Tournament Rules

Game Managers are the final authority at all Play On! tournaments. Game Managers will be clearly identified by red shirts. Their decisions are final and are not subject to appeal. Only team captains may respectfully question a call. Excessive arguing, abusive language, or unsportsmanlike conduct by players or spectators will not be tolerated. First offence: penalty shot awarded to the opposing team. Second offence: team disqualification from the game. Game Managers may issue warnings at their discretion but are not required to do so. All rules are enforced using a zero-tolerance approach with player safety, fairness, and game flow as guiding principles.

Team Composition and Eligibility

1. Teams must roster a minimum of 4 and a maximum of 7 players, including the captain and goaltender.

2. Division requirements:

Male Divisions: Open to players of any gender.

Female Divisions: All players must be female.

Mixed Gender (Co-Ed) Divisions: Minimum of two female players on the roster and at least one female player on the rink at all times

3. Games may start or continue with 3 players. Games may not be played with fewer than 3 players and will result in an automatic forfeit.

4. Divisions are assigned based on registration information including age, gender, and skill level. Organizers will make reasonable efforts to ensure competitive balance.

5. Captains manage invitations and roster completion. Player substitutions are not permitted after registration closes. All fees are non-refundable.

6. All players must carry valid ID (photo ID for ages 16+, photo or copy of birth certificate for ages 15 and under). Failure to produce ID may result in disqualification of the player or team.

7. All players must sign in at the rink before each game.

Game Format & Play

8. Games are played 4-on-4 including the goaltender (3 runners + 1 goalie). Teams may elect to play without a goalie.

9. Games and halves begin with a face-off.

10. Possession changes after every goal.

11. Substitutions are permitted on the fly from the defensive end only. No stoppage of play is required. Touching the ball while a team has too many players on the rink results in a penalty shot.

12. Hand passes are permitted unless they create a direct scoring opportunity, at which point play is stopped and possession awarded to the opposing team.

13. Goaltender changes may be made on the fly or at halftime. Time will not stop. Goals scored during a goalie change will stand.

14. When a goalie covers the ball, possession is awarded behind the defending team's net. The opposing team must give 10 feet of space. Play must resume within 5 seconds.

15. When the ball leaves play, possession and restart location are determined by which team caused the ball to exit play. The Game Manager makes the final determination. All restarts require 10 feet of space and occur within 5 seconds. Goals may be scored directly on restarts.

16. After a goal is scored, possession is awarded to the team that was scored on, and play must be advanced within 10 seconds. During the final five (5) minutes, the scoring team must fully clear its defensive half before re-engaging.

Time & Scoring

17. Each team receives a 3-minute warmup.

18. A 10-minute forfeit allowance is strictly enforced.

19. Games consist of two 15-minute running-time halves with a 1-minute halftime. The final minute of the game is stop time.

20. Mercy rule: A 10-goal lead in the second half ends the game. Games are capped at 12 goals.

21. Each team is allowed one 30-second timeout per game while in possession of the ball.

Penalties & Discipline

22. No slashing, hooking, tripping, cross-checking, high-sticking, spearing, or dangerous stick use. All result in a penalty shot. Severe actions may result in tournament ejection.

23. Fighting (defined as a single punch) results in immediate removal from the tournament.

24. No pushing, shoving, checking, roughhousing, or unsportsmanlike conduct. Minimum penalty: penalty shot.

25. No stalling. Examples include intentional delay of play or lack of forward progress.

26. Two penalties by the same player in one game results in player disqualification for that game and the team playing short-handed. Further discipline is at the Tournament Supervisor's discretion.

27. Too many players on the rink while touching the ball results in a penalty shot. No grace area applies.

28. Slapshots are only permitted in Elite divisions. Slapshots are defined as a shot with a windup that starts above the waist.

29. High sticks contacting the ball above the crossbar result in a penalty shot.

30. All penalties result in a penalty shot taken immediately from center.

31. After penalty shots, possession is awarded to the defending team and play resumes immediately.

Shootouts

32. Tied games proceed to a three-shooter shootout. If tied, sudden death follows using the same shooters in the same order.

Equipment & Safety

33. Goalie pads may not exceed 13 inches in width. Unsafe equipment may be rejected.

34. Sticks and running shoes are required. Damaged or dangerous sticks are prohibited.

35. Eye protection is strongly encouraged for all players and is required for participants age 13 and under. Approved eye protection consists of helmets with a mask OR squash-type goggles that are securely strapped around the head and fully cover the eye area. All protective equipment is subject to inspection and approval by the Game Manager and/or Tournament Supervisor.

36. Gloves, shin guards, jocks, and mouthguards are strongly encouraged, but are not mandatory.

Weather, Conduct & Other Rules

37. Play continues rain or shine except during severe weather.

38. Weather delays may result in shortened games.

39. Smoking, vaping, drug use, and unauthorized alcohol consumption are prohibited.

40. Players with flowing blood must leave the game until treated.

41. Teams must monitor the Master Scoreboard for updates.