JUST COMPETE SPORTS

NHL STREET

RULE BOOK

Equipment. Game structure. Penalties and infractions.

2024 EDITION | COMPLETE SOURCE RULEBOOK INCLUDED

Your NHL STREET rulebook

This edition is the NHL STREET rulebook linked in the Just Compete Hockey Resource Hub. The complete source document follows this cover. Confirm your assigned division requirements and any approved local modifications with your coordinator before the season.

FIND YOUR SECTION

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Team rosters	SOURCE PAGES 8 >
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Page numbers above refer to the original printed rulebook pages. Each section is clickable in the digital PDF.

OPEN THE SOURCE RULEBOOK ONLINE >

Keep this link for access to the edition shared by Just Compete.

RULE BOOK

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PLAYING SURFACE

RINK DIMENSIONS

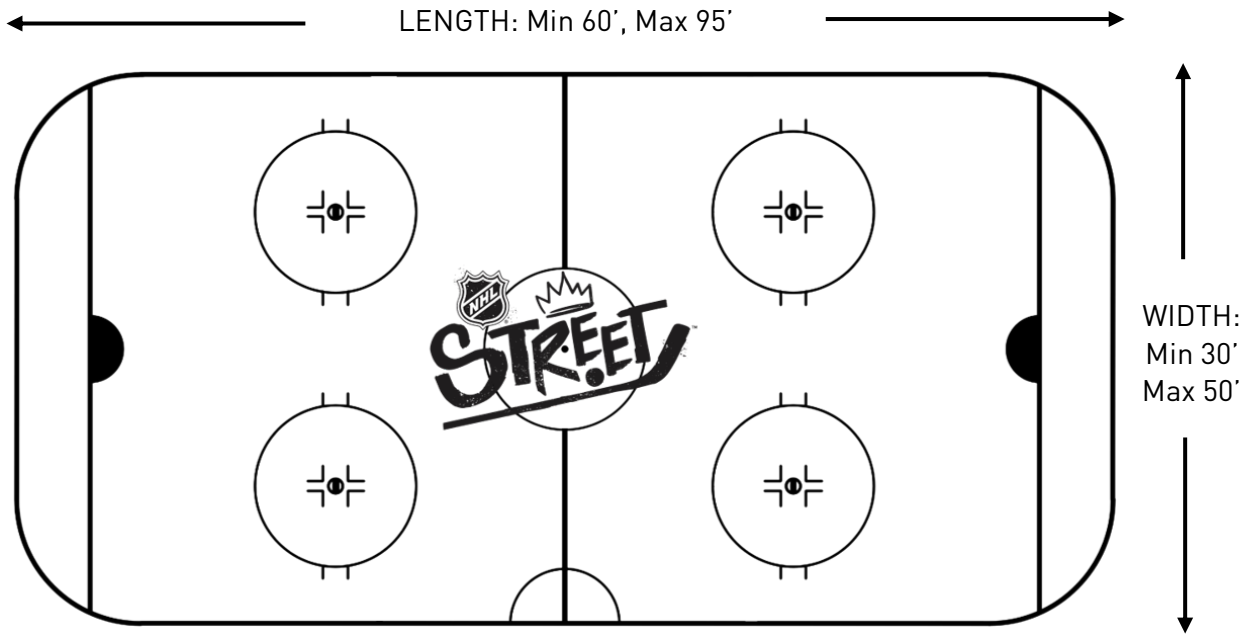
- MINIMUM: 60'X30'
    - Slightly smaller than a tennis court
- MAXIMUM: 95'x50'
    - Roughly the size of a basketball court

*For ideal gameplay, rink dimensions should maintain a ratio of approximately 2W:1L as much as possible.

RINK SURFACE

- Smooth, flat hard surface

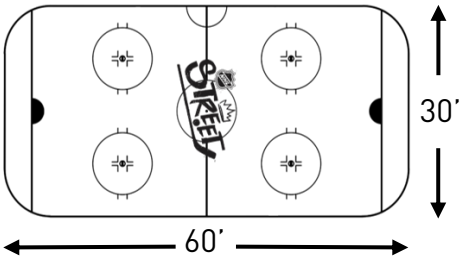
EXAMPLES: Concrete, asphalt, hardwood, vinyl, sport court etc.



