



OFFICIAL RULE BOOK

Aligned with the International Street & Ball Hockey Federation

CODES OF CONDUCT

USA Ball Hockey provides the foundation for the sport of street and ball hockey in America. We strive to empower players and coaches with opportunity to participate in a game that encourages work ethic, leadership, sportsmanship, and mentorship, as well as develop the fundamentals through education of the sport. USABH aspires to develop coaches, players, officials, programs, and facilities. Our codes of conduct are a promise of commitment that all USABH players, coaches, officials, fans, and associates will promote the sport with pride, dignity and respect towards all individuals.

Administrator's Code of Conduct

- Follow the rules and regulations of USA Ball Hockey and your association to ensure that the association's philosophy and objectives are enhanced.
- Support programs that train and educate players, coaches, parents, officials and volunteers.
- Promote and publicize your programs; seek out financial support when possible.
- Communicate with parents by holding parent/player orientation meetings as well as by being available to answer questions and address problems throughout the season.
- Work to provide programs that encompass fairness to the participants and promote fair play and sportsmanship.
- Recruit volunteers, including coaches, who demonstrate qualities conducive to being role models to the youth in our sport.
- Encourage coaches and officials to attend USA Ball Hockey clinics when available.
- Make every possible attempt to provide everyone, at all skill levels, with a place to play.
- Read and be familiar with the contents of the USA Ball Hockey's official playing rules.
- Develop other administrators to advance to positions in your association.

Coaches' Code of Conduct

- Care more about the child than winning a game.
- Be a positive role model to all of your players.

- Be generous with your praise when it is deserved; be consistent and honest; be fair and just; do not criticize players publicly; learn to be a more effective communicator and coach; don't yell at players for the sake of yelling.
- Never verbally or physically abuse others, particularly a player or official; give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach players the basics.
- Organize practices that are fun and challenging for your players. Familiarize yourself with the rules, techniques and strategies of hockey.
- Maintain an open line of communication with your players' parents. Explain the goals and objectives of your team.
- Be concerned with the overall development of your players.

On-Rink Officials' Code of Conduct

- Act in a professional and businesslike manner at all times and take your role seriously.
- Provide a safe and sportsmanlike environment in which players can properly display their hockey skills.
- Know all playing rules, their interpretations and their proper application.
- Manage and help to control games in cooperation with the coaches to provide a positive and safe experience for all participants.
- Be fair and impartial at all times.
- Use honesty and integrity when answering questions.
- Admit your mistakes when you make them.
- Never openly criticize a coach, player or fellow official and keep your emotions under control.
- Dedicate yourself to personal improvement and maintenance of officiating skills.
- Respect your supervisor and his/her critique of your performance.

Parent's Code of Conduct

- Do not force your children to participate in ball hockey, let them make the decision to play.
- Encourage your child to play by the rules set forth by USA Ball Hockey.
- Do not embarrass your child by yelling at players, coaches or officials.

- Support the officials on and off the rink, but never criticize an official for their calls. Remember, it is only a game.
- Applaud a good effort in both victory and defeat, and enforce the positive points of the game. Never yell or physically abuse your child after a game or practice.
- Recognize the importance of volunteer coaches. They are important to the development of your child and the sport. Communicate with them and support them.
- Become an active member of your hockey community and volunteer.

Player's Code of Conduct

- Play for fun but work hard to improve your skills.
- Be a team player and get along with your teammates.
- Learn teamwork, sportsmanship and discipline.
- Always be a good sport.
- Respect your coach, your teammates, your parents, opponents and officials in public or in private.
- Never argue with an official's decision, as they are unlikely to change their mind and your conduct can be viewed as unbecoming.

Spectator's Code of Conduct

- Display good sportsmanship. Always respect players, coaches and officials; do not taunt or disturb other fans; enjoy the game together.
- Cheer good plays of all participants; avoid booing opponents.
- Help provide a safe and fun environment; throwing any items on the playing surface can cause injury to players and officials.
- Support the referees and coaches by trusting their judgment and integrity.
- Be responsible for your own safety, be alert to prevent accidents from balls and other avoidable situations.
- Respect buildings and locker rooms as private areas for players, coaches and officials.
- Recognize good effort, teamwork and sportsmanship.

A MESSAGE FROM THE BOARD OF DIRECTORS

USA Ball Hockey is a nonprofit organization and the national governing body for Men's and Women's ball hockey in the United States. We embrace the responsibility and are committed to the selection, training, and fielding of the USA teams that compete in ISBHF sponsored International, as well as National competitions, and for the development of youth ball hockey initiatives that address player, coach, referee, and program development, education, licensing, and safety.

All USABH sanctioned leagues, tournaments, and events should be refereed strictly in accordance with the USA Ball Hockey rule book. We are dedicating time and resources to train coaches and officials of the sport to be the best version of themselves as they manage games, practices and other events.

If a referee has difficulty in the interpretation of any rule, the referee should consult with the Referee-in-Chief, until each region has a Head Official.

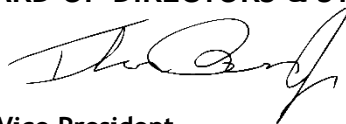
EXECUTIVE BOARD OF DIRECTORS & STAFF



President

Chris Banks

cbanks@usaballhockey.com



Vice President

Tom Ruiz

truiz@usaballhockey.com



Director of Hockey Operations

Cory Herschk

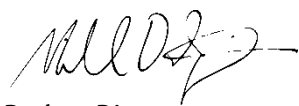
cherschk@usaballhockey.com



Assistant Director of Hockey Operations

Alessandra Glista

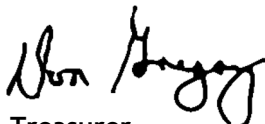
aglista@usaballhockey.com



Budget Director

Mike DeFazio

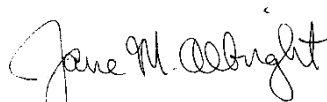
mdefazio@usaballhockey.com



Treasurer

Don Gregory

dongregory@usaballhockey.com



Secretary

Jane Albright

jalbright@usaballhockey.com



Attorney

Chris Sperry

csperry@usaballhockey.com



Referee in Chief

Michael Wahbi

mwahbi@usaballhockey.com



Assistant Referee in Chief

Jeff Johnstone

jjohnstone@usaballhockey.com

*Find all staff members at <https://usaballhockey.com/staff-directory/>

TABLE OF CONTENTS

SECTION ONE **PAGE 9** **THE RINK**

Rule 1	Rink	9
Rule 2	Rink Dimensions	9
Rule 3	Division of Floor Surface	9
Rule 4	Goal Posts and Net	10
Rule 5	Goal Crease	10
Rule 6	Center Dot and Circle	10
Rule 7	Face-Off Dot in Neutral Zone	11
Rule 8	End Zone Face-off Dot and Circles	11
Rule 9	Player's Benches	11
Rule 10	Penalty Bench	12
Rule 11	Referee's Crease	12
Rule 12	Signal and Timing Devices	12

SECTION TWO **PAGE 13** **TEAMS**

Rule 13	Composition of Team and Divisions	13
Rule 14	Players in Uniform	13
Rule 15	Captain of Team	14
Rule 16	Change of Players	15
Rule 17	Injured Players	16

SECTION THREE **PAGE 18** **EQUIPMENT**

Rule 18	Sticks	18
Rule 19	Footwear	19
Rule 20	Goaltending Equipment	19
Rule 21	Protective Equipment	21
Rule 22	Dangerous Equipment	22
Rule 23	Measurement of Equipment	22
Rule 24	Ball	22

SECTION FOUR **PAGE 23** **OFFICIALS**

Rule 25	Appointment of Officials	23
Rule 26	Referees	23
Rule 27	Referee Duties	24
Rule 28	Official Scorer	24
Rule 29	Game Timekeeper	25
Rule 30	Penalty Timekeeper	25
Rule 31	Goal Judges	26

SECTION FIVE **PAGE 27** **PLAYING RULES**

Rule 32	Ball out of Bounds	27
Rule 33	Ball out of Sight	27
Rule 34	Ball Striking Official	28
Rule 35	Broken Stick	28
Rule 36	Clearing (Icing)	29
Rule 37	Face-Offs	29
Rule 38	Falling on Ball	31
Rule 39	Goals & Assists	31
Rule 40	Hand Pass	32
Rule 41	Handling the Ball	33
Rule 42	Interference by Spectators	33
Rule 43	Kicking the Ball	34
Rule 44	Off-Sides	34
Rule 45	Refusal to Start Play	35
Rule 46	Start of Game & Periods	36
Rule 47	Tied Game	36
Rule 48	Time of Game	37
Rule 49	Time Outs	37

SECTION SIX **PAGE 38** **PENALTY TYPES**

Rule 50	Penalties	38
Rule 51	Minor Penalties	39
Rule 52	Bench Minor Penalties	40
Rule 53	Major Penalties	40
Rule 54	Misconduct Penalties	41
Rule 55	Game Misconduct Penalties	42
Rule 56	Gross Misconduct Penalties	42
Rule 57	Match Penalties	42
Rule 58	Penalty Shot	43
Rule 59	Calling of Penalties	44
Rule 60	Delayed Penalties	45
Rule 61	Goaltender Penalties	46
Rule 62	Awarded Goals	47

SECTION SEVEN **PAGE 48** **PENALTY INFRACTIONS**

Rule 63	Attempt to Injure	48
Rule 64	Boarding / Body Checking	48
Rule 65	Butt-Ending	48
Rule 66	Charging	49

Rule 67	Cross-Checking	49
Rule 68	Delay of Game	50
Rule 69	Diving	51
Rule 70	Elbowing	51
Rule 71	Fighting	51
Rule 72	Harassment of Officials	52
Rule 73	Head Butt	53
Rule 74	Head Contact	53
Rule 75	High-Sticking	53
Rule 76	Holding	54
Rule 77	Hooking	54
Rule 78	Interference	54
Rule 79	Kneeing	55
Rule 80	Kicking	55
Rule 81	Leaving the Bench	55
Rule 82	Roughing	56
Rule 83	Slashing	56
Rule 84	Slew Foot	57
Rule 85	Spitting	57
Rule 86	Spearing	57
Rule 87	Third Man In	57
Rule 88	Throwing Stick or Object	57
Rule 89	Tripping	58
Rule 90	Verbal Slur / Obscene Gesture	58

RULES GOVERNING THE GAME OF BALL HOCKEY

SECTION ONE - THE RINK

Rule 1

Rink

- A. Ball Hockey shall be played on an area called a “Rink”.
- B. The playing surface shall be comprised of one of the following:
 - i. Smoothed or Painted concrete.
 - ii. Blacktop / Asphalt
 - iii. Plastic modular sports flooring - there are many variations of this type of surface. Whether or not flooring qualifies or is legal will be the determination of an USA BALL HOCKEY Certified Officials.

