



Sandy Recreation Street Hockey League Rules

Current Utah Mammoth Street Hockey League rules will govern play, with the following modifications:

Playing Surface:

- All games will be played on a 47x50 court. Courts will have a barrier to create a rink space for the game.

Equipment:

- Players must wear the current year league jersey to participate. Players will also need to bring their hockey stick each week, this is included with registration. Athletic gym shoes with non-marking soles should be worn.
- Goalie equipment will be provided by Sandy City on game days, which will include a goalie mask, stick, gloves & blocker, chest & leg pads.
- Equipment not required but allowed: player helmet with cage, hockey gloves, and shin guards.
- Equipment not allowed: skates, elbow pads, shoulder pads, ice hockey pants, and ice hockey goalie gear.
- No jewelry is allowed (rubber wristbands, earrings, watches, rings, hard hair adornments, etc). If a player wishes to play with a hard cast, please reach out to Sandy Rec for details.

Game Structure:

- Teams will be divided up into combined grade levels
 - 2nd/3rd grade
 - 4th/5th grade
- Games will be played 3v3 plus a goalie, per team. At game time, each team must have a minimum of four players to begin. If a team has less, they may borrow players from the other team. Officials will not officiate if these standards are not met, but the court may be used for scrimmage/practice time.
- Teams will switch which goal they are attacking and defending each period.

Roster Limitations:

Grades 2-3	3v3 + goalie	Maximum 8 players
Grades 4-5	3v3 + goalie	Maximum 8 players



Timing:

- All three periods will be **12** minutes in length run-time
 - The clock will only stop for injuries and timeouts
- Five-minute warm up
- Three-minute intermissions
- There are no warmups between intermissions

Positions:

- See Utah Mammoth Street Hockey League rules [page 5](#).

Faceoffs:

- A faceoff will be used to start the beginning of each period and will be at center court.
- In the event a goalie “freezes” the ball (grabs it to stop it), a faceoff will take place at center court. The referee will place the ball at the faceoff location. One player from each team will stand by the ball on the side closest to the goal they’re defending, facing their opponent. All other players may stand wherever but must be five (5) feet away from the ball. When ready, the players will touch the ground and hit the opposing players stick three times. After the third stick tap, both players can engage to get the ball and the ball is live.
- A goal may be scored directly from a faceoff.

Stoppage of Play:

- See Utah Mammoth Street Hockey League rules [page 6](#).

Offsides:

- A player may not enter their team’s offensive zone prior to the ball entering their offensive zone. The center line will serve as the divider between offensive zones. Offsides will result in the other team getting the ball at half court and defenders must give 3 feet of room for the players on offense to resume play.
- For more info see Utah Mammoth Street Hockey League rules [page 6](#).

Line Changes:

- Line changes are done on the fly, but coaches will need to monitor them. Coaches should be the ones to initiate the process of a line change. We recommend using stoppages and timeouts to help with line changes.
- Equal playing time is expected with each player participating in at least 18 minutes of game time, regardless of skill. Concerns about playing time should be directed to coaches. Be aware that teams may benefit from multiple families helping with substitutes. Ask your coach if they need help.



- Players should be rotated at different positions, so everyone gets a turn at offense, defense, and goalie, if desired. A substitute must wait for the player they're replacing to be off the rink before entering.
- For more info see Utah Mammoth Street Hockey League rules [page 7](#).

Timeouts:

- Coaches are granted 1 timeout per period for 30 seconds each. Unused timeouts will not carry over.

Scoring:

- There will be no overtime for games ending in a tie.
- Players may only use their stick to direct a ball into the net. A player may not intentionally use their feet, hands, head, or any other part of their body to kick, swat, throw, bat etc. the ball into the net. A shot that results in a ball unintentionally bouncing off a player's body prior to entering the net is permitted, and the goal will count.
- For more info see Utah Mammoth Street Hockey League rules [page 7](#).

Penalties:

- A goal can be scored directly from a penalty shot.
- For more info see Utah Mammoth Street Hockey League rules [page 8-9](#).

Inbounding:

- See Utah Mammoth Street Hockey League rules [page 10](#).

Change of Possession:

- See Utah Mammoth Street Hockey League rules [page 10](#).

Additional Rules:

- Each team must provide a coach, who will always stay with their team, and is responsible for their team's adherence to the qualities of Good Sports Utah: respect, kindness, leadership, positivity, and sportsmanship. Failure to provide the coach will result in a forfeit. Coaches must be 18 years of age or older.
- Coaches are NOT allowed to be on the rink during gameplay.
- All players must be registered through Sandy Parks and Recreation to play. Players who are not registered may not fill in or sub when a team is short players.
- Goalkeepers should remain standing as their primary position while defending the goal. Goalkeepers may drop to their knees temporarily to block or stop a shot when making a save. However, goalkeepers may not remain on their knees for extended periods of time or use a kneeling position as their primary method of defense. If a goalkeeper is observed staying on their knees for an extended period, the referee or supervisor may



instruct the player to return to a standing position. Continued violations may result in a stoppage of play and possession awarded to the opposing team.

- Rules may be adjusted at any time if the league Coordinator sees fit.