



---

## **WARMAN 4 on 4 RULES - 2025**

Please be reminded that Warman 4 on 4 is an equal ice-time program where kids will gain conditioning, can be creative, make new friends and have a great time.

### **Coaching**

- this is not about winning, please work with the opposition coach to try and match lines of similar caliber during the game and not try and strategize how to get your strongest players on the ice against the opposition's weakest (note, should rosters not be full – we know this is tough and not feasible at times)

### **Game Timing**

- All games are 45-minutes and run-time, which includes a 3-minute warm up if the teams wish
- A 90-second buzzer is in effect for all age divisions; at the buzzer the puck is to be left as-is or dumped into the zone
- The 45-minute clock has to start and finish **exactly** within the given time frame regardless if teams are on the ice or not; the 45-minutes is slot time, not actual playing time
- *For example, if the game runs 5:15-6:00pm the 45-minutes starts at 5:15pm sharp and if the game is still going on at 6:00pm, the clock workers are expected to blow the horn and end the game*
- A 90-second buzzer is in effect for all age divisions; at the buzzer the puck is to be left as-is or dumped into the zone

### **Rules**

- **There is a 4-goal maximum per player, per game**
- **\*NEW\* Replacement Players**; replacement players are not permitted if a player is missing from a team; should players take it upon themselves to bring someone out, those players are ineligible and will be asked to undress/leave the game
- **\*NEW\* Line Changes**; players are expected to play the full 90-second shift however in the event one player changes well in advance of the buzzer, the replacement player will be expected to leave the puck where it is when the buzzer sounds and vacate to an area directed by the officials until the line change has been completed (*this will be enforced by the officials*)
- **When a goal is scored**; the referee will remove the puck from the net and play resumes; *all players from the scoring team must clear the center red line all at the same time before they can resume attacking*
- **When the goalie covers the puck or there is an Offsides call**; play is whistled down, and *the attacking team must clear the blue line all at the same time before they can resume attacking*
- **Icing**; no icing will be called but if a team abuses the icing rule the other team will be awarded a penalty shot
- **Penalties**; all penalties called will result in a penalty shot; all other players will line up on opposing blue line and once referee blows whistle, may pursue the penalty shot taker
- **NO SLAP SHOTS**; as this is meant to be fun and competitive, slap-shots are being taken out of the game. Taking a slap-shot will result in a penalty to the team for the first offence and a game ejection to the offending player for the second offence (note, if the first attempt is purposely, the official may eject the offending player without warning)
- **PHYSICAL PLAY**; any and all deliberate physical play *may* result in the player being ejected from the game based on referees' discretion; any subsequent offense will result in a one game suspension, per offence
- **Injuries**; any injuries must be attended to, but time clock will remain running
- **End of game**; players to shake hands and exit the ice surface immediately