Rule 2

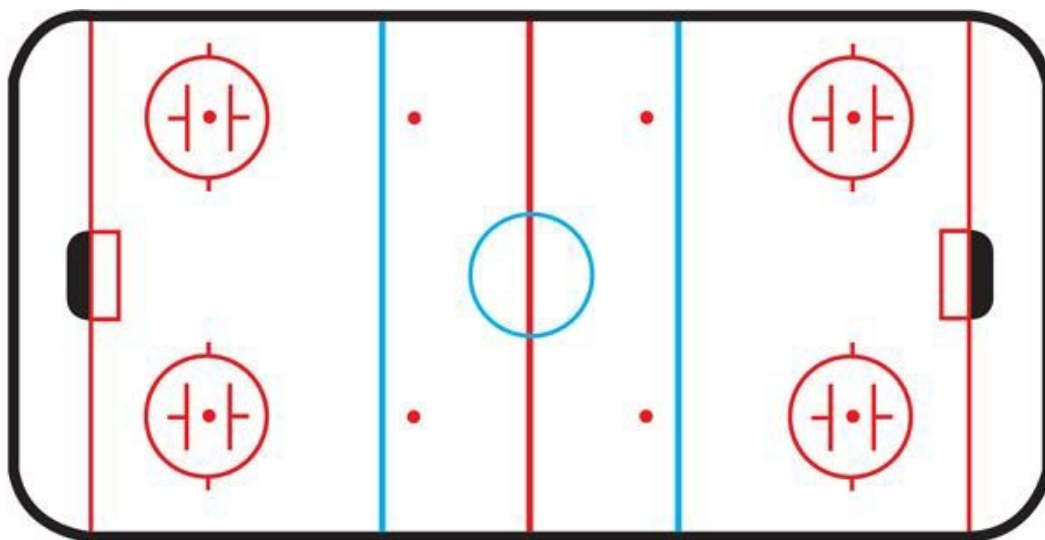
Rink Dimensions

- A. In order to support a game whereby each team has 5 runners and 1 goaltender, the dimensions of the rink shall be no less than 160 ft. long and 75 ft. wide. Rink dimensions measuring less than those specified herein shall not be considered official for the purposes of tournament play. The corners shall be rounded in the arc of a circle with a radius between 25 and 30 feet.
- B. The rink shall be enclosed by the boards, which may be constructed of wood, plastic or fiberglass. Measured from the surface of the floor, the boards shall be no more than 4 ft. and no less than 3 ft. 4 in. in height. The surface of the boards facing the floor shall be white and free from any obstruction or object that may cause injury to players. The base plate, of a maximum height of 12 in. shall be light (recommend yellow) in color.
- C. It is recommended that glass, plexi-glass or other similar material be mounted to the boards, flush to the playing surface, to assist in the prevention of balls going into the spectator areas. Protection is also recommended in front of the off-floor officials’ area. All equipment used to hold the glass or similar material in position shall be mounted on the boards on the side away from the playing surface.
- D. It is recommended that no logos or advertising be allowed on the floor in the end zones. Logos must not disrupt or alter any official floor markings as described in this Section One.

Rule 3

Division of Floor Surface

Shown here is a typical rink divided into various sections. The rink used should be divided into sections as close to this example shown below as is reasonably possible.



Rule 4

Goal Posts and Net

The goal net should be 72 inches wide by 48 inches high by 24 inches deep at the base. The sides and back are covered by netting of enough strength and texture to prevent the game ball from passing through the mesh. The frame is painted red. It is recommended goals are held in place using some form of breakaway anchor such as pins or magnets which extend up through the surface into the pipe openings of the goal posts.

Rule 5

Goal Crease

- A. In front of each goal, a “GOAL CREASE” area shall be marked by a colored line two inches (2”) in width.
- B. There are many variations of Goal Creases. USA BALL HOCKEY’s recommendation is as follows: 10 to 12 inches from the outside of each goal post, a line 5 feet in length and 2 inches in width shall be drawn at right angles to the goal line and the points of these lines furthest from the goal line shall be joined by another 3 inch line.
- C. The interior coloring of the crease should be something other than the color of the primary playing surface to further differentiate this area.
- D. The goal crease area shall include the space outlined by the crease lines and shall extend vertically to the level of the top of the goal frame.

Rule 6

Center Floor Spot and Circle

A circular colored spot, 12 in. in diameter, shall be marked on the floor exactly in the center of the rink. Using this spot as a center, a circular colored line 2 in. wide, with a radius of 15 ft., will then be marked on the floor.

Rule 7***Face-off Spot in Neutral Zone***

Two colored spots 2 ft. in diameter shall be marked on the floor in the Neutral Zone 5 ft. from each colored line, and the same distance from the boards as the end zone face off spots. Within each face-off spot draw two parallel lines 3 in. from the top and bottom of the spot. The area within the two lines shall be painted with a color, the remainder shall be painted with a different color, preferably white.

Rule 8***End Zone Face-off Spots and Circles***

- A. In both end zones and on both sides of each goal, face-off spots and circles shall be marked on the floor as follows:
- All lines described in this section shall be 2 in. wide unless otherwise specified.
 - The face-off spots shall be 2 ft. in diameter and the circles shall have a radius 15 ft. from the center of the face-off spots.
 - The lines of the circle shall be 18.5 ft., and 21.5 ft. from the goal line and parallel to it.
 - Two colored lines 2 ft. in length shall be marked on the floor extending from the outer edge of both sides of each face-off circle. The face-off spots shall be 2 ft. in diameter.
 - Within each face-off spot shall be two parallel lines 3 ft. from the top and bottom of the spot. The area within the two lines shall be painted with a color and the remainder shall be painted with a different color, preferably white.
 - One foot away from the edge of the face-off spot there shall be two lines drawn parallel with the side boards that shall be 4 ft. in length and 18 in. apart.
 - Parallel to the end boards, starting at the end of the line nearest to the face-off spot, a line shall extend 34 in. in length.
- B. The location of the face-off spot shall be fixed in the following manner:
- Along a line 20 ft. from each goal line and parallel to it, mark two points 22 ft. on both sides of the straight line joining the centers of the two goals. Each such point shall be the center of the face-off spot and circle.
- C. For rinks under 75 ft in width, the face-off circles shall be reduced in circumference so that they do not overlap. A minimum area of 2 ft. from the adjacent side boards is to be maintained.

Rule 9***Players' Bench***

- A. Each rink shall have a box or a bench for the use of each team, to be known as the Players' Bench or Box. Each players' bench shall accommodate at least sixteen players and shall be faced directly alongside the floor in the neutral zone, as near as possible to the center of the rink.

- B. The gates to the players' bench should open away from the floor surface.
- C. Only players in uniform and a maximum of five team officials shall be permitted to occupy the players' bench.
- D. These individuals shall be registered and entered on the Official Game Report. A maximum of five team officials may be recorded on the Official Game Report.
- E. During a game, Coaches, Managers, Trainers and other authorized team officials shall be restricted to the use of the area the length of their players' bench, including their team's gate. The penalty for a violation of this rule is a Bench Minor Penalty.

Rule 10

Penalty Bench

- A. Each rink shall have an area to accommodate players to be known as the Penalty Bench or Box.
- B. It is to be used for the seating of penalized players. The penalty bench should be located a substantial distance from the players' bench. The Penalty Timekeeper, the Game Timekeeper and the Official Scorer should have their own separate bench or box situated between the Home and Visitor Penalty Bench or Box.
- C. The penalty bench shall be located on the opposite side of the rink from the players' bench, or if this is not possible, at least 20 ft. from either bench.
- D. There shall be two separate penalty boxes, each having its own gate and designated respectively as "Home" and "Visitor". Adequate arrangements shall be made to physically separate members of the opposing teams. If the penalty gates are located at unequal distances from center floor, the gate closest to the center floor shall be for the visitors.
- E. The gates of the penalty box should be constructed to open away from the floor surface, and outside the area known as the Referee's crease.

Rule 11

Referee's Crease

- A. A colored line, 2 in. wide, in the shape of a semi-circle and with a 10 ft. radius shall be marked on the floor immediately in front of the Penalty Timekeeper's seat. The area enclosed by this line shall be known as the Referee's crease.

Rule 12

Signal and Timing Devices

- A. Each rink should have a suitable sound system to be used by the Game Timekeeper.
- B. Each rink should have a clock in order that spectators, players and game officials may be accurately informed as to the time remaining in the game.

SECTION TWO - TEAMS

Rule 13

Composition of Team & Age Divisions

- A. A team shall have no more than six players at any one time while play is in progress. These six players shall be designated as:
 - i. Goaltender
 - ii. Right Defense
 - iii. Left Defense
 - iv. Center
 - v. Right Wing
 - vi. Left Wing
- B. Each player shall wear an individual number, a minimum of 6 inches in height on the back of their jersey.
- C. Players in each league should be within the following age groups:
 - i. Senior Series 50 years and older
 - ii. Masters 40 years and older
 - iii. Adults 18 years and older
 - iv. U20 / 16, 17, 18, & 19 years of age
 - v. U16 / 13, 14 & 15 years of age
 - vi. U13 / 10, 11 & 12 years of age
 - vii. U10 / 7, 8 & 9 years of age
 - viii. U7 / 4, 5 & 6 years of age

Note 1: Players are permitted to play UP one age division, but not DOWN in any division.

Note 2: A player's eligibility is determined by his/her age on the first day of the calendar year and/or identified by his/her birth year.

Rule 14

Players in Uniform

- A. Each team shall be entitled to a maximum of 22 players in uniform, which includes two goaltenders.
- B. The players registered as goaltenders can play as goaltenders only.
- C. A minimum of five eligible players in uniform (five runners or four runners and one goaltender) on each team shall be necessary to start the game.
- D. Before the start of the game, the Official in charge of each team shall give the Referee or Official Scorer a list of names and numbers of the players and goaltenders to the maximum of 22 who shall be eligible to play in that game. No change in the list

or addition to the list shall be permitted after commencement except:

- i. Where a player is late and their name has been Included on the Official Game Report prior to the game, they will be permitted to participate.
 - ii. When a player has been inadvertently omitted from the Official Game Report, the Referee shall permit the name to be added to the Game Report before the game has ended; providing such player was in uniform and on the floor or on their players bench at the start of the game.
- E. Team Officials may not give a false statement on the Official Game Report with regards to eligible players or face discipline with the Rules and Competition Committee.
- F. Each team shall be allowed one goaltender on the floor at a time. The goaltender may be removed for another player to be substituted for them. Such player shall not be permitted the privileges of a goaltender. When a goaltender is replaced, they must be replaced with another goaltender except in cases of injury to the goaltender where the team has no backup goaltender. The team may play with six runners, with no runner having the permissions of a goaltender.
- G. No player, other than a goaltender or their replacement shall be permitted to wear the equipment of a goaltender. Note: Teams are permitted to dress two goaltenders, either of whom may be used at the team's discretion. The goaltender starting the game may be replaced at any time by the backup goaltender, and the backup goaltender may be replaced by the starting goaltender within the same game without limitation.
- H. When the substitute goaltender enters the game, they shall take their position without delay and no warm-up shall be permitted.
- I. If both teams are on the floor during the pre-game warm up, players shall be restricted to their own half of the floor.
- J. No player under suspension may participate in the pre-game warm-up or occupy the players' bench.
- K. Before the start of the game the Official in charge of the Visiting Team must be the first to list their line-ups on the Official Game Report.

Rule 15

Captain of the Team

- A. Each team may appoint a Captain and not more than three Alternate Captains. One of those players should always be on the rink. Only a Captain or Alternate Captain who is on the floor shall have the privilege of asking the Referee for the interpretation of any rule during the game.
- B. Prior to the start of the game, the Manager or Coach of each team shall note on the Official Game Report and advise the Referee or Official Scorer of the names and numbers of the Captain and Alternate Captain(s).

- C. The Captain shall wear the letter “C” and the Alternate Captain(s) the letter “A” in a conspicuous position on the front of their sweaters. The letters should be in a contrasting color and be approximately 3 in. in height. If the letters are not worn, Captains and Alternate Captain’s privileges may be permitted at the discretion of the Referee.
- D. When the Captain or Alternative Captain receives a penalty, they shall lose all their privileges for the duration of the penalty and must proceed directly to the penalty box. Such players failing to do so will be assessed a Misconduct penalty.
- E. A playing Coach or Manager shall be entitled to the privileges of a Captain or Alternate Captain.
- F. A Minor Penalty for delay of game shall be assessed any Captain, Alternate Captain or other player who leaves his players’ bench to discuss any Interpretation of the rules with the Referee.

