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**DBHL 5 vs 5 Rules**

Two - 12 min periods per game. Clock will stop on all whistles. 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. There will be a 2 minute break between periods and a 3 minute break between games.

All National Ball Hockey League rules will be in effect.

Exceptions are: Icing will be from the far Blue Line and game times are stated above

3 points for a win, 2 points for an OT win and 1 point for an OT loss (NHL Point System).

3 minute 3v3 Sudden Death OT during season. If there is still a tie, each team will have 3 penalty shots to determine a winner. If still tied, each team will get a turn until a winner is determined. After the first 3 shots, you can keep using the same players.

Playoffs will be 3v3 Sudden Death OT until we have a winner.

If a goalie is pulled, they can go to the nearest bench.

Substitutions allowed only if a team has less than 8 players. Eligibility to be determined by the DBHL Board of Advisory

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

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