



青少年冰球挑戰賽（亞洲區）札幌站

Youth Hockey League (Asia Region) Sapporo Stop

競賽規程

Rules & Regulations

-參賽方式

1. 每隊最多 20 人，守門員 2 人。每隊不少於四場比賽。
Maximum 20 players and 2 goalies of each team can attend the league games. Each team is going to play minimum 4 games.
2. 以保證運動員安全,所有運動員必須整套裝備齊全包括佩帶護頸、護齒。
All players must wear protective gears including the neck guard and mouth guard for safety guidelines.
3. 所有球員必須準備兩套深淺(主隊穿著淺色賽服,客隊穿著深色賽服)不同顏色的球衣。
Teams must have matching Home (white) and Away (dark) set of jerseys – 2 in total for all players.
4. 在比賽之前各運動員提前做好熱身運動,在賽前 5 分鐘將開放比賽場地以供比賽隊伍冰上準備活動。在開球之前雙方球員在藍線站好並致意之後再開始比賽。教練的作戰指示在 5 分鐘準備時間內完成。
Each team will be provided 5 minutes on-ice warm up session, then both teams go to their respective blue line to wait for signal from referee to salute each other. Coaches will address their team within the warm up session.
5. 比賽完結後雙方球員在藍線站好並在裁判指示下致意,並會公佈該場比賽兩隊的最佳運動員。雙方球員互相握手,雙方隊長與主裁判和邊裁握手。
After the game, players will line up on their respective blue line and salute each other on referees' signal in a sign of sportsmanship. Player of the game will be announced for each team. Players will then line up and shake hands with the other team. Captains will shake hands with the referee and linesmen.



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6. 每場比賽進行三節,每節 15 分鐘(不停鐘計時),節與節之間休息時間為 3 分鐘。每隊每場比賽都會有一次暫停 30 秒的機會。
3 periods of 15 minutes each (running clock format), Intermission: 3 minutes. Time-Out for each team: 30 seconds.
7. 每場比賽以不停鐘計時方式進行。在第三節比賽進行中,雙方於最後兩分鐘的入球數目差別少於或等於兩球時,比賽將會使用停鐘計時模式。
All games are played in running clock format. However, if the goal differential is 2 or fewer in the last 2 minutes of the 3rd period, the game will be played in stop clock mode.
8. 比賽判決以裁判為準,不得有任何爭議。
In case of any dispute, the referee's decision shall be final.

裁判員安排 **Officials**

每一場的比賽都需要裁判員 3 名(一名主裁、兩名邊裁)。

There will be 3 On-Ice Officials for each AYHL Game (1 Referee and 2 Linesmen). All the On-Ice and Off-Ice Officials will be organized by the League and the co-organizers.

比賽規則 **Rules**

1. 爭球 **Face offs**

- 比賽中發生在任何地點的犯規,都會在犯規一方的守區爭球。如果出現雙方同時犯規,將會在離犯規地方最近的爭球點爭球。
- Face offs following the calling of a penalty will be conducted in the end-zone of the offending team. In the case of co-incidental penalties, the face off will be conducted at the point of last play.

2. 死球 **Icing**

- 在比賽中打死球將不能換人,並回到打死球方的守區爭球。如在死球和犯規同時出現可換人。比賽中暫停時不可以換人。初犯隊伍將先被裁判警告,再犯則會被判小罰。
- Teams who commit an icing are not permitted to change players until play has resumed. Change of players will be permitted after an icing only if a penalty situation occurs during the same stoppage which results in a change of on-ice strength. Change of players is still not permitted should a team call a time-out. For the first offense, a warning shall be issued from the



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referee to the offending team, and any subsequent infractions shall result in a Bench Minor penalty.

3. 犯規 Penalty

- 嚴禁比賽中出現衝擊頭部及任何衝撞接觸到肩以上等行為嚴重的犯規，一定被判罰。判罰輕重是由主裁決定(小罰及十分鐘行為為例;大罰及實時離場或實時停賽)。如果在是次犯規中有球員受傷，則犯規球員會被判大罰及實時離場。

- Checking to the head will not be tolerated, and penalties shall be assessed in every instance a check is delivered to an opponent above their shoulders. Referees have the discretion to assess a Minor and Misconduct penalty, a Major and Game Misconduct penalty, or a Match penalty to any player based on the severity of the penalty. Any infraction that results in an injury shall automatically receive a Major and Game Misconduct penalty or Match penalty.

- 嚴禁比賽中出現背後衝撞等行為嚴重的犯規等行為嚴重的犯規，一定被判罰。判罰輕重是由主裁決定(小罰及十分鐘行為為例;大罰及實時離場或實時停賽)。如果在是次犯規中有球員受傷，則犯規球員會被判大罰及實時離場。

- Checking From Behind will not be tolerated. Any player penalized for Checking From Behind, regardless of intent, shall receive a Minor and Misconduct penalty, Major and Game Misconduct Penalty, or Match Penalty. Any infraction under this rule that results in an injury shall automatically receive a Major and Game Misconduct Penalty or Match penalty.

- 如出現高杆擊打肩部以上導致受傷流血將判罰 2 分鐘+2 分鐘。(2 分鐘+2 分鐘為一次判罰)

- High sticking penalties resulting in an injury or which draws blood will not be tolerated. Any player penalized for a High sticking penalty which results in injury or which draws blood will receive a Double Minor Penalty 2+2. A double minor penalty is considered as 1 penalty.

- 判大罰者須實時離場。

- All Major penalties shall incur an automatic Game Misconduct.

- 任何一個球員被判罰出場或停賽,將不能參與任意球。

- Any player who has received a Game Misconduct or Match penalty shall be ruled off the ice for the remainder of the game and will NOT be eligible to participate in a shoot-out until their suspension has been served.

- 任何時間被罰出場者,將不可再參與這場比賽。

- Game Misconducts occurring during regulation time shall result in the player being removed from the ice for the remainder of the game.



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- 如在最後 10 分鐘被判實時出場者,將在下一場比賽被罰停賽。
- Any Game Misconduct received in the last 10 minutes of regulation play shall result in a 1-game suspension which will be served in the players' next game.
- 任何球員被罰「取消資格」,將實時停賽,並由組委會裁定停賽場數。
- Any player receiving a Match penalty shall be ruled off the ice for the remainder of the game and suspended indefinitely, at the League's discretion.

所有比賽規則根據《國際冰球聯合會競賽規則》、《國際冰球聯合會運動規則》

For all other rules, refer to the IIHF rulebook & Sport regulations

如果有任何爭議,最終將由香港冰球訓練學校及札幌冰球聯盟的代表友好協商解決。

*** Any dispute shall be resolved by the consultation of representatives from Hong Kong Academy of Ice Hockey and Sapporo Ice Hockey Federation. ***