Rule 16

Change of Players

- A. When play is in progress, not more than six players (including a goaltender) are permitted on the floor at any one time.
- B. Players may be changed at any time from the player’s bench, provided that the player or players leaving the floor shall be at the players’ bench within 5 ft. and out of play before any change is made.
- C. A player on the penalty bench who is to be changed after their penalty has been served must proceed by way of the floor to the players’ bench before any change can be made.
- D. A team shall be required to place the correct number of players on the floor when requested by the Referee. The Visiting Team must always be first to place players on the floor to commence play. Each team is allowed only one change of player(s) during a stoppage of play.
- E. A Bench Minor penalty shall be assessed for a violation of any section of this rule. The penalty shall be served by a player committing the Infraction, as covered under Rule 52, Bench Minor penalties.
- F. If, in the last two minutes of regular playing time, or anytime in overtime, a Bench Minor Penalty is imposed for DELIBERATE illegal substitution, a Penalty Shot shall be awarded against the offending team. The Bench Minor shall not be served. See Rule 68 Delay of Game.
 - i. It In the course of making a substitution, either the player entering the game or the player leaving the game intentionally plays the ball with their stick, feet, or hands, or intentionally checks or makes any physical contact with an opposing player while the player respectively leaving or entering the game is actually on the floor, then the infraction of “too many players on the floor” (shall be called).

- ii. If in the course of substituting, either the player entering the play or the player retiring is struck by the ball accidentally within 5 ft of the bench, the play should not be stopped, and no penalty shall be called.
- iii. When a goaltender leaves their goal area, and proceeds to the players' bench for the purpose of substituting another player, they must be within 5 ft. of the bench before the substitute may enter the game. If the substitution is made prematurely, the Referee shall stop the play when the offending team gains possession and control of the ball. The resulting face-off shall take place at the center face-off spot unless this gives a territorial advantage to the offending team, in which case the face-off will take place at the closest face-off spot to where the stoppage occurred. There shall be no time penalty for making the premature substitution.

(Note: Line Change Rule) For player changes during stoppages in play the Referee shall begin the line change procedure as soon as it is safe to do so. For the ensuing face-off and then allow a 5 second period during which the visiting team may make a player change. After this 5 second period has elapsed, the Official will raise an arm to indicate that the Visiting Team may no longer change any player(s). With the arm still up, the Referee will allow a five second period during which the Home Team may make a player change. After this five-second period has elapsed, the Referee will drop the arm to indicate that the Home Team may no longer change any player(s). Where a team attempts to make a player change after their allotted time, the Referee shall send the player(s) back to their bench. Any subsequent infraction to this procedure at any time during the game shall incur a Bench Minor penalty under Rule 52.

Rule 17

Injured Players

- A. When a player, other than a goaltender, is injured or compelled to leave the floor during a game, they must be replaced by a substitute, and play must continue without the teams leaving the floor.
- B. If a goaltender goes to the players' bench due to an injury, they shall retire from the floor and their place shall be taken by an alternate goaltender and no warm-up will be permitted. However, this will only apply where an alternate goaltender is dressed. In cases where an alternate goaltender is not dressed the injured goaltender will be allowed five minutes to recuperate. If a replacement is necessary for the injured goaltender an additional five minutes shall be allowed for a total of ten minutes. The injured goaltender must remain out of the game until the next stoppage of play. For a violation of this rule, a Minor Penalty for Delay of Game shall be assessed.
 - i. If not ready, the team may play with six players on the surface. At no time is a replacement allowed to take warm-ups.

- C. A penalized player who is assessed a time penalty and who has been injured may proceed to the dressing room, provided they are replaced on the penalty bench by a substitute who was on the floor at the time of the infraction.
- D. If an injured penalized player returns to the players' bench before their penalty has expired, they shall take their place in the penalty bench or replace the player substituting for them on the penalty bench during the first stoppage of play. If the player takes part in the play before their penalty has expired, they shall be assessed an additional minor penalty for ineligible player.
- E. When a player is injured so that they cannot continue to play or go to their bench, the play shall not be stopped until the injured player's team has secured possession and control of the ball. Upon the Official's discretion, if the injury is severe, they can blow the whistle immediately for the safety of the player. Once play is stopped the player must come off the rink. Faceoff will be in the next lowest zone from where the player was injured.
- F. A player bleeding or covered by the blood of an opposing player will be considered as an injured player and must leave the rink for treatment and/or clean-up. Such player shall be permitted to return to the rink surface provided that:
 - i. the cut is completely closed and sealed with appropriate bandages
 - ii. any blood is removed from the player and his/her equipment and uniform are replaced or properly cleaned.

SECTION THREE - EQUIPMENT

Rule 18

Sticks

The intent of this rule is to only permit the use of conventional sticks. Any special changes, deviations or innovations require review and approval by the Rules & Competition Committee.

- A. All sticks (including goaltenders' sticks) may be made of wood, fiberglass or aluminum and/or any other material approved by the Rules & Competition Committee. They must not have any projections, pockets, netting or other similar contrivance designed to give the player or goaltender undue assistance in the playing of the game.
- B. In the case of hollowed shaft sticks, the end of the shaft must be covered with a protective cap or taped up sufficiently to protect against injury.
- C. The stick shall not exceed 63 in. from the heel to the end of the shaft, and 12.5 in. from the heel to the end of the blade. The blade of the stick must be between 2 and 3 inches in width.
- D. The goaltender's stick shall not exceed 55 in. from the heel to the end of the shaft. The blade of the goaltender's stick must be between 3 and 3.5 inches in width except at the heel where it must not exceed 4.5 in. in width. The goaltender's stick shall not exceed 15.5 in. in length from the heel to the end of the blade. The width portion of the goaltender's stick extending up the shaft from the blade shall not exceed 26 in. in length, calculated from the heel, and must be between 3 and 3.5 inches in width.
- E. A Minor Penalty for illegal equipment shall be assessed any player, including the goaltender, for using a stick which does not conform to the provisions of this rule.
- F. A Minor Penalty and a Misconduct Penalty shall be assessed any player who deliberately breaks a stick when asked to produce the same stick for measurement or who refuses to surrender their stick for measurement.
- G. When requested, the Referee shall take the stick to be measured to the Referee's crease at the penalty bench, where the appropriate measurement will be made using a tape measure or stick gauge.
- H. Sticks may be wrapped with any color tape.

Rule 19

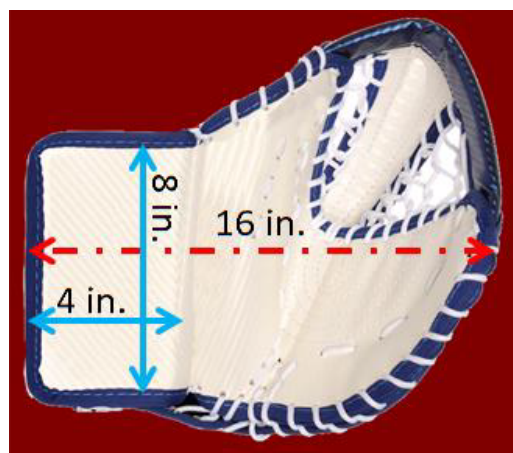
Footwear

- A. Hockey footwear must be of a design approved by Rules & Competition Committee. Athletic type footwear such as running shoes, cross trainers, trail runners, tennis shoes, etc. will be allowed. Any footwear called into question at a tournament will be subject to approval of the Referee.
- B. Goaltenders can wear footwear that offers protection of the toes and other parts of the foot with hard shell coverings.

Rule 20

Goaltending Equipment

- A. All equipment worn by the goaltender must be constructed solely for the purpose of protection of the head or body and must not include any garment or contraption which would give the goaltender undue assistance in keeping goal. Abdominal aprons extending down the thighs on the outside of the pants are prohibited.
- B. Protective padding attached to the back of or forming part of the goaltender's blocker glove shall not exceed 8 in. in width or 16 in. in length. Any measurement exceeding 8 in. measured anywhere across the full length of the wrist area, or more than 16 in. anywhere on the length constitutes an illegal blocker glove.



- C. The base of the goaltender's catching glove shall be restricted to a maximum of 4 in. in width, which is to include any attachments added to that glove. The length of the catching glove is restricted to a maximum of 8 in. The maximum distance from the top of the base to the edge of the webbing of a legal goaltender's catching glove cannot exceed 16 in. Refer to the image above for example.

- D. The lacing or webbing or other material joining the thumb and index finger of a goaltender's glove, or any cage, pocket or pouch created by this material, must not exceed the minimum amount of material necessary to fill the gap between the thumb and the index finger when they are fully extended and spread. Any other pocket, pouch or contrivance added to the glove by a manufacturer or otherwise is not acceptable and makes the glove illegal.
- E. The binding and/or stitching at the edges of both goaltender's gloves shall not be included in the measurement of either the length or width.
 - i. When a request for a measurement of a goaltender's glove has been made the team shall state the glove that is to be measured and whether it is to be the length or width of the glove.
- F. Goaltender's leg pads shall not exceed 12 in. in width as measured on the goaltender and shall not be altered in anyway. Note that pads must be worn that are anatomically proportional and size specific based on the individual physical characteristics of that goalkeeper. Note: Ball foil, a plastic piece attached to the bottom of goaltender's pads designed to stop the ball, is illegal equipment.
 - i. A Minor Penalty shall be assessed to a goaltender guilty of using or wearing illegal equipment.
- G. Protective masks of a design approved by the Rules & Competition Committee must be worn by goalkeepers. Designs currently approved for use in tournament play must adhere to the following guidelines:
 - i. Protect the entire face from contact with the ball.
 - ii. Protect the front and sides of the head from contact with the ball or stick.
 - iii. Cover the back of the head to provide cushioning in case of contact with a stick or hard surface such as the goal posts or the ground.
- H. Protective masks worn only to increase stopping area will be considered illegal.
- I. A goaltender shall remove their face protector for purpose of identification, if so, asked by the Referee. A goaltender who refuses this request shall be assessed a Gross Misconduct penalty.

Rule 21***Protective Equipment***

- A. All protective equipment except gloves, head gear, shin guards, and goaltenders leg pads, must be worn entirely under the uniform. After one warning by the Referee, a Minor Penalty for Illegal Equipment shall be imposed on the offending player for any subsequent violation of this rule.
- B. While on the floor, including pre-game warm-ups, ALL players including goaltenders, shall wear a UL® approved hockey helmet. ALL players under the age of 18 are required to wear must also wear a full facial guard. Any alteration to an approved helmet or facial protector automatically destroys the certification. Players age 18 and over, facial protection is strongly recommended but ultimately is optional.
 - i. All players while on the players' and/or penalty bench must wear their approved helmet and facial protector securely attached if the rules require that player(s) to wear a helmet for that game. Backup goaltenders do not need to wear their helmets while on the bench. For a violation of this section of the rule, a warning shall be issued to the team. The second and subsequent violations by the same team will result in a Minor penalty for Illegal Equipment.
 - ii. Helmets will be considered legal for ball hockey use under the following guidelines:
 - I) Any ice hockey helmet that was originally UL® approved at its time of purchase that has not been physically altered, has protruding clips, or in any other way that is deemed dangerous to the player wearing the helmet or any other player.
 - II) Helmets that are clearly in disrepair (signs of disrepair include missing interior foam, cracks in the helmet, missing straps, straps that have been replaced with tape or laces) due to damage or long-term wear, should be prohibited at the Referee's discretion.
 - III) Application of stickers or removal of ear guards will not render a helmet unusable for play.
 - iii. If the Referee's attention is drawn to the possibility that a facial protector or helmet may not be approved, or if the Referee observes that a facial protector or helmet may not be certified, and should that piece of equipment in effect turn out not to be certified, the Referee shall first issue a warning and at the same time order that illegal piece of equipment removed from the game.
 - iv. If the piece of equipment resurfaces during the game, the Referee should assess a Minor Penalty.

- C. The use of “protective style” gloves is mandatory. “Protective style” is generally accepted to mean the glove provides some type of padding and protection to the back of the hand and the fingers. Gloves that do not provide padded protection (e.g. Construction gloves, gardening gloves, gorilla grip gloves, etc.) are not permitted.

Rule 22***Dangerous Equipment***

- A. The use of pads, protectors or sticks likely to cause injury to a player is prohibited.
 - B. No player is permitted to wear a jersey or pants modified or altered to gain an advantage or compromise safety.
 - C. All elbow pads which do not have a soft protective covering of sponge, rubber or a similar material at least 1/2 in. thick shall be considered dangerous equipment.
 - D. The use of supplemental oxygen is prohibited.
- Note: The Referee has the authority to make equipment checks and can prohibit a player from participating in the game when using or wearing any equipment that they consider dangerous to a player or game official.