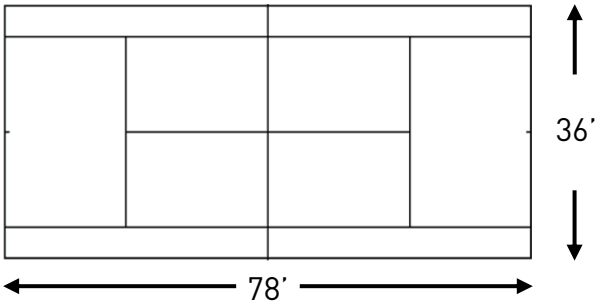
PLAYING SURFACE

EXAMPLE OF POTENTIAL PLAY AREAS:

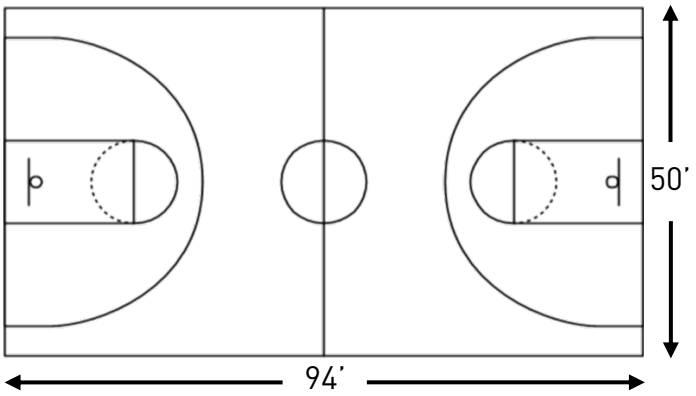
NHL STREET



TENNIS COURT



BASKETBALL COURT



Franklin
STREET
NHL
CLICK HERE FOR GEAR CATALOG

EQUIPMENT

PLAYER EQUIPMENT REQUIRED FOR PARTICIPATION

- ALL PLAYERS GEAR
  - Hockey stick
  - Athletic shoes
  - NHL STREET team shirt
- GOALIE SPECIFIC GEAR
  - Leg pads
  - Glove & blocker
  - Chest pad
  - Goalie mask

NOT REQUIRED, BUT PERMITTED IF DESIRED

- Helmet with cage
- Gloves
  - Ice or street hockey protective gloves
- Shin guards
  - Hockey
  - Soccer

NOT PERMITTED

- Skates
- Elbow pads
- Shoulder pads
- Ice hockey pants
- Ice hockey goalie equipment
-

EQUIPMENT

GOAL FRAME

- Standard net is to stand at 50" wide x 42" high.
- Net sizes may vary based on age group and availability.

NET GUIDELINES				
Size	**Width**	**Height**	**Sqft. Of net**	**NOTE**
Minimum	46	40	12.78	Most appropriate for players up to 10 years old
Standard	**50**	**42**	**14.58**	Playable at all youth age groups
Maximum	54	44	16.5	Most appropriate for players older than 14 years old
NHL	**72**	**48**	**24**	Not recommend for NHL STREET applications

MINIMUM

STANDARD

MAXIMUM

NHL

TEAM ROSTERS

AGE/GRADE GROUPS

- Teams/rosters may be built utilizing 1 of 2 main principles: their age, or their grade in school.
- Recommended age/grade level combinations are as follows:

Age Group	Corresponding Grade Level
8 & Under	3rd grade and below
10 & Under	4th and 5th
12 & Under	6th & 7th
14 & Under	8th & 9th
16 & Under	10th & 11th

COACHES

- All teams must have a minimum of 1, maximum of 2, coaches on their roster.
- Coaches must be a minimum of 18 years old.

ROSTER LIMITATIONS

- Varies depending on the number of players active on a playing surface.
- Minimums allow each team to have 2 complete "lines" plus 1 goalie.
- Maximums allow each team to have 3 complete "lines" plus 1 goalie.

