many men” must be served by a male player.
12. **Elbowing** – Hitting an opponent with the elbow.
13. **Spearing** – Hitting an opponent with the blade end of the stick in a spearing motion.
14. **Butt Ending** – Hitting an opponent with the non-blade end of the stick
15. **Cross Checking** – Hitting an opponent with the stick in both hands and off the ground.
16. **Boarding** – Pushing an opponent violently into the boards, traffic barriers, curb, or other obstacles.
17. **Unsportsmanlike Conduct** – Excessive argument or verbal abuse will not be tolerated. Any conduct that disrupts the game or is abusive towards another player or official may result in minor, major, or game misconduct penalties.

// GOLDEN RULE

First and foremost, all Fray leagues are 50% Social and 50% Sport. While we have staff // officials, we expect individuals to respect the league's culture of fair and fun play. Foul language and rough play will not be tolerated. Individuals who cannot adhere to our standards of fair play and sportsmanship may be asked to leave the league. We want everyone to have fun and be social while enjoying a great sport. We will do whatever we can to make sure all players are having fun!

// SHIRT NOTICE

During week 2 of the season, all players will be given DC Fray shirts for their team that are required to be worn for the duration of the season. Failure to wear the DC Fray team shirt for a game will result in a player not being able to play in that week's game. Wearing the designated season's team shirt will be required during both the regular season and playoffs in order to participate in the game.

// GENERAL POLICIES

Fray is proud to relieve captains of the burden of paying for full teams. We accept individual player payments and allow prepayment for additional players and/or full teams. We are also proud to welcome those who do not have a full team (small groups and free agents) to participate in our league.

With our mission of making fun possible in mind, these policies make it easier for people to get involved with social sports

All registrations are on a first come, first serve basis. Any roster that does not reach our official size (based on each sport) is eligible to receive free agents and/or small groups. Rosters made up of primarily free agents and/or a collection of small groups may have more players than the standard roster size. This policy is in place to help ensure free agent teams are able to consistently field a team each week.

// Roster Size Chart

Sport	Promotion	Official	Max Roster	Female
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	Size	Size	Size	Minimum
Hockey	8	10	12	0

// Team Participation

1. A maximum of 5 players, including the goalie, can be in the rink. For coed, at least 1 player must be female. A female player in the penalty box still counts as a team's mandatory female player.
 - a. Teams must have the required 4 players to start the game.
2. Substitute players (players not on the roster) may be used at any time in the regular season. Substitutes are not permitted during playoffs.
 - a. All substitutes must be a registered player on another team and/or in another Fray league that is currently in play.
 - b. Teams may use additional substitute players above the player minimum with the opposing team's consent. Teams who agree to play under these conditions must notify the Host before the start of the game and the outcome of the game will stand as is.
3. Teams have until 10 minutes past the designated start time to field the minimum number of players. The 10 minute grace period is considered part of the overall game time. If a team is unable to reach the minimum number of players, the game will be deemed a forfeit.
 - a. Teams may play a "legal game" with less than the required minimum number of players with the opposing team's consent. Teams who agree to play under these conditions will lose the option of receiving a forfeit win and the outcome of the game will stand as is. Teams must notify the Host before the start of the game.
4. Teams must designate a captain prior to the start of the game. **They are the only team member allowed to discuss calls with officials.** Judgement calls by an official may not be disputed.

// Equipment, Uniforms & Facility Use

1. We will provide hockey sticks, game balls, and goalie masks.
2. **Player Equipment:** Players may use their own sticks as long as they are legal street hockey sticks. We also recommend players wear knee and shin pads and gloves (not provided).

3. **Goalie Equipment:** Goalies are required to wear a mask. We will provide masks though goalies may bring their own. Additional goalie equipment, including a trapper/baseball glove, a blocker type glove, regulation leg pads, chest protector, and elbow pads are recommended but not provided. Goalies are responsible for their own equipment.
4. Roller blades and skates are not permitted
5. Players should make every effort to wear the official Fray division shirt.
6. If an individual or team violates the facility's Code of Conduct, they may be asked to leave and a refund will not be issued.

// Playoffs & Standings

1. Playoffs are determined after the regular season has concluded and are based on scheduling and other league logistics. **Playoffs are not guaranteed.**
2. Standings are sorted in Commish based on teams' Win-Loss-Tie record. If there is a tie in the standings, we sort based on the following information in order until the tie is resolved:
 - a. Head-to-head matchups
 - b. Score differential
 - c. Points For
 - d. Points Against
 - e. Coin Flip

// Forfeits

1. Teams have until 10 minutes past the designated start time to field the minimum number of players. The 10 minute grace period is considered part of the overall game time. If a team is unable to reach the minimum number of players, the game will be deemed a forfeit.
 - a. **First Forfeit** - Loss of game and warning issued
 - b. **Second Forfeit** - Loss of game and Fray reserves the right to remove the team from the playoffs.
 - c. **Third Forfeit** - Loss of game and removal from the league with no refund
2. In the case of a forfeit, the final score is recorded as 5-0.

// Weather Cancellations

1. One week is built into the end of each season
2. All players will be notified via email if games are canceled
3. If more than one weather cancellation occurs, Fray will try to find another week if possible to make up the games, but it is not guaranteed.
4. Should inclement weather or other factors limit normal scheduled game duration and more than half the game has been played, the game shall count as the full game.