

Rules for Series and Draft

- Each Series is best of 5 nights. Team losing the Series pays \$5 per man for after-skate refreshments.
- Each night's games are won by the first team to score 5 goals.
- Each night's winner is determined by the winner of most games. In the event of a tie in games, winner will be determined by total goals.
- Winning captain stays on for next series.
- Loser from Previous Week or 2nd Pick of Draft gets choice of Goalie for 1st game or 1st pick of Subs.
- Subs to be alternated between Captains.

Rules of play

- No fighting
- No chopping (two handers of any kind, keep sticks down)
- No hitting (physical play should be between friends, in the event of dispute be the first to apologize !)
- Self govern in a gentlemanly fashion.
- No two-line passes (the red line IS in play!)
- Gentleman's call on offside. (see self govern rule)
- Scoring team drops puck after each goal.
- No hacking goalies to loosen puck.
- Quick changes.

Lace 'em up: 10 Rules for Pick-Up Hockey Players

Just like the big boys in the NHL, adult hockey players are preparing to lace up for the 2006-07 recreational season. Most pick-up hockey groups are relatively stable. The same 15 to 20 guys roll into the rink in September, exchange a few pleasantries about the family and the job, then quickly move on to hockey trash talk and debates about which NHL team has made the most astute off-season moves. (At this point all the Leafs fans will speak with certainty about Toronto's prospects, only wavering over the length and precise route of the inevitable Stanley Cup parade.)

In the middle of it all will be a small number of new guys invited to join the game. Some of these rookies arrive at the rink already knowing how to fit in. Unfortunately there are always one or two newbies who just don't get it. The "rules" and etiquette of adult pick-up hockey are subtle, usually unspoken and until now not written down.

As a service to our readers, HockeyDirt is pleased to present 10 tips for anyone joining a new pick-up hockey group. If you are joining a group of "veterans" and want to avoid being the butt of locker-room jokes, or worse yet, being un-invited, here are a few simple pointers.

- 1) **Pass the puck.** You might be the best player on the ice. You might be able to stick-handle through the other team at will and score, but nobody likes a puck-hog. Give it up – think of yourself as the next Gretzky, not the next Ovechkin.
- 2) (a) **Don't kill the goalie: The Warmup.** No goalie ever asks to have his head warmed up. Nor do they need to work out kinks in their neck or collarbone. There is no need to shoot the puck above the goalie's belly button. If you want to wire a few high hard ones, or test out your new composite stick, do it against the glass. Injuring the goalie during warmup is a big no-no.
- 2) (b) **Don't kill the goalie: The Game.** When the goalie puts his glove or pad on the puck stop hacking & poking. Assume the play is dead & skate away. If you are driving the net and have to choose between Bertuzzi'ing the goalie (and scoring) and going around the net (and not scoring), opt for the latter.
- 3) **Don't kill anybody else.** If you get the puck at the point, resist the temptation to shoot for the top corner. Ripping a shot past the ears of the guys standing in front of the net won't win you any friends.
- 4) **Pay the man.** Some shmuck got suckered into being the guy who collects the money needed to pay for the ice – you need this guy more than he needs you. Don't make him chase you down for money.
- 5) **Get off the ice.** If you are tired, get off ice. If you are resting your stick on your knees & sucking for air, get off the ice. If you've been on the ice for more than 2 minutes, get off the ice. If your linemates head for the bench, get off the ice. When in doubt, get off the ice.
- 6) **Keep it clean.** Assume the NHL rules apply to you – stop hooking, holding and water-skiing. If you trip somebody, apologize. If somebody trips, hooks or holds you, assume it was an accident.
- 7) **Air out your equipment.** When you were 13 it was cool to bring tears to your teammates' eyes just by opening your bag. That time has passed. Keep it clean.
- 8) **Don't whine about the teams.** The same shmuck who collects the money attempts to create balanced teams from a wildly unbalanced talent pool. If the odd game is a little one-sided just shut-up and play harder. Consider it an opportunity to work on your defensive play.

9) **Give up your dream.** You are not going to the show. You will not be discovered by an NHL scout while playing pick-up hockey at 10 pm on a Tuesday night. Play hard but remember that Janet Gretzky is not waiting at home for you & everybody has to go to work the next morning.

10) **Be like Mike (Bossy).** Despite being a deadly, highlight-reel goal-scorer, Mike Bossy was always humble. Any time he scored, which was very often, he deflected attention away from himself by crediting his teammates with great plays and great passes. Be like Mike - if you score, no matter how beautiful you think the goal is, resist the temptation to blow an Ovechkin kiss to the (non-existent) crowd or give a Jagr salute to your (non-existent) fans. Skate over to the guy who passed you the puck, tap his glove, and get on with it.

Follow these simple rules and you will fit in right away. You will be invited back, the puck will be passed to you and you'll be invited out for a post-game beer. Follow these rules and you will be accepted as one of the gang, even if you are a Leaf fan.