ROSTER LIMITATIONS - BASED ON MAX ON-COURT GAME-PLAY		
GAME PLAY	MINIMUM	MAXIMUM
3 v 3 + Goalies	7	10
4 v 4 + Goalies	9	13
5 v 5 + Goalies	11	16

GAME STRUCTURE

PLAYERS ON PLAY SURFACE

- Varies depending on age level and rink size.

MAX ON-COURT GAME PLAY (X v X + Goalies)			
AGE GROUP	NHL STREET 30' X 60'	TENNIS COURT 36' X 78'	B-BALL COURT 50' X 90'
8U	4 v 4	5 v 5	5 v 5
10U	4 v 4	5 v 5	5 v 5
12U	4 v 4	5 v 5	5 v 5
14U	3 v 3	4 v 4	5 v 5
16U	3 v 3	4 v 4	5 v 5

GAME LENGTH

- For regular season games, all game/practice segments should be completed in a maximum of 60 minutes, for all age groups.
- Varies depending on age level.
- All games will operate using a running clock. Game clock will not stop for any reason.
- No timeouts are available for either team.

RECOMMENDED GAME LENGTH PER AGE GROUP - ALL ITEMS LISTED IN MINUTES AS RUN-CLOCK TIME										
AGE GROUP	PRE-GAME MIN	PRE-GAME MAX	1ST HALF MIN	1ST HALF MAX	BTWN HALF	2ND HALF MIN	2ND HALF MAX	MIN TOT MINUTES	MAX TOT MINUTES	NOTES
8U	10	20	10	17	3	10	17	33	57	PRE-GAME PRACTICE
10U	10	20	10	17	3	10	17	33	57	PRE-GAME PRACTICE
12U	5	15	15	20	3	15	20	38	58	PRE-GAME PRACTICE
14U	3	5	20	25	3	20	25	46	58	Pre-game warm-up
16U	0	3	20	27	3	20	27	43	60	Pre-game warm-up

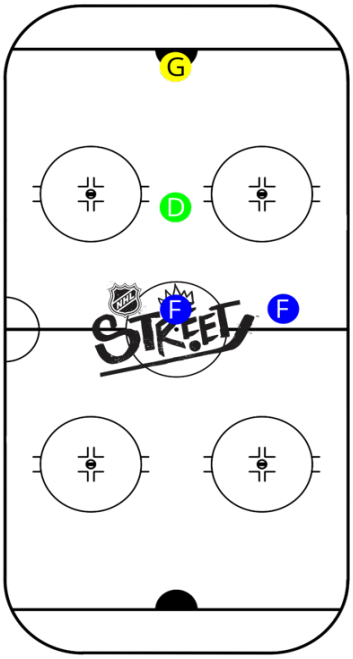
Please note that specific game times/lengths may be adjusted by league operators, within these parameters, to better accommodate their league's specific needs.

GAME STRUCTURE

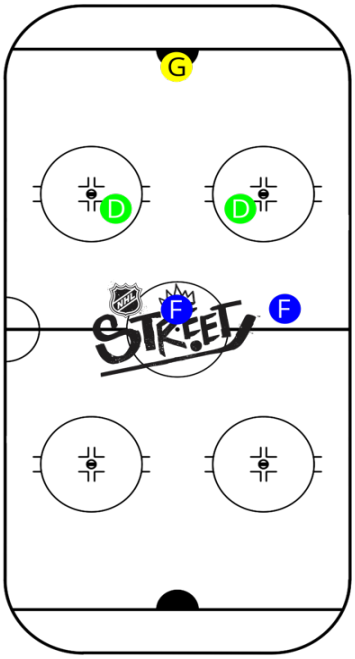
POSITIONS

- The 3 positions are:
  - Forward
  - Defense
  - Goalie
- Varies depending on age level and/or rink size.

