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## **AR HOCKEY CAMPS**

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For the Fun of It

### **4x4 League Rules – Revised 2026**

#### **ABSOLUTELY NO BODY CHECKING!!!**

#### **Game Rules:**

- 1 Referee per game. All calls and decisions are at the discretion of the referee.
- No Timekeepers. Refs will keep track of the score.
- 5 Min warmup. Pucks will be provided.
- Offsides (2ft rule) will result in a loss of possession.
- No Icings
- Scoring team must retreat to the red center line and cannot cross the blue line after a goal is scored.
- Penalties are penalty shots (chase).
- Unsportsmanlike conduct will not be tolerated. The player will be asked to leave the game. If the behavior continues, the league will discuss the behaviour with the player. Players risk being removed from the league if the conduct continues.
- Neck guards are mandatory. Failure to comply will result in the team forfeiting the game.
- All helmets must be CSA approved and worn appropriately. Any player wishing to wear a half visor, must be 18 years old (driver's license picture) and sign a liability form.
- Any addition to these rules or changes are subject at the discretion of AR Hockey Camps.