







| League | Warmups | Penalties / Other | Icing | Puck Out of Play | Overtime and Shootout |
|--|---|--|--|---|---|
| MMHL  | <p>Players must be off before the clock hits 0:00 or minor penalty served by the captain. Max 3 players may remain to pick up pucks.</p> | <p>Timeouts are 45 seconds.</p> <p>Penalties as per Hockey Canada</p> <p>Head Contact: minor, double minor, major, or match</p> <p>Slew Footing: double minor + GM (standing still), or match (moving)</p> | <p>No change icing.</p> <p>Changes allowed if:</p> <ul style="list-style-type: none"> - change in on-ice strength occurs - timeout is called - player can be substituted for a goalie | <p>From defending zone: no change</p> <p>Goalie clears puck directly out of play: minor - delay of game</p> <p>Puck into the bench does not result in a penalty. Over the glass behind the bench does.</p> | <p>4-on-4 for 5:00</p> <p>2-man advantage plays as 5-on-3</p> <p>SO: Home team has choice of first or second shot</p> <p>If no winner after 3 shooters, shooters can repeat but cannot shoot twice in a row.</p> |
| KJHL  | <p>Horn to sound with 1:00 remaining.</p> <p>The home team may remain to pick up pucks.</p> <p>If the visiting team is not off at 0:00, the visiting captain serves misconduct.</p> | <p>Head Contact:</p> <ul style="list-style-type: none"> - 2 + 10 - 5 + GM - Match <p>Slew Footing:</p> <ul style="list-style-type: none"> - Double Minor + GM (standing still) - Match (moving) <p>All ejected player must be turned over to a team executive.</p> | <p>No change icing.</p> <p>Changes allowed if:</p> <ul style="list-style-type: none"> - change in on-ice strength occurs - timeout is called - player can be substituted for a goalie - no icing if goalie leaves crease | <p>From defending zone: no change</p> <p>Goalie clears puck directly out of play: minor - delay of game</p> <p>Puck into the bench does not result in a penalty. Over the glass behind the bench does.</p> | <p>4-on-4 for 5:00</p> <p>2-man advantage plays as 5-on-3</p> <p>SO: Visiting team shoots first. 3 shots each (must be provided to officials)</p> <p>All eligible (non-penalized) shooters must shoot before repeating</p> |
| MJHL  | <p>Completely crossing over center ice results in a misconduct. At the conclusion of warmup teams have 1 minute to leave the ice. Report any remaining players to the commissioner.</p> | <p>Head Contact:</p> <ul style="list-style-type: none"> - 2 + 10 - 5 + GM - Match <p>Clipping minor for hits below the waist.</p> <p>Slew Footing:</p> <ul style="list-style-type: none"> - 2/5+GM (tripping) - Head injury: 5+GM (blow to the head) <p>1:00 break at first stoppage after the 10:00 mark, except:</p> <ul style="list-style-type: none"> - after a goal - during power play - after an icing - if 5:00 mark has been reached | <p>No change icing.</p> <p>Changes allowed if:</p> <ul style="list-style-type: none"> - change in on-ice strength occurs - timeout is called - player can be substituted for a goalie - no icing if goalie leaves crease | <p>From defending zone: no change</p> <p>Goalie clears puck directly out of play: minor - delay of game</p> <p>Puck into the bench does not result in a penalty. Over the glass behind the bench does.</p> <p>No change if puck hits hanging clock.</p> | <p>2:00 is placed on the clock as a break before OT. Ends are not switched.</p> <ul style="list-style-type: none"> - 3-on-3 for 5:00 - 2-man advantage plays as 5-on-3 <p>Shootout: Home team choice of first shot</p> <ul style="list-style-type: none"> - 3 shooters each - All eligible players must shoot before repeating - Players serving a penalty cannot shoot. |

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|---|---------|---|---|---|---|
| MMJHL  | None | Head Contact: - 2 + 10 - 5 + GM - Match No need for game report unless penalty assessed is a gross or match. | No change icing. Changes allowed if: - change in on-ice strength occurs - timeout is called - player can be substituted for a goalie | From defending zone: no change Goalie clears puck directly out of play: minor - delay of game Puck into the bench does not result in a penalty. Over the glass behind the bench does. | 5:00 3-on-3. SO: Home team has the choice of first or second shot. 3 shooters per team. Sudden victory shootout if still tied. |
| CIS-W  | None | Penalties as per Hockey Canada Head Contact: minor, double minor, major, or match Slew Footing: double minor + GM (standing still), or match (moving) | No-change/hybrid icing (even if timeout is called). A player can be substituted for a goalie. Goalie leaving crease and puck hitting goal frame nullifies icing | Hockey Canada rules apply. | 2:00 break, change ends, 5:00 4-on-4. 2:00 break, don't change ends, 5:00 3-on-3. SO: Zamboni sweeps. Home team chooses who shoots first, 3 shooters, then sudden victory. Players can repeat after first 3 shooters. Players penalized cannot shoot. |
| CIS-M  | None | CFB is 2+10 Handshake prior to game Teams are allowed a 1:00 minute promotional break, nearest the 10 minute mark of each period. | All icings are no change icings, even if a time out is called. Goalie leaving crease in direction of the puck nullifies icing. | Hockey Canada rules apply. | Teams play 5:00 4-on-4, then 5:00 3-on-3. SO: 3 shooters, then sudden victory shootout. Shooters can't repeat. Only those serving misconducts are ineligible to shoot. |

All leagues above use Hockey Canada rules for fighting.

In the case of a penalty, the face-off shall be taken in the end-zone of the penalized team.

- Exceptions:
 - end of a period
 - after a goal
 - defenceman in after the whistle on scrum
 - icing by the non-penalized team causing the stoppage (face-off in neutral zone outside blue line of team icing the puck)