

# 2026 Full-Ice League Rules and Overview

## Game Logistics:

- 60 minutes for ice session
- Warmups 5-10 minutes (Can vary based on daily concept)
- 3 total periods; first 2 are 13 minutes stop-time, 3<sup>rd</sup> period is running of remaining time
- One minute rest period in between periods
- Score will be kept
- If games are tied after three periods, it ends in a tie

## Additional info:

- No changing on the FLY: Buzzer will signal 1:30 shifts - may vary to avoid interrupting scoring opportunities
- On shift changes, players on the ice will sprint to the bench while new players will play the puck as is
- Players will play their assigned position the entire game, "Forward or Defense." (Positions will change per game basis)
- Lines will be pre-set to ensure competitive shifts/games (No shortening the bench)
- Teams will switch ends each period
- No home team will be identified (Benches will shift per game basis)
- Goalies will not have a definitive team and may change during the game

## Rules and Penalties:

- **Offsides:** Immediate offsides will be called
- **Icing:** Immediate icing will be called
- **Faceoffs:** Whistles for faceoffs will only occur after goals, offsides, icing, and pucks frozen by the goalie
  
- **Penalties:** penalties will be called; resulting in a penalty shot (No playing shorthanded)
- **Penalty shots are awarded after every penalty**
  - The fouled player will be awarded a penalty shot at center ice
  - Other players will line up along the trailing blue line, on one knee
  - On the whistle, the shooter will begin the penalty shot and the other players along blue will chase
  - If shooter scores, there will be a faceoff at center ice. If the shooter does not score, the play continues
  - Should there be an infraction during the chase the fouled player will be awarded a penalty shot immediately after the occurring penalty shot is completed.

**\*Rules are subject to change as players develop**