

20-20 Hockey Fest Rules of Engagement - all you need to know for Sunday's big day

The first ever Elite League 20-20 Hockeyfest tournament takes place this Sunday at the Sheffield Arena - a fantastic festival of four on four hockey with seven games in one day.

Steelers take on the Stingrays in the opening game at 11am with the Blaze taking on the Panthers in the 4th quarter final which starts at 2pm. The two semi finals are at 4pm and 5pm with the grand final at 7pm.

Each game will be played with two 20 minute periods of running clock. The clock will stop for the following reasons only, after a goal is scored, if any medical attention is required on the ice, if the zamboni or ice maintenance have to come on the ice for any reason.

On face offs the 5 second rule will apply, if both teams or one of the teams is not ready for the face off the puck will be dropped by the linesman even if one or both of the players are not ready.

When penalties are given by the referee if any player from the offending team goes to the official to query the penalty for any reason and trying to run the clock down he will be given a two minute minor penalty for delaying the game.

Both teams will be expected to be on the ice for warm up 3 minutes before the start of their game, you will only have three pucks on the ice for the 3 minute warm up and this is to warm the net minders up.

Penalties awarded will be recorded as follows:

2 minute minor will only be a 1 minute served by the player on the clock

2+2 minute will be a 1+1 minute served by the player on the clock.

5+game misconduct, and Match penalties will show on the clock as 3 minute penalties on the clock and the player will miss the next game.

A game misconduct will result in the player missing the next game.

2+10 minute misconducts for any offence will be show as a 1+5 on the clock,

10 minute misconduct penalties will be served as 5 minutes by the player.

After the first period has been played both teams will go to their respective benches for 3 minutes then the second period will start.

If the games are level at the end of the two periods each team will nominate one player to take penalty shots until the result is determined.

For this competition there will be no icing rules.

All other Elite League rules will remain unchanged