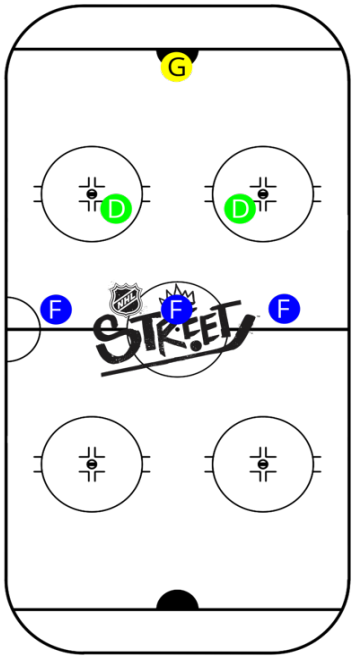
3 v 3



4 v 4



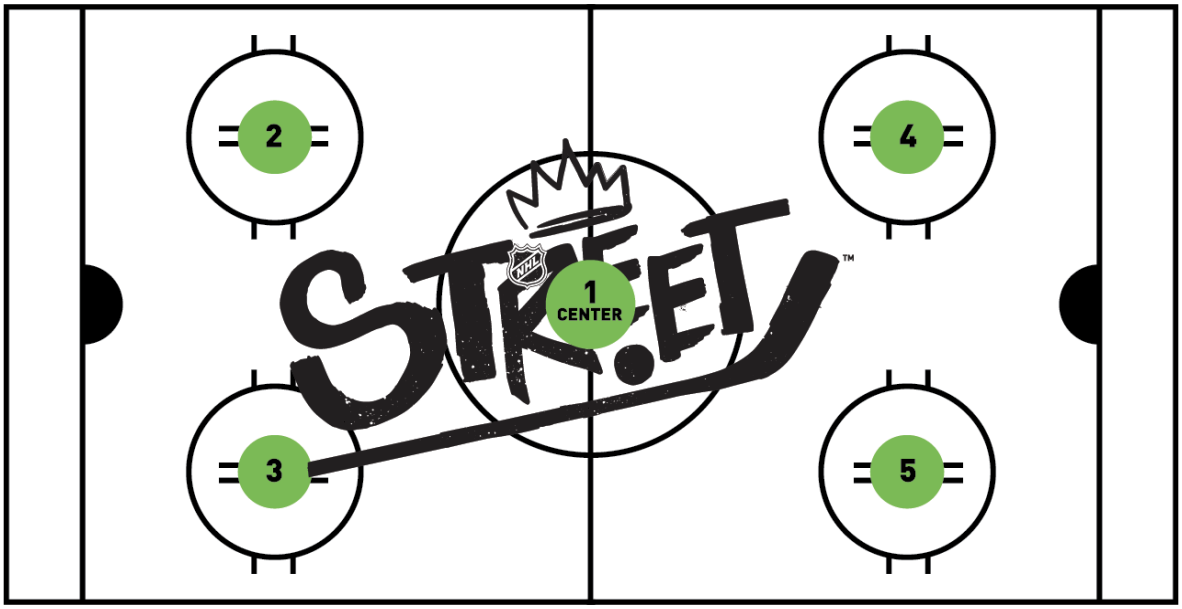
5 v 5



GAME STRUCTURE

FACEOFFS

- There shall be a total of 5 potential faceoff locations on the rink to be utilized throughout game play. See image below for location reference:
    - Center court (position 1)
    - To the left of each goalie (position 2 and 5)
    - To the right of each goalie (position 3 and 4)
- Each game will begin with an opening faceoff at **center court** (position 1).
- Following any goal scored, a faceoff shall occur at **center court** (position 1).
- In the event a goalie "freezes" the ball, a faceoff will take place at the closest faceoff dot, to either the right or left of the goaltender (position 2, 3, 4 or 5).



GAME STRUCTURE

BALL OUT OF PLAY

- In the event the ball leaves the play area, the team that last touched the ball shall lose possession. The non-offending team shall gain possession of the ball at the point where the ball went out of play, without a faceoff.

- Should the ball go out of play behind the goal via a shot taken by the attacking team, the defending team shall take possession of the ball below the goal line, in the corner closest to where the ball went out of play.