Rule 23***Measurement of Equipment***

- A. The measurement of any equipment (players’ and goaltenders’ sticks, goaltenders’ pads and gloves) shall be carried out immediately when requested by a team through the Captain or Alternate Captain(s).
- B. No measurements of any kind will be carried out by the Referee unless a formal request has been made by the challenging team.
- C. If the complaint for any measurement of sticks or equipment is not sustained, the complaining team will be assessed a Bench Minor Penalty.
- D. Only one measurement of any kind will be allowed per stoppage of play.
- E. Any illegal equipment shall be removed, corrected or adjusted without any unnecessary delay.
- F. Where a measurement of a stick is requested by a Captain or Alternate Captain, then they must designate to the Referee what specific part of the stick is to be measured.
- G. No goal will be disallowed as a result of any measurement following a goal.

Rule 24***Ball***

- A. The ball shall be made of plastic or other approved material. It shall be 3 inches in diameter and weigh between 5.5 ounces and 6 ounces. Color will vary.

SECTION FOUR - OFFICIALS

Rule 25

Appointment of Officials

- A. It is highly recommended tournaments have a Game Timekeeper, an Official Scorer, and two Referees. The Timekeeper may serve as the Official Scorer when necessary. Optional officials include a Penalty Timekeeper and Goal judges.
- B. Referees must be certified by the Rules & Competition Committee prior to serving as an official.
- C. Off-floor Officials do not need to be certified by the Rules & Competition Committee to perform in at the event. This requirement is optional and certified Off-Floor Officials may be requested by the event host.
- D. Referees and Off-floor Officials shall always be treated with courtesy by players and team officials. Any infraction of the rule will be reported to the DIRECTORS who may assess such penalties as the infraction warrants.
- E. A Referee shall have full authority and the final decision in all matters under dispute. Their decision shall be final on all questions of judgment and not subject to appeal.
- F. All Referees shall be held accountable to the Rules & Competition Committee.
- G. All Referees shall wear black trousers or shorts and a black & white striped sweater designed for hockey. All referees are to wear a black hockey helmet with chin strap properly fastened. Additionally, elbow pads, shin pads, knee protection and a half- shield visor properly attached to their helmet are recommended to avoid injury.

Rule 26

Referees

- A. The approved method of officiating is the two Referee system.
- B. Where a Referee is unexpectedly late or is injured, the game may be permitted to start and/or conclude with one Referee.
- C. Where a Referee may remain absent or injured for the balance of the days schedule, a replacement Referee must be appointed as soon as is reasonably possible by the current Referee and the event host.
- D. Final responsibility to have a replacement Referee put into place shall fall with the Event host.
- E. If for whatever reason, the Referees appointed are prevented from appearing, the Managers or Coaches of the two competing clubs shall agree on Referees, if they are able to agree, they shall appoint a player from each team who shall act as Referees.
- F. All replacement Referees will be subjected to act in accordance with the rules and specifications set forth in this rulebook.
- G. If the regularly appointed Referees appear during the progress at the game, they shall replace the temporary Referees immediately.
- H. Should a Referee accidentally leave the floor or receive an injury which would affect their duties while play is in progress, the play shall be stopped.

Rule 27***Referee Duties***

- I. The Referees are the official representatives of the League or Tournament. They shall be in full control of the players on and off the floor.
- J. The Referee shall see that the teams are called to the floor at the appointed time for the commencement of each game, and at the start of each regulation and overtime period. The Referee shall remain on the floor at the conclusion of each period, and any overtime, until the players have proceeded to their dressing rooms.
- K. Before starting the game, the Referee shall see that the appointed Off-floor Officials are in their respective positions.
- L. Referees shall check the goal and nets before the start of the game and at the end of each period. The Referee shall check the timing device and floor markings when possible and practical.
- M. The Referee shall check the equipment worn by all players before a game begins and when requested to do so by the Manager or Coach of either team through the Captain on the floor.
- N. The Referee shall assess all penalties as prescribed by the rules for infractions thereof.
- O. The Referee shall stop the play for any infraction within their jurisdiction.
- P. The Referee shall give the final decision in the matter of disputed goals, after having consulted with his partner and any Off-floor Officials such as a Goal Judge who may be present.
- Q. The Referee shall announce to the Official Scorer the duration of the penalties and the infractions involved, and to whom the goals and assists are credited. Announcement of penalties includes displaying the proper hand signals as well as verbally making a call.
- R. The Referee shall, when possible, see that players of the opposing teams are separated on the penalty bench.
- S. After each game, the Referee shall check and sign the Official Game Report and return it to the Official Scorer.
- T. The Referees in charge shall be thoroughly impartial parties.
- U. Referees are required to report on the Official Game Report or separate Penalty Report Form, all Match, Gross Misconduct and Game Misconduct Penalties,

Rule 28***Official Scorer***

- A. Before the game, the Official Scorer shall gather the team rosters from each team and double check said roster with the official scoresheet.
- B. Players designated as Captain or Assistant Captain shall be noted on the Official Game Report by the letter's "C" or "A".

- C. The Official Scorer shall enter on the "Official Game Report" a correct record of the goals scored, by whom they are scored, and to whom assisted on the goals. They shall also keep a correct record of all penalties assessed, stating the names and numbers of the penalized players, the duration of the penalty, and the time when the penalties were assessed.
- D. At the completion of each game, the Official Scorer shall sign the Official Game Report themselves, and then have the Referees sign it. They shall then forward the Game Report to the Tournament Director.
- E. The Official Scorer shall advise the Referee when the same player has received their second Misconduct penalty or their third penalty of any kind during the same game.
- F. The Official Scorer can act as a third Official and advise the on-rink Referees of any
G. bench violation that occurs during an altercation on the rink.

Rule 29

Game Timekeeper

- A. The Game Timekeeper shall record the start and finish time of each game and all actual playing time during the game.
- B. The Game Timekeeper shall signal to the Referee for the commencement of the game, the start of the second and third period, and each overtime period.
- C. In the event of any dispute regarding time, the matter shall be referred to the Referee in charge and his decision shall be final.
- D. The Game Timekeeper shall announce when one minute of actual playing time remains in each period, if systems are in place to do so.

Rule 30

Penalty Timekeeper

- A. If Penalty Timekeepers are used, they shall keep a correct record of all the penalties assessed by the Referee(s) including the names of the penalized players, the infractions penalized, the duration of each penalty and the time at which each penalty was assessed. Upon request, inform the penalized player as to the unfinished time of his penalty.
- B. If a player leaves the penalty bench before his time has elapsed, the Penalty Timekeeper shall note the time and signal that to the Referee, who will stop the play as soon as possible. An additional Minor Penalty for Unsportsmanlike Conduct shall be assessed to the player.
- C. If no Penalty Timekeeper is assigned these duties fall to the Game Timekeeper, Official Scorer or the Referees.

Rule 31***Goal Judges***

- A. When Goal Judges are used, they shall be stationed behind each team's goal in the designated area just outside the playing surface as provisioned by the Tournament Director or event host.
- B. Goal Judges must confer with the lower zone Referee to determine if a goal was scored, at the request of the Referees.
- C. Goal Judges are to be used at the discretion of the Referees as a last resort to determine whether a goal was scored. NO team challenges of a goal are permitted.

SECTION FIVE - PLAYING RULES

Rule 32

Ball Out of Bounds

- A. When the ball goes outside the playing area or strikes obstacles above the playing surface (except for the side boards, glass or netting), play shall be stopped. The resulting face-off shall be where the ball was last shot or deflected, except when otherwise stated in the rules.
- B. A Minor Penalty shall be assessed any player who delays the game by deliberately shooting, batting or throwing the ball outside the playing surface of the rink. The resulting face-off shall be in the end zone face-off dot of the defending player due to the penalty.
- C. If the ball is shot on the back of the net and comes off without any delay or, if a player or goaltender knocks the ball off the back of the goal netting without unnecessary delay, play shall continue. If the ball is frozen between opposing players or cannot be removed from the back of the net, the Referee shall stop play and the face-off shall take place at a location covered by the rules.
- D. If the ball ends up on the back of the net with no opposing player near the net, the referee can request that the goalie or defending player immediately put the ball back in play.
- E. A Minor Penalty shall be assessed to a goaltender who deliberately drops or throws the ball on the goal netting to cause a stoppage of play.

Rule 33

Ball Out of Sight and Illegal Ball

- A. At any time where the Referee loses sight of the ball, play shall be stopped. The resulting face-off shall be at the point where play was stopped, unless otherwise stated in the rules.
- B. If while play is in progress a ball other than the one legally in play appears, the play shall immediately be stopped. Face-off shall be in the zone where the legal ball was in possession of any player. If not in possession, face-off should occur, at the Referees discretion, where the ball was last possessed.

Rule 34***Ball Striking Official***

- A. Play shall not be stopped if the ball touches an Official anywhere on the rink, except when ball is deflected directly off an official into the goal or out of the playing area.
- B. If a ball deflects off a Referee and goes directly into one of the goal nets, the play is stopped, and NO goal is awarded. Face-off occurs at the nearest end dot from the side where the ball was deflected.

Rule 35***Broken Sticks***

- A. A player whose stick is broken may participate in the game provided the broken stick is dropped immediately. A Minor Penalty shall be assessed for an infraction of this rule. A broken stick is one which, in the opinion of a Referee, is unfit for normal play.
- B. A player who has lost or broken their stick may only receive another stick at their own players' bench or be handed one from a teammate on the floor and may not receive a stick thrown on the floor from any part of the rink. A Minor Penalty shall be assessed for an infraction of this rule.
- C. A player will be penalized if he throws, tosses, slides or shoots a stick to a teammate on the rink. A Minor Penalty will be assessed for delay of game.
- D. A player tendering a stick thrown on the rink from the players bench will NOT be assessed a penalty. However, a Bench Minor Penalty will be assessed to the offending team for that action.
- E. A goaltender that breaks or loses their stick may use a stick of a player handed to them by a player until the next stoppage of play. In this case the players' stick will not be considered an illegal stick. A goaltender may continue to play with a broken goalie stick. The broken stick must be replaced at the next stoppage of play.
A goaltender may not go to the players' bench during a stoppage of play for a replacement of their stick and must receive a replacement stick from a teammate. For a violation of this section, a Minor Penalty for Delay of Game shall be assessed to the goaltender.
- G. A goaltender may receive a stick from a teammate without proceeding to the player's bench providing the stick is handed to them. A goaltender receiving a stick illegally shall be assessed a Minor Penalty.
- H. A player may not participate in play with a goaltender's stick. A Minor Penalty is assessed for violation of this rule.
- I. Any player who participates in play, intentionally prevents the movement of an opponent or intentionally plays the ball while carrying two player sticks shall incur a Minor Penalty for delay of game.

Rule 36***Clearing (Icing) the Ball***

- A. Should any player of a team, equal or superior in numerical strength to the opposing team, shoot, “bat” or deflect the ball from behind the designated clearing (icing) line of their own half of the floor, beyond the goal line of the opposing team, play shall be stopped and the ball faced-off at the end zone face-off spot of the offending team.
- B. If during the play of a delayed penalty due to an infraction by a player of the side NOT in possession of the ball, the side in possession “ices” the ball, the face-off following the stoppage of play shall take place deep in the zone of the team Clearing the ball.
- C. The Clearing Infraction shall not be called, and play shall continue when:
 - i. The ball is touched by any part of an opposing players stick, or feet.
 - ii. The ball has touched the goaltender at any time before crossing the goal line.
 - iii. The goaltender leaves their crease to play the ball or leaves their crease and in the opinion of the Referee, attempts to or can play the ball before it crosses the goal line.
 - iv. When the ball is shot and rebounds from the body or stick of an opponent in their own half of the floor and crosses the goal line, it shall NOT be considered clearing.
 - v. If, in the opinion of the Referee, a player of the opposing team, except the goaltender, can play the ball before it crosses the goal line but has not done so.

