

IBHL Street Hockey Tournament Rules and Format 2025

Equipment

- CSA Approved Helmets are required for all participants.
 - A full cage/face shield is required for all players under the age of 18
- Shin pads are required for all players under the age of 18
- Running shoes
- Hockey Gloves
- Hockey Stick
- T-shirts will be provided at the registration desk

Gameplay – 14+

- 4 on 4
- All games will consist of two 10-minute halves
 - Teams will switch sides at halftime with a one minute intermission
- Sticks cannot be raised above the waist. Slapshots are not allowed and will result in a penalty shot for the opposing team
- All penalties will result in a penalty shot
- If a goalie stops the ball, the defending team will get possession behind the net and have 3 seconds to make a pass
- If a ball goes out of play, the opposing team who did not cause the ball to go out of play will get possession behind the net and have 3 seconds to make a pass
- Teams will play each other once in the round robin stage
- The top 4 teams will qualify for playoffs

Gameplay – U13 & U10

- 4 on 4
- All games will consist of two 8-minute halves
 - Teams will switch sides at halftime with a one minute intermission
- Sticks cannot be raised above the waist. Slapshots are not allowed and will result in a penalty shot for the opposing team
- All penalties will result in a penalty shot
- If a goalie stops the ball, the defending team will get possession behind the net and have 3 seconds to make a pass
- If a ball goes out of play, the opposing team who did not cause the ball to go out of play will get possession behind the net and have 3 seconds to make a pass
- Teams will play each other twice in the round robin stage for U13
- Top 2 teams will play in the final after round robin for U13
- Teams will play each other once in the round robin stage for U10
- Top 2 teams will play in the final after round robin for U10

Format

- Time will continue, there is no stop time unless a timeout is called
- One timeout per game – 15 seconds
- Points are awarded as follows: 2 points for a win, 1 point for a shootout loss, and 0 points for a loss
- Tiebreakers are as follows:
 - 1) Head to Head
 - 2) Goal Differential (GF – GA)
- Any game that is tied at the end of regulation will go into a 2-player shootout
 - 1 female player must shoot in the shootout