- Should the ball go out of play behind the goal, being last touched by a defensive player, the attacking team shall regain possession at the center faceoff dot.

- Players must give the new ball carrier 10 feet of clearance to resume play. Play officially resumes on the official's whistle.

- Players may not take direct shots at the opposing net on any restart play, meaning a goal scored during a restart of play by the player "in-bounding" the ball will not count.

GAME STRUCTURE

OFFSIDES

- Occurs when a player enters their teams' offensive zone prior to the ball entering the offensive zone.

- The center court line shall serve as the divider between zones.

- EXAMPLE OF AN OFFSIDES PLAY: Player "A" stands next to the opposing goalie while the ball/play is in the opposite end. When their team gains possession, they pass the ball to the player "A" who is on the opposite side of the center line. This player was offsides, and the whistle will blow.

- On an offsides play, the non-offending team shall gain possession of the ball, just beyond center court in their offensive zone.

GAME STRUCTURE

LINE CHANGES

- Players may change "on-the-fly" at the discretion of their teams coach, provided that at no time is the maximum number of players allowed on the playing surface by 1 team exceeded. A team in violation of this maximum will face a TOO MANY PLAYERS penalty.

- "On-the-fly" simply means as play is ongoing, players may sub in/out.

- Players may also substitute during any play stoppage resulting in a faceoff. Teams will not face a too many players penalty during a play stoppage.

- Out of bounds plays are **not considered play stoppages**, as the restart is relatively fast. Therefore, on-the-fly rules are in effect in these situations.

- Players may only enter/exit the play surface from designated areas, in front of their team's bench. In the event a play surface utilizes boards or dashers greater than 12 inches in height in front of the team's benches, players will not be permitted to step/jump over the boards. Rather a gap must be left between board panels to allow players to enter and exit the play surface safely. Continued violations of this safety protocol will result in a DELAY OF GAME penalty.

GAME STRUCTURE

SCORING A GOAL

- A ball is "in the net" and will count as a goal once the ball has fully crossed the goal line.
- A ball still in contact with the goal line is not a goal.
- Players may only use their stick to direct the ball into the net.
- Players may not intentionally use their feet, hands, head, or any other limb 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 shall count.
- A ball may only enter the net from the front. Balls that enter the net by the net lifting off the ground, and entering from the side or behind the net, shall not count.
- A goal scored using a high stick (see penalties tab) shall not count.

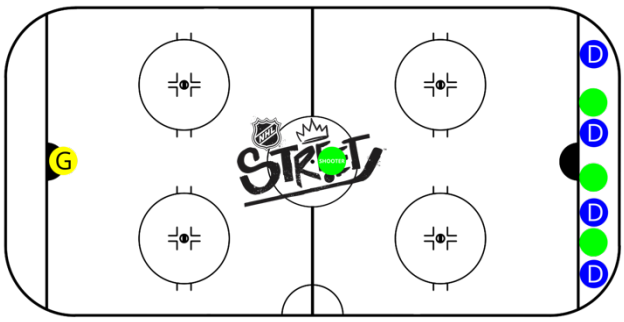
TIE GAMES & OVER TIME

- During regular season play, there is no overtime. Tie games shall end in a tie.
- PLAYOFF ROUNDS will be decided in a best of 3 shoot-out.
- In the event a game remains tied following the third round, a series of one (1) player shoot-outs shall be held until a winner is determined.
- The HOME team shall determine which team shoots first.

PENALTIES & INFRACTIONS

There are 2 major categories resulting in stoppages in play: penalties, and infractions.

- PENALTIES
  - Generally, player safety related stoppages, which will result in a LIVE penalty shot for the non-offending team.
  - Severe penalties, and/or intent to injure another player, may result in ejection from the game and/or suspension or expulsion from NHL STREET.
  - Abuse of officials will not be tolerated in any way by players, coaches or parents.
- INFRACTIONS
  - Generally procedural related stoppages, which will result in a change of possession.
- LIVE PENALTY SHOTS
  - Any player on the court at the time of the infraction is eligible to take the penalty shot.
  - The shooter starts with the ball at center faceoff dot.
  - All other players must lineup behind goal line on the opposite end of the court.
  - On larger playing surfaces, may use the far end faceoff dots.
  - On the whistle, shooter advances towards net. All other players are in pursuit. If a chaser reaches the ball carrier prior to them taking a shot, they are permitted to defend and steal the ball away.
  - The ball is live, and play will continue as normal.