Rule 37***Face-offs***

- A. A face-off shall take place when the Referees drop the ball on the floor between the sticks of the players facing-off. The players taking the face-off shall stand squarely facing their opponents’ end of the rink, approximately one stick length apart with the full blade of the sticks flat on the floor. All other players on both teams must be outside the circles or at least 15 ft. from the players taking the face-off and they must be on-side. When the face-off takes place at any of the face-off spots in the end zones, the players taking part in the face-off shall take their positions so that they stand squarely facing their opponents’ end of the rink. The sticks of both players facing-off shall have the toe of the blade touching the surface within the designated area and the player of the Visiting Team shall place their stick first. All other players on the floor must position themselves and their sticks on sides. If a player, other than the player taking the face-off, moves off-side, makes physical contact with an opponent or encroaches on the face-off circle prior to the dropping of the ball, then the offending team’s player taking the face-off shall be ejected from the face-off.

- i. On all Face-offs the ball must first hit the floor before the players can make a play on the ball. Once the ball has hit the floor the player must first play the ball with their stick or foot without contacting their opponent. Failure to execute a Face-off in this manner will result in encroachment being called against the offending player and the Face-off will be repeated.
 - ii. At the discretion of the Referee, the offending team's player taking the face-off shall be ejected from the face-off if repeated infractions occur during the same face-off.
- A. All face-offs will be conducted at one of the nine face-off spots located on the playing surface. No player facing-off shall make any physical contact with their opponent's body by means of their own body or by stick, except in the course of playing the ball, after the face-off has been completed. For a violation of this rule, the Referee shall assess a Minor penalty or penalties to the player(s) whose action(s) caused the physical contact.
- B. When a team commits a face-off infraction (late arrival, not immediately taking a proper position, early movement), the Referee may order a replacement for that face-off by a teammate on the playing surface that has not committed a face-off infraction during the same stoppage of play.
- C. If, after a warning by the Referee, either of the players fails to take the proper position for the face-off promptly, the Referee shall be entitled to conduct the face-off regardless of such default.
- E. A team committing a second violation of any of the provisions of Section (a) during the same face-off will be assessed a Minor penalty for "face-off violation" by the Referee.
- F. When a violation of a rule has been committed, or a stoppage of play has been caused by any player of the attacking team in the Attacking Zone, the ensuing face-off shall take place at the nearest neutral high zone face-off spot.
Note: This includes a stoppage of play caused by a player of the attacking side shooting the ball on the back of the defending teams' net without any intervening action by the defending team.
- G. When an Infraction of any rule has been committed by players of both teams, the ensuing face-off shall be in the defensive end zone face-off dot of the team that committed the first Penalty. At the discretion of the Referee, the face-off will occur at a face-off dot chosen by the Referee, based on the coincidental penalties and where the ball was last played. All face-offs in the neutral zone shall be conducted at the designated face-off spots as dictated by reason for the stoppage of play. The face-off location to be used will be one of the two face-off spots nearest the offending team's blue line in the neutral zone, thus causing a loss of territorial advantage to the offending team.

- H. When any stoppage of play in the end zone is caused by a defending player or the goaltender the ensuing face-off shall take place the nearest end zone face-off spot based on the cause of the stoppage of play and not related to the location of the ball when play was stopped.
- I. Face-offs at the Center face-off spot will only be conducted: at the start of each period, following the scoring of a goal or premature substitution of the goaltender.

Rule 38

Falling on the Ball

- A. A Minor Penalty shall be assessed any player except a goaltender, who deliberately falls on or gathers the ball into their body by any means, while standing or lying on the surface.
- B. Any player who drops to block a shot shall not be penalized if the ball is shot under the player or becomes lodged in any clothing or equipment. A Minor Penalty shall be assessed to any player who uses the hands to obtain such stoppage.
- C. A Minor Penalty shall be assessed to a goalkeeper who holds the ball against any part of the goal or boards.
- D. A Minor Penalty shall be assessed to a goalkeeper who falls on or gathers the ball into the body, when the body is entirely outside the boundaries of the privileged area, including outside of the goal crease.
Note: Goalie must have a body part touching the goal crease area to justify a good covering of the ball below the goal line.
- E. A Penalty Shot shall be awarded against the offending team when a defending player (except the goaltender) deliberately falls on the ball, holds or gathers the ball into their body in any manner or picks up/closes their hand on the ball, while the ball is within the goal crease. No other penalty shall be assessed. **Note 1:** If the goaltender has been removed from the floor, then a goal is awarded. **Note 2:** This rule shall be interpreted so that a Penalty Shot will be awarded only when the ball is in the crease at the instant the offense occurs. However, in cases where the ball is outside the crease, a Minor Penalty may be imposed, even though no Penalty Shot is awarded.

Rule 39

Goals and Assists

- A. A goal shall be scored when the entire ball has legally passed between the goal posts, below the cross bar and completely across the goal line. Following any goal, the Referee will resume play by conducting a face-off at the center floor spot.

- B. A goal shall be awarded when the ball is put into the goal by a player of the defending team. The player on the attacking team who last played the ball shall be credited with the goal, but no assist shall be given.
- C. A goal shall NOT be allowed if the ball has been directed into the net as a result of a distinct kicking motion by an attacking player, or after being kicked, the ball deflects off any player or stick into the net.
- D. If the shot of an attacking player has been deflected into the goal by striking the stick, feet, or any part of the body of an attacking player, the goal shall be allowed and the player off whom the ball deflected shall be credited with the goal and the player making the shot shall be credited with the assist. The goal shall not be allowed if the ball is deliberately directed into the net by any part of the body of an attacking player including his feet and hands.
- E. If a goal is scored as the result of a ball deflecting directly into the goal off the body or feet of a Referee, the goal shall not be allowed.
- F. Should a player propel the ball into the goal crease of the opposing team and the ball becomes loose and available to an attacking player, the ball shall be considered in the crease legally and any goal scored on this play shall be a legal goal.
- G. A goal and assist shall count as one point in the scoring records. Not more than two assists shall be credited on any one goal.
- H. Any goal scored, other than as covered by the Official Rules, shall not be allowed. The resulting face-off shall be determined as per face-off rules.

Rule 40

Hand Pass

- A. A player shall be permitted to stop or bat a ball in the air with their open hand, or to push it along the floor with an open hand and play shall not be stopped, unless the player has directed the ball to a teammate in the neutral or attacking zone. When this occurs, play shall be stopped, and a face-off shall ensue at the face-off spot nearest to the location that the hand pass occurred. Where an attacking player in the attacking zone, makes a hand pass and the defending team refrains from playing the ball, stop play and conduct the face-off at the nearest face-off spot.
- B. Hand Pass in the Defensive zone by a Defending player is permitted.
- C. A completed Hand Pass is one where the second player touching the ball, after the Hand Pass, gains possession of the ball. The ball touching the player, stick or any part on the player's equipment is NOT deemed possession.
- D. A hand pass directed onto the opposing goal or goalie while they are in the goal crease, is deemed an illegal hand pass and the Referee shall stop play and conduct a face-off to the neutral zone dot on the side where the hand pass occurred.
- E. A goal shall not be allowed if the ball has been batted with the hand or any part of the body by the attacking player into the net or after being batted the ball deflects off any player or stick into the net.

Rule 41***Handling the Ball***

- A. Play shall immediately be stopped if any player closes their hand on the ball and gains an advantage or causes a stoppage, a Minor Penalty shall be assessed.
- B. A Minor penalty shall be assessed to any player who deliberately holds the ball against the boards or any part of the goal in any manner, unless they are being contacted by an opponent.
- C. When a player simply closes their hand on the ball and immediately drops it to the floor, without gaining or attempting to gain an advantage by this action, play shall be allowed to continue.
- D. A Minor Penalty shall be assessed to a goaltender who deliberately holds the ball and in the opinion of the Referee, is causing an unnecessary stoppage in play.
- E. A Minor Penalty shall be assessed to any player (except the goaltender) who, while play is in progress, picks up the ball with their hand. If a player of the defending team (except the goaltender) picks up the ball from the floor while it is in their team's goal crease, the play shall be stopped, and a Penalty Shot shall be awarded to the non-offending team.
- F. A goalkeeper shall not intentionally drop the ball into their goalie equipment, onto the goal net or deliberately pile obstacles at the goal that, in the opinion of the Referee, would tend to prevent the scoring of a goal. A Minor Penalty for Delay of Game would be assessed.
- G. A Minor Penalty will be assessed when a player hits the ball with their hands twice whether upward or downward at either occurrence. A player's first motion to hit the ball with their hand should be in a downward or forward motion to be a legal play.

Rule 42***Interference by Spectators***

- A. The Referee shall stop play if a player is being held or interfered with by a spectator, unless that player's team is in possession of the ball. In such a case, play shall be allowed to be completed before the stoppage. In any case, the face-off shall be where the stoppage took place, unless otherwise stated in the rules.
- B. The Referee shall stop play if any objects are thrown on the playing surface that interfere with the progress of the play. When the play resumes, the face-off shall be where the stoppage took place, unless otherwise stated in the rules.
- C. Any player who physically interferes with a spectator shall be assessed a Game Misconduct Penalty and the circumstances shall be reported to the Rules & Competition Committee for further action.

Rule 43***Kicking the Ball***

- A. Kicking the ball shall be permitted in all zones. However, a goal that is scored as the result of the ball being kicked by an attacking player and entered the goal directly or after deflecting off any player including the goalkeeper, shall not be allowed.
- B. For a goal to be disallowed under this rule, an intent to redirect the ball with a distinct kicking motion must be present.
- C. No goal can be scored when an attacking player kicks another object which, in turn, propels the ball directly or indirectly into the goal.

Rule 44***Off-sides***

- A. Players of the attacking team must not precede the ball into the attacking zone.
 - i. A Floating "Blue" Line (for terms of explanation) exists in Ball Hockey. Once the attacking team legally crosses the opponent's blue line with the ball, the blue line is eliminated, and the attacking zone is now the area from the center line in.
 - ii. A player in possession of the ball who shall cross the line ahead of the ball, shall not be considered off-side, providing they are in possession and control of the ball with one foot in the neutral zone before crossing the blue line.
- B. For violation of this rule, play shall be stopped, and the face-off shall be in the neutral zone at the face-off spot nearest the attacking zone of the offending team or at the origin of the attempted pass, as covered by the rules.
- C. The position of the player's feet, and not that of their stick, shall be the determining factor in all instances in deciding an "off-sides." A player is offside when both feet are completely over the outer edge of the determining blue line involved in the play.
- D. A player is on-side when either of their feet are in physical contact with, or on their own side of the line at the instant the ball completely crosses the outer edge of that line, regardless of the position of their stick.
 - i. While the position of the player's feet is what determines whether a player is off-side, the question of an off-side never arises until the ball has completely crossed the outer edge of the line at which the decision is to be made.
- E. If a player legally carries or passes the ball from the neutral zone back into their own defending zone while a player of the opposing team is in such defending zone, the offside shall be ignored and play shall continue.
- F. If a "stretch pass" occurs, a pass originating from the defensive zone to the off-side line, making the play off-side, the Referee will blow the play dead and the ensuing faceoff will occur in the defensive zone from where the pass originated.
- G. If an attacking player(s) precedes the ball that is shot, passed, or deflected into the attacking zone by a teammate, or deflected into the attacking zone by a defending player but a defending player is able to play the ball, the Referee shall, raise their

arm to signal a delayed off-side. The Referee shall drop their arm to nullify the off-side violation and allow play to continue if:

- i. The defending team passes or carries the ball into the neutral zone, or
- ii. All attacking players in the attacking zone (at the time the ball crosses the blue line) clear the attacking zone by making foot contact with the blue line. If the ball is shot on goal, during a delayed off-side, the play shall be stopped, and face-off occurs as determined by the Referee. If any attacking player touches the ball or attempts to gain possession of a loose ball while the ball is still in the attacking zone, the Referee shall stop play.
- iii. The attacking zone must be completely clear of attacking players before a delayed off-side can be nullified with the ball still in the attacking zone.
- iv. If, in the opinion of the Referee, an intentional off-side play has been made, the ball shall be faced-off at the end zone face-off spot in the defending zone of the offending team.

Rule 45

Refusing to Start Play

- A. If a team is withdrawn from the floor and fails to return and start play, or if being on the floor, fails to start play within 1 minute after being ordered to do so by the Referee, the game or series shall be suspended. The Referee shall report full details of the incident to the Rules & Competition Committee and the President.
- B. If a team after being ordered to return does return to start play (within the 1-minute time frame but after the set start time), a Major Penalty and Game Misconduct shall be assessed to the Coach for Delay of Game. If this infraction occurs in the last two minutes of regular playing time, or anytime in overtime, a Penalty Shot (in addition to the Major Penalty and a Game Misconduct) shall be awarded against the offending team's Coach. The Coach or team Captain will designate a player to serve the penalty or penalties.
- C. If a team is withdrawn from the floor or fails to go on the floor, or being on the floor, fails to start play a second time within the same game after being ordered to do so by the Referee, the one-minute allowance shall NOT be granted and the game will be officially suspended. The Referee shall report full details of the incident to the Rules & Competition Committee and the President.
- D. If a team fails to present itself at the time and place appointed to play any game, the game shall be awarded to the opposing team, unless such failure is caused by an unavoidable accident or unforeseen contingency.

Rule 46***Start of Game and Periods***

- A. The game shall commence at the scheduled time with a face-off in the center of the rink. It shall be renewed promptly at the conclusion of each intermission in the same manner. No delay shall be permitted by reason of any ceremony, exhibition, demonstration or presentation, unless consented to reasonably in advance by the Visiting Team and/or Management/Event officials.
- B. To start the game, at the beginning of each period (including any overtime periods) and following the scoring of a goal, the Referee shall conduct a face-off at the center floor spot.
- C. At the end of each period, all players must remain on their respective players' or penalty bench until directed off by the Referee. The Visiting team shall leave the floor first, unless otherwise directed by the Referee. Failure to comply shall result in a Bench Minor Penalty. A Game Misconduct Penalty shall be assessed to the Coach of any team that fails to comply with this rule. If at the end of the game, an altercation occurs and results in penalties of any kind, any player, goaltender, coach or team official would be assessed a Gross Misconduct and sent to the Rules & Competition Committee for review.

Rule 47***Tied Game***

- A. If at the end the regulation time the score is tied and overtime is to be played, the following shall take place:
 - i. The teams will change ends after each extra period.
 - ii. The ball shall be faced-off at center and the play shall continue with a sudden victory overtime period.
 - iii. Any overtime period shall be considered part of the game and all unexpired penalties shall remain in force.
 - iv. If either team declines to play in the necessary overtime period or periods, the game shall be declared a loss for that team.

Note 1: Tournaments and leagues may make their own rules regarding overtime for games under their jurisdiction.

Note 2: Games may end in a tie if after regulation and overtime the score is still tie and a winner is NOT required.

Rule 48***Time of Game***

- A. Three periods of regulation playing time with a 1-minute intermission between each period will be the time allowed for each game.
- B. The team scoring the greatest number of goals during the game shall be the winner.
- C. If any unusual delay occurs within five minutes before the end of the first or second period, the Referee may order the next regular intermission to be taken immediately. The balance of the period will be completed on the resumption of play with the teams defending the same goals, after which the teams will change ends and resume play of the ensuing period without delay.
- D. If necessary and or deemed appropriate, the Referees have the authority to end the current period with time remaining and notify the Home and Visitor Coach, that the remaining time will be added to the next period in the game.

Rule 49***Time Outs***

- A. Each team may have one thirty second time-out per regulation game (3 periods) including overtime. If the Overtime play exceeds two additional periods, once a third overtime period begins, a second time out is awarded to each team.
- B. All players, including goaltenders may go to their respective benches during the time-out.
- C. The Referee should allow the calling of a time-out at a stoppage of play at any time up to the point where the referee blows the whistle during the line change procedure (if in place). Once the whistle is blown the face-off must occur and the request for a time-out will not be granted.
- D. If the time out is granted the line change procedure shall recommence.
- E. The player requesting time out must be on the floor. The player's number must be recorded on the game sheet. Coaches may also call time-out.
- F. Time outs are NOT permitted at the beginning of a period.

Note: Some events and tournaments will make special time out rules.

SECTION SIX - PENALTY TYPES

Rule 50

Penalties

- A. Penalties shall be in actual playing time, and are divided into the following classes:
 - 1. Minor Penalties
 - 2. Bench Minor Penalties
 - 3. Major Penalties
 - 4. Misconduct Penalties
 - 5. Game Misconduct Penalties
 - 6. Gross Misconduct Penalties
 - 7. Match Penalties
 - 8. Penalty Shot
- B. Any player or team official may be assessed penalties at any time before, during, or after a game, when an infraction is committed on the floor or off the floor before entering the dressing rooms. Any altercations occurring off the floor must be reported to the management of the facility and during events to the Rules & Competition Committee by the Referees. A player who is assessed any penalty in the pregame warm-up shall automatically have their name placed on the Official Game Report and be counted as one of the eligible players.
- C. Where the rules state that the Manager or Coach shall designate a player to serve a penalty and the Manager or Coach refuses to name a player, the Referee shall name any player of the offending team to serve the penalty.
- D. Where penalties are assessed to players of both teams at the same time, the penalized players of the Visiting Team shall take their position in the penalty bench first, in the place designated for the visiting players. Where there is no special designation, they must take a position on the bench furthest from the gate.
- E. Any player, including the goaltender, shall be ejected from the game if they receive 3 penalties of any kind in the game. The offending team shall be required to place a substitute player on the penalty bench to serve any time penalty. The substitute player will be permitted to return to play after the penalty time has elapsed.
 - i. For the purposes of this rule, a Double Minor Penalty counts as two (2) penalties towards the 3-Penalty rule.

Rule 51***Minor Penalties***

- A. For a Minor Penalty, any player, except a goaltender, shall be ruled off the floor for the designated period of actual playing time, during which no substitutes shall be permitted. If the penalized is deemed injured, another player designated by the Coach or Captain must serve the penalty.
- B. If, while a team is short-handed because of one or more Minor or Bench Minor penalties, the opposing team scores a goal, the first of such penalties shall automatically terminate.
- C. When a goal is scored on a Penalty Shot against a team that is short-handed by reason of a Minor or Bench Minor Penalty no player of the short-handed team shall return to the floor with the scoring of the goal.
- D. When a player is assessed both a Minor and Major Penalty at the same time, the Major Penalty shall be served first. The same principle will apply when a player is assessed both a Minor and Match Penalty at the same time. The five-minute time penalty which accompanies the Match Penalty is to be served first (see Rule 57 B - Match Penalties).
- E. If a goal is scored against a team that is short-handed because of one or more Minor Penalties, the player serving the Minor Penalty with the least amount of time shall return to the floor. In the case of a player who has received a double Minor Penalty, his first Minor Penalty shall be terminated.
- F. When a coincidental Minor or Minors of equal duration are imposed against players on each team during the same stoppage of play, immediate substitutions shall be made for those penalties. Any differences in time or total penalty time shall be served by one or more players on the floor at the time of the infraction. Unless they have been ejected from the game, such penalized players shall take their place on the penalty bench and remain there until the first stoppage of play following the expiry of their respective penalties.
- G. When a Double Minor Penalty is assessed the penalized player will be required to serve the full penalty time before returning to the playing surface. Should the opposing team score a power play goal during the first half of the Double Minor Penalty being served, that penalty will be removed, then the second half of the assessed penalty will begin immediately as play resumes.

Rule 52***Bench Minor Penalties***

- A. A Bench Minor Penalty requires the team against which the penalty is assessed to play a man short for the designated period of actual playing time equal to that of a Minor Penalty.
- B. Whenever a Bench Minor Penalty is to be assessed according to the rules, if the player guilty of the actual infraction is identified by the Referee, that player shall serve the penalty except when such identified player is already on the penalty bench serving a penalty. However, if the player is not identified, then the Coach of the penalized team, through the playing Captain, shall designate any player of their team on the floor at the time of the infraction to serve the penalty.
- C. A Bench Minor Penalty for Unsportsmanlike Conduct shall be assessed to a team where any player or team official on the bench protests an Official's ruling through verbal or physical gestures that may be considered disrespectful in any way, or who bangs the boards or playing surface with a stick or any other object, in protest of the ruling. **Note:** When the penalty is assessed against a player on the penalty bench, another player from the floor must serve the Bench Minor Penalty.

Rule 53***Major Penalties***

- A. For ALL Major Penalties the offending player shall be assessed a Game Misconduct Penalty and the offending team shall be short-handed for the designated time, during which time no substitute shall be permitted.
- B. Any player, goaltender or Team Official incurring a Major Penalty and a Game Misconduct Penalty, shall be ordered to the dressing room for the remainder of the game, and shall be reported to the Rules & Competition Committee for review of the violation. The Manager or Coach of the penalized team, through the playing Captain, shall designate any player of the team on the floor at the time of the Infraction to serve the penalty. When coincidental Major and/or Match Penalties or coincidental penalties of equal duration including a Major or a Match are imposed against players on each team during the same stoppage of play, immediate substitutions shall be made for those penalties, and such penalties shall not be taken into account for the purpose of the delayed penalty.
- C. In the case where the penalized players remain in the game, they shall take their place on the penalty bench and shall not leave until the first stoppage of play following the expiry of their respective penalties. When the coincident Major and Match Penalty rule is applied and there is a differential in the total time penalties, those penalties causing the differential shall be served first in the normal manner and shall be taken into account for the purpose of applying Rule 51 D - Minor penalties and Rule 60 - Delayed penalties. Any time difference or differential in the total time penalties must be served by a player (or players) on the floor at the time of the infraction.
- D. The Referee in charge shall report to the Rules & Competition Committee any player who incurs a second Major Penalty within one week's time.

Rule 54

Misconduct Penalties

- A. A player, except a goaltender, incurring a Misconduct Penalty, shall be ruled off the floor for the designated period of actual playing time. A substitute for the penalized player shall be permitted immediately. A player serving a Misconduct Penalty shall remain on the penalty bench until the first stoppage of play following the expiry of their penalty. When a player is assessed a Minor and a Misconduct Penalty or a Major and a Misconduct Penalty at the same time, the penalized team shall immediately place a substitute player on the penalty bench to serve the Minor or Major Penalty. The Misconduct Penalty will commence on the termination of the Minor or Major Penalty.
- B. The Referee in charge shall report to the Rules & Competition Committee any player who is assessed a Game Misconduct Penalty.
- C. Any player who is assessed a second Misconduct Penalty in the same game shall automatically be assessed a Game Misconduct Penalty.
- D. A Misconduct Penalty shall be assessed on any player who:
 - i. Uses obscene, profane or abusive language or gestures to any person.
 - ii. Persists in disputing or shows disrespect for the ruling of any Referee.
 - iii. Intentionally knocks or shoots the ball out of reach of a Referee who is retrieving it.

A player who, after receiving a Misconduct Penalty, persists in any of the actions above, shall be assessed a Game Misconduct Penalty.

Note: In the case of a Team Official, a Bench Minor Penalty shall be assessed instead of a Misconduct Penalty. A team official after receiving a Bench Minor Penalty would receive a Game Misconduct Penalty if the actions continue. A Referee is not required to assess a Bench Minor Penalty under this rule before assessing a Game Misconduct Penalty.

- E. A Misconduct Penalty shall be assessed to any player who does not proceed immediately and directly to the penalty bench when they have been penalized. The equipment shall be delivered to them on the penalty bench by a player of their team on the floor at the time of the infraction.
- F. A Misconduct Penalty shall be assessed to any player who shows any course of conduct (including threatening and abusive language or gestures or similar actions) designed to incite an opponent into incurring a penalty. Any player who removes his helmet to incite an opponent would also receive a Misconduct Penalty under this rule.
- G. Any player or Team Official who engages in verbal taunts, insults or intimidation based on discriminatory grounds (race, ethnicity, religion, gender, sexual orientation, language) shall be assessed a Game Misconduct Penalty. Notwithstanding the above, at the discretion of the Referee, a Gross Misconduct Penalty may be assessed for any infraction to any player or team official.
- H. A Misconduct Penalty shall be assessed any player or players who, except for taking their position on the penalty bench, enters or remains in the Referee's crease while the Referee is reporting to or consulting with any Game Official, Timekeeper, Penalty Timekeeper, Official Scorer or Announcer.
- I. Where a team official has been assessed a Game Misconduct Penalty under this rule, the Referee shall report the individual in full detail to the Rules & Competition Committee as well as the league President for review.

Rule 55***Game Misconduct Penalties***

- A. Any player incurring a Game Misconduct Penalty shall be suspended for the remainder of the game, but a substitute is permitted to replace the player on the surface immediately.
- B. Any player, including the goaltender, incurring 3 penalties of any kind in a game shall receive a Game Misconduct Penalty.
- C. Any player or team official incurring a Game Misconduct Penalty shall be reported to the Rules Competition Committee for review.
- D. Any Team Official who is assessed a Game Misconduct Penalty may not sit near the team bench, nor in any way attempt to direct the play of the team.

Rule 56***Gross Misconduct Penalties***

- A. Any player incurring a Gross Misconduct Penalty shall be suspended for the remainder of the game and shall be reported to the Rules & Competition Committee for review. A substitute for the penalized player shall be permitted immediately.
- B. Gross Misconduct Penalties include, but are not limited to, using racial, ethnic slurs or obscene gestures, biting or spitting on another person, deliberately inflicting physical harm to a Game or Team Official, or behaving in any manner which is critically detrimental to the game.
- C. Any player or team official who is assessed a Gross Misconduct Penalty in regular time, overtime, prior to or at the conclusion of the game, shall be subjected to further discipline by the Rules & Competition Committee. A total of ten minutes shall be charged in the records against the penalized player for a Gross Misconduct though no one is required to serve.

Rule 57***Match Penalties***

- A. Any player or team official incurring a Match Penalty shall be ordered to leave the playing area immediately, for the balance of the game, and will not be permitted to take part in any further games until their case has been dealt with by the Rules & Competition Committee.
- B. In every instance where a Match Penalty has been assessed, the offending player's team shall be required to send a player to the penalty box for five minutes. The player who serves the five minutes must have been on the floor at the time of the infraction. Where an offending player has been assessed penalties in addition to the Match Penalty those penalties will be served by the same player who serves the five-minute penalty. This section would not apply in the case of the coincident Major or Match Penalty Rule.
- C. A Team Official who is assessed a match penalty may not sit near the team bench, nor in any way attempt to direct the play of the team.
- D. When coincident Match Penalties or coincident penalties of equal duration including a Match Penalty are imposed against players on each team during the same stoppage of play, immediate substitutions shall be made for those penalties.

- E. Referees are required to report all Match Penalties and the surrounding circumstances to the Rules & Competition Committee immediately following the game involved, for review.

Rule 58

Penalty Shot

- A. Any Infraction of the rules which calls for a Penalty Shot shall result in the following:
- The Referee shall point to center and then notify both coaches of the penalty shot call.
 - The ball shall be placed on the center face-off spot and the player who has been fouled shall take the Penalty Shot upon the Referee's signal to do so.
 - The ball must be kept in motion towards the opponent's goal line and once it is shot the play is to be considered complete. No goal can be scored on a rebound of any kind and any time the ball crosses the goal line, the shot shall be considered complete.
 - The "Spin-a-rama" move is acceptable on a Penalty Shot if the ball is kept in continuous motion and moving toward the goal.
- B. The goaltender must remain in their goal crease until the designated player touches the ball at center floor, and in the event of a violation of this rule, the player designated or selected to take the shot shall be entitled to take the shot over again. The goaltender may attempt to stop the shot in any manner except by throwing their stick or any other abject, or deliberately dislodging the goal, in which case a Goal shall be awarded.
- Only a player designated as a goalkeeper or alternate goalkeeper may defend against the penalty shot.
- C. If by reason of injury, the player designated by the Referee to take the Penalty Shot is unable to do so or if the player fouled is not identifiable, the Penalty Shot shall then be taken by a player who was on the floor at the time of the infraction, and selected by the Captain of the non-offending team and their selection reported to the Referee.
- D. In cases where a Penalty Shot has been awarded under Rule 67 - Delay of Game, Rule 38 F - Falling on the Ball, the Penalty Shot may be taken by a player selected by the Captain of the non-offending team and their selection reported to the Referee. This player must be on the floor at the time of the infraction.
- Should the player in respect to whom a Penalty Shot has been awarded, themselves commit a foul in connection with the same play or circumstances after the Penalty Shot has been awarded, they shall first be permitted to take the shot before being sent to the penalty bench to serve the penalty, provided the penalty assessed was not a Game Ejection, Game Misconduct, Gross Misconduct or Match Penalty. If at the time a Penalty Shot is awarded, the goaltender of the penalized team has been removed from the floor to substitute another player, the goaltender shall be allowed to return to the floor before the Penalty Shot is taken.

- E. While the Penalty Shot is being taken, players of both sides shall withdraw to the bench or sides of the floor and beyond the center line.
- F. If, while the Penalty Shot is being taken, any player of the opposing team shall have by some action interfered with or distracted the player taking the Penalty Shot, and because of such action the shot should have failed, a second attempt shall be permitted and the Referee shall assess a Misconduct Penalty to the player. If the interference is from a Team Official, a Game Misconduct Penalty shall be assessed.
- G. If a goal is scored from the Penalty Shot, a center ice face-off shall ensue. If a goal is not scored, a face-off at either end zone face-off spot in which the Penalty Shot was attempted shall ensue.
- H. Should a goal be scored from a Penalty Shot, a further penalty to the offending player shall not be applied unless the offense for which the Penalty Shot was awarded was such as to incur a Major or Match Penalty, in which case the penalty prescribed for the particular offense shall be assessed. If the offense for which the Penalty Shot was awarded was such as would normally incur a Minor penalty, then regardless of whether the Penalty Shot results in a goal or not, no further Minor Penalty shall be served.
 - i. A measurement of the stick of the player designated to take the Penalty Shot may be requested before the shot is taken, as if it were a normal play. Should the stick prove illegal, the offending team shall be denied the Penalty Shot and no further penalty shall be imposed. Should the measurement prove the stick to be legal, the Penalty Shot shall be taken in the normal manner and the penalty for a non-sustained request for a measurement shall be assessed whether the Penalty Shot is successful or not.
- H. The game clock shall be paused for the entire time required for the taking of a Penalty Shot.
- I. In all instances where a penalty shot has been awarded it must be recorded on the game sheet. The player's number committing the foul will be recorded under the penalty section of the offending team. Penalty shot fouls will count towards the 3 penalty Game Misconduct rule.
- J. If in the last two minutes of regular playing time, or anytime in overtime, a team is penalized for any of the following infractions, a Penalty Shot shall be awarded against the offending team: Deliberate Illegal Substitution, Protective Equipment, Deliberately Knocking the Goal Net from Its Position, Refusing to Start Play.
Note: In overtime, a Penalty Shot shall be assessed under this rule, except in the case of Rule Refusing to Start Play, in which case a Penalty Shot and a Major Penalty shall be assessed.

Rule 59

Calling of Penalties

Should an infraction of the rules be committed which would call for a penalty:

- A. If a player on the team in **possession** of the ball commits an infraction of the rules which would call for a Minor, Bench Minor, Major, Misconduct or Match Penalty, the

Referee shall blow the whistle immediately and assess the penalties to the deserving player(s). The resulting face-off shall be in the defensive end zone dot on the side of the rink where possession occurred.

- B. If a player on the team **not in possession** of the ball commits a rule infraction which would call for a Minor, Bench Minor, Major, Misconduct, or Match Penalty, the Referee shall signal the penalty by extending their arm straight up. The Referee shall blow their whistle and stop play immediately when the offending team gains **possession and control** of the ball.
- i. The play is not considered completed until the offending team gains possession and control of the ball. The resulting face-off shall be in the defensive end zone dot on the side of the rink where possession occurred. If the penalty to be assessed is a Minor Penalty and a goal is scored on the play by the non-offending side, the Minor Penalty shall not be assessed.
 - ii. If after the Referee has signaled a penalty but before the whistle has been blown, a member of the non-offending team shall put the ball in their own net in any manner through no contact by the offending team, the goal shall be allowed and the penalty signaled shall be assessed in the normal manner. If the Referee signals a Minor or Bench Minor Penalties) against a team that is shorthanded by reason of one or more Minor or Bench Minor Penalties, and a goal is scored by the non-offending side before the whistle is blown, the goal shall be allowed and the player who is serving the first Minor or Bench Minor Penalty will return to the floor, while the signaled penalties shall be assessed and served in the normal manner.
- C. If further Infractions are committed by the same offending player, either before or after the Referee blows their whistle, that player shall serve the penalties consecutively.
- D. The Referee has the right to stop play immediately in the case of a Match Penalty. The resulting face-off will be in the offending teams defensive end zone dot.

Rule 60

Delayed Penalties

- A. If a third player of any team shall be penalized while two players of the same team are serving penalties, the penalty time of the third player shall not commence until the penalty time of one of the two penalized players has elapsed. The third player penalized must at once proceed to the penalty bench but shall be replaced on the floor by a substitute until such time as the penalty time of the penalized player shall commence.
- B. When a team has three players serving penalties at the same time and while due to the delayed penalty rule a substitute for the third player is on the floor, none of the three penalized players on the penalty bench may return to the floor until play has been stopped. When the play has been stopped, the player whose full penalty has expired may return to the play.

- C. When the penalties to the player or players have expired and the penalized team is entitled to more than four players on the floor, the Penalty Timekeeper shall permit the penalized players to return to the floor in the order of the expiry of their penalties.
- D. When the penalties of two players from the same team expire at the same time and the team is entitled to only one additional player on the surface the players shall return to the surface in the order in which their penalties were reported.
- E. In cases where Minor Penalties are assessed at the same time to more than one player from the same team, those penalties shall be served in order of occurrence.
- F. When a Major Penalty and a Minor Penalty are assessed at the same time against two different players of the same team, the Penalty Timekeeper shall record the Minor Penalty as being the first penalty assessed.
- G. All penalties shall be reported on the Official Game Report including any delayed penalties that may be in effect when the opposing team scores a goal. This is for the purpose of the 3-Penalty rule. The individual who committed the foul will have the offense noted on the Official Game Report with no time being served. If the foul committed by the offending player was their third penalty of the game, they shall be ejected from the game.

Rule 61

Goaltender Penalties

- A. A goaltender shall not be sent to the penalty bench for an infraction which incurs a minor penalty, but instead the penalty shall be served by a teammate who was on the playing surface at the time the infraction was committed. Such player shall be designated by the Coach or Captain and shall not be changed. If during the incident the goaltender is subsequently ejected from the game, a teammate on the playing surface at the time of the infraction still needs to serve the time of penalties.
- B. When a goaltender incurs a Major Penalty, Game Misconduct, Gross Misconduct, or a Match Penalty the position shall be taken by a teammate or a substitute goalkeeper who is available, and such player shall be allowed the goaltender's equipment. Such a substitute will be allowed five minutes to put on the full goaltender's equipment and enter the game without any warm-up.
- C. A Minor Penalty shall be imposed on a goalkeeper who leaves the immediate vicinity of his crease during an altercation.
- D. If a goaltender intentionally participates in the play in any manner when they are beyond the center line, they shall be assessed a Minor Penalty.
- E. A Minor Penalty shall be assessed a goaltender who, after catching the ball, drop kicks the ball. If injury results, a Major Penalty and a Game Misconduct Penalty shall be assessed.

Rule 62***Awarded Goals***

- A. A goal will be awarded to the attacking team when the opposing team has taken their goaltender off the floor and an attacking player has possession and control of the ball on a breakaway in the neutral or attacking zone without a defending player between himself and the opposing goal and any of the following occur:
 - i. They are interfered with by an opposing player who has illegally entered the game.
 - ii. A stick or any other object is thrown by a player on the defending team.
 - iii. The ball carrier is fouled from behind and prevented from having a clear shot on the open goal.
 - iv. Any member of the defending team including the team officials, whether on the players' bench or penalty bench, interferes by means of his body, stick or any other object with the ball or the ball carrier.
- B. A Goal will be awarded to the attacking team when the opposing team has taken their goaltender off the floor and when a shot has been taken (control no longer applies) and a defending player picks up the ball with their hand from the goal crease or intentionally falls on or covers the ball in the crease with their hand or body, thereby preventing an obvious and imminent goal.
- C. A Goal will be awarded when the goaltender is removed from the floor and they, or any teammate, has deliberately placed an obstacle at or near their net, or has deliberately dislodged the net from its moorings, when any such action has prevented a goal from being scored.

SECTION SEVEN - PENALTY INFRACTIONS

Rule 63

Attempt to Injure

- A. A Match penalty shall be assessed to any player or team official who deliberately attempts to or deliberately injures an opponent, Official, Team Official or spectator in any manner. The Rules & Competition Committee will review all those violations.
- B. A player who pulls an opponent's hair or who grabs the facial protector, helmet, or chin strap of an opponent and uses this to gain an advantage or to inflict punishment or injury shall be assessed a Match Penalty. A player who grabs an opponent's hair, facial protector, helmet or chin strap, but does not use it to gain an advantage or to inflict punishment or injury shall be assessed a Minor penalty or at the discretion of the referee a Major Penalty and a Game Misconduct Penalty. The Rules & Competition Committee will review all these violations.
- C. A Match Penalty shall be assessed any player who uses their facial protector as a weapon. The Rules & Competition Committee will review all these violations.

Rule 64

Boarding / Body Checking

- A. A Minor Penalty or, at the discretion of the Referee, a Major Penalty and a Game Misconduct Penalty, based upon the degree of violence of the impact with the boards, shall be assessed to any player who body checks an opponent in such a manner that causes the opponent to be thrown violently into the boards.
- B. A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who, in the opinion of the Referee, intentionally body checks, bumps, shoves or pushes any opposing player.

Rule 65

Butt-Ending

- A. A Major Penalty, along with a Game Misconduct Penalty and a Gross Misconduct Penalty shall be assessed to any player who using the "butt end" of their stick to impede the progress of an opponent or jab in any way to interfere with or injure the opponent.
- B. Any violation of this rule will be reported to the Rules & Competition Committee for review.

Rule 66***Charging***

- A. A Minor Penalty or, at the discretion of the Referee, a Major Penalty and a Game Misconduct Penalty shall be assessed to any player who runs or jumps into or charges an opponent. If injury results, a Major Penalty and a Game Misconduct Penalty shall be assessed. **Note:** If more than two steps or strides are taken, it shall be considered a charge.
- B. A Major Penalty and a Game Misconduct Penalty shall be assessed to an opposing player who charges or makes unnecessary contact with a goaltender while the goaltender is within their crease or who injures an opponent as a result of a charge. **Note:** A goaltender is not "fair game" just because they are outside the goal crease area.

Rule 67***Cross-Checking***

- A. A Minor Penalty or, at the discretion of the Referee, a Major Penalty and a Game Misconduct Penalty shall be assessed any player who cross-checks an opponent.
- B. Any player who strikes an opponent above the normal height of their shoulders, to the neck or the head of an opponent with a cross-check shall incur a Major Penalty and a Game Misconduct Penalty.
- C. A Major Penalty and a Game Misconduct Penalty shall be assessed any player who cross-checks a goaltender while they are in the crease. If the goalie is out of the crease, the Referee has discretion to call a Minor or Major Penalty.
- D. A Major Penalty and a Game Misconduct Penalty shall be assessed any player who injures an opponent as a result of a cross-check.

Rule 68

Delay of Game

- A. A Bench Minor Penalty shall be assessed to a team which, in the opinion of the Referee, is deliberately delaying the game in any manner.
- B. A Minor Penalty shall be assessed to any goaltender who deliberately shoots or bats the ball out of the playing surface with their stick.
 - i. When the goaltender shoots or directs the ball directly out of the playing surface where there is no glass, such as at the players' bench or penalty bench, or if the ball touches the glass or deflects off a player or Official, no penalty shall be assessed.
 - ii. This penalty will also be assessed to any player or goaltender who shoots the ball out of the playing surface with their stick during a stoppage of play.
- C. Any player who leaves the players' bench to deliver instructions to their teammates and does not remain on the floor as a substitute, will be assessed a Minor Penalty.
- D. Any deliberate action by a defending player, including the goaltender, in their defending zone which results in the goal net being knocked from its position, shall constitute an act of deliberate delay of game. If this action occurs in the last two minutes of regular playing time, or any time in overtime, a Penalty Shot shall be awarded against the offending team and the Minor Penalty shall not be served.
- E. A Penalty Shot shall be awarded should the goaltender by deliberate action, dislodge the goal net from its position when a player is on a breakaway in the neutral zone or attacking zone.
- F. A Bench Minor Penalty shall be imposed upon any team which, after a warning by the Referee fails to place the correct number of players on the floor and commence play.
- G. A Minor Penalty shall be assessed any player who delays the game for adjustment of any equipment. The onus of maintaining equipment in proper condition shall be upon the player. If adjustments are required, the player must leave the floor and play shall continue uninterrupted, using a substitute.
- H. A goaltender may not delay the game unnecessarily to adjust their equipment, during a stoppage of play, unless they have received permission from the Referee and remains in the goal area. If a goaltender goes to the players' bench to adjust any equipment they shall retire from the floor and their place shall be taken by the alternate goaltender and no warm-up will be permitted. However, this would only apply where an alternate goal tender is dressed. The alternate goaltender must remain in the game until play is stopped and the starting goaltender can replace them. For a violation of this rule, a Minor penalty for Delay of Game shall be assessed.

Note: A goaltender may not go to the player's bench at any time during a stoppage of play unless they are being replaced by a substitute.

Rule 69***Diving***

- A. A Minor Penalty for Unsportsmanlike Conduct shall be imposed on a player who attempts to draw a penalty by their action (diving). This penalty may be assessed with or without a foul to the opposing team at the discretion of the Referee.

Rule 70***Elbowing***

- A. Elbowing is the extending of the player's elbow that contacts an opposing player.
- B. A Minor Penalty or at the discretion of the Referee, a Major Penalty shall be imposed on any player who uses their elbow to foul an opponent.
- C. An inadvertent elbow would be a Minor Penalty, while an intentional elbow would be a Major Penalty and a Game Misconduct.

Rule 71***Fighting***

- A. A Major Penalty and a Game Misconduct Penalty shall be assessed to any player who fights with an opposing player. A player who is identified by the referee as being the instigator or the aggressor in a fight shall be assessed a Minor Penalty, in addition to any other penalties that may occur.
- B. A Major Penalty shall be assessed to a player who, having been struck, retaliates with a punch or an attempted punch.
- C. Any player who does not retaliate after being struck will not be assessed a penalty under this rule but may be assessed a penalty for a violation of other rules.
- D. Any player wearing a ring or rings, tape or any other material on their hands, who becomes involved in a fight and who uses such materials to gain an advantage or to inflict punishment and/or injury shall be assessed a Match Penalty in addition to any other penalties they may incur. **Note:** The prior sections shall also apply to goaltenders.
- E. When a fight occurs, all other players except the goaltender shall immediately retire to the front of their respective benches or to a neutral zone (should the fight occur in front of a players bench) designated by the Referee and remain there until the

Referee calls them back to resume play. The goaltenders must stay in their goal creases or proceed to a neutral zone designated by the Referee. Any player(s) refusing to do so after being instructed by the Referee shall be assessed a Misconduct Penalty, plus any other penalty they may incur.

- F. Any player or team official who becomes involved in a fight with a team official shall be assessed a Gross Misconduct Penalty. This does not eliminate the possibility of further penalties being assessed for such an infraction.
- G. If a player undoes their chin strap or removes their helmet in order to incite or challenge an opponent, that player shall be assessed a Misconduct Penalty along with an instigator penalty.
- H. If neither player removes their helmet or undoes their chinstrap prior to the fight, but the helmets come off during the fight, one of three situations is possible:
 - a. If the Referee determines that the helmet(s) came off incidentally during the fight, no additional penalties need to be assessed.
 - b. If the Referee determines that a player deliberately pulled his opponents helmet off during the fight, the Referee shall assess a Gross Misconduct Penalty.
 - c. If a player grabs the opponent's helmet or facial protector and uses this to gain an advantage or to inflict punishment or Injury, the Referee shall assess a Match Penalty.
- I. If players undo each other's chin straps and/or remove each other's helmets prior to the start of the fight to circumvent this rule, the Referee shall assess both players Gross Misconduct Penalties, plus any other penalties that they incur.

Rule 72

Harassment of officials

- A. Team officials shall always be responsible for their conduct and that of their players. They must endeavor to prevent disorderly conduct before, during or after the game, on or off the floor and any place in the rink. The Referee may assess penalties to any of the above team officials for failure to do so and shall report full details of the incident to the Rules and Competition Committee for review.
- B. A Minor Penalty shall be assessed to any player or team official who challenges or disputes the rulings of any official during the game or who displays unsportsmanlike conduct. If a player or goaltender persists, they shall be assessed a Misconduct Penalty and any further disputes will result in a Game Misconduct Penalty being assessed to the offending player or goaltender. If a team official persists, they shall immediately be assessed a Game Misconduct Penalty.
- C. If the Referee is unable to identify the person responsible for the use of obscene, profane or abusive language, a Bench Minor Penalty shall be assessed the offending team.
- D. Any player or team official who intentionally strikes, trips, body checks, touches, holds, or pushes a Referee or Off-floor Official before, during, or after a game shall be

assessed a Match penalty and shall be reported to the Rules & Competition Committee by the Referee, for review.

- E. Any player or team official who threatens or attempts to strike a Referee or any Off-Floor Official before, during, or after a game shall be assessed a Match penalty and shall be reported to the Rules & Competition Committee by the Referee, for review.

Rule 73

Head Butt

- A. A Major Penalty and a Gross Misconduct Penalty shall be assessed to any player who uses their head/helmet to cause harm or to impede an opponent.

Rule 74

Head Contact

- A. A Major Penalty plus a Game Misconduct Penalty shall be assessed to any player who intentionally contacts an opponent by the head, face or neck with his/her stick or any part of the player's body or equipment. The Rules & Competition Committee will review this type of penalty.

Rule 75

High Sticking

- A. The carrying of sticks above the normal height of the shoulder of the opponent is prohibited, and a warning will be assessed at the discretion of the Referee. A High Stick penalty is any illegal contact to an opponent's body above the top of the shoulders, including the neck, throat and head (helmet), whether intentional or unintentional. **Note:** Raising one's stick to call for a pass is not considered a High Stick unless contact is made with an opposing player.
- B. A Minor Penalty or, at the discretion of the Referee, a Double Minor Penalty or a Major Penalty shall be assessed any player who strikes an opponent with a stick so carried.
- C. A Minor, Double Minor or Major Penalty at the discretion of the referee shall be assessed to the offending player who draws blood during a High Stick Penalty.
- D. Any player who strikes an opponent on the follow through of a standard shot or standard passing of the ball shall NOT be assessed a penalty.
- E. Contacting the ball above the normal height of the shoulders with the stick is prohibited. When it occurs, play shall be stopped immediately and a face off should take place in one zone behind where the foul occurred. If in the defensive zone by a defensive player, the face off occurs at the low face off dot.

Rule 76***Holding***

- A. A Minor Penalty shