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**DBHL 5 vs 5 Rules**

**Open to ages 16 and up, Co-Ed. \*Under 18 must have parent consent.**

Two - 12 min periods per game. Clock will stop and a face-off will occur before each period, after every goal, a save by a goalie or icing. Teams are allowed one 30 second time-out per game. Clock will run if a team has a 5 goal or more lead. Game ends when one team has an 8 goal lead.

Floating blue line will be in effect. On an offside play, the opposing team will begin play behind their own blue line. When the ball goes out of bounds on the sideboards, the team that last touched the ball will lose possession. Defending team must give 5 ft of space before play starts. The team with possession will have 5 seconds to start the play or the referee can stop the clock or call for a penalty shot if the team continues to delay on purpose to kill the clock. A player can move the ball without making a pass.

All penalties are a penalty shot. Clock will be stopped during this time.

2 points for a win, 1 point for a tie or OT loss (NHL Point System).

3 minute 3v3 Sudden Death OT during season. The clock will stop for face-offs. Playoff will be 3v3 Sudden Death OT until we have a winner.

Substitutions allowed only if a team has less than 7 players. Eligibility to be determined by the DBHL Board of Advisory

**\*Equipment Requirement:** Stick, Gloves and Shin Pads. Helmets are optional.