PENALTIES & INFRACTIONS

- PENALTIES RESULTING IN PENALTY SHOT
  - **High sticking** – Any time a stick comes above a player's knee, including but not limited to:
    - While in the motion of shooting
    - While running up the court
    - While behind the play
  - **Intent to injure** – Any intentional attempt to injure a player.
    - In addition to a penalty shot, the offending player, at a minimum, shall be ejected from the game.
  - **Abuse of officials** – Verbal abuse towards and/or physical contact with any official, inclusive of both on and off court officials.
    - Players, coaches, and parents have potential to receive an abuse of officials penalty.
  - **Body-Checking** – Using your hands, arms, or body to physically and intentionally crash or run in to an opponent.
  - **Cross-Checking** – The action of using the shaft of the stick to forcefully push or check an opponent.
  - **Slashing** – Using/swinging of the stick at an opponent, regardless of if contact is made.
  - **Hooking** – Using the blade of a stick, in a hook like manner on an opponent.
  - **Tripping** – Using your stick, or any part of your body, to trip an opponent.
  - **Holding** – Using your hands or arms to intentionally grab an opponent.
  - **Interference** – Using your stick or body to block the path or progress of an opponent, that does not have the ball.
  - **Too many players** – Any point when the maximum allowed players on the play surface is exceeded by a team.

PENALTIES & INFRACTIONS

- **Should an individual player commit 3 penalties, they will have to sit out for 2 minutes in the chill-out zone.**
- **2-minute chill-out repeat at 6th accumulated penalty for an individual player.**
    - If a player gets to a 9th penalty, they will be removed from the game.
    - Older age groups should see tighter restrictions.

MAX INDIVIDUAL PENALTIES			
AGE GROUP	**CHILL OUT 1**	**CHILL OUT 2**	**REMOVED FROM GAME**
8U	3	6	9
10U	3	6	9
12U	3	6	9
14U	2	4	6
16U	2	4	6

- Game to continue at even strength
    - Teams will never play shorthanded.
- No penalty box area required. Player simply remains on the bench for the 2-minute chill-out.
- In the event of off-setting penalties, no penalty shot will be awarded to either team. A faceoff will be held at the center dot.
    - EXAMPLE: Ball gets hit up in the air, and players from both teams raise their sticks at the same time trying to play the ball with high sticks. Both teams are guilty of a high stick. No penalty shot will be awarded to either team in this instance.

PENALTIES & INFRACTIONS

INFRACTIONS AND PLAY RESTART

- On any restart resulting from change of possession, players must give new ball carrier a minimum of 10' of clearance on all sides to resume play. Play will officially resume on the official's whistle.
- A player may not take a direct shot at the opposing goal on any restart.

- INFRACTIONS RESULTING IN CHANGE OF POSSESSION
    - **Offsides** – When a player enters their team's offensive zone prior to the ball entering the offensive zone.
        - Center court line shall serve as the divider between zones.
        - Non-offending team shall gain possession just beyond the center court line inside their offensive zone.
    - **Hand pass** – Using your hand to bat, swat or otherwise throw the ball to your teammate.
        - Non-offending team shall gain possession in the approximate location of the infraction.
    - **Ball out of play** – Any time the ball goes beyond the boundaries of the playing surface.
        - The team that last touched the ball, shall lose possession. Non-offending team will gain possession at the point where the ball went out of play, without a faceoff.
        - **Balls going out of play behind the goal:**
            - If the ball goes out of play behind the goal, having been last touched by a defensive player, the attacking team will regain possession at the center faceoff dot.
            - If the ball goes out of play behind the goal, having been last touched by the attacking team, the defending team shall gain possession of the ball below the goal line in the corner closest to where the ball went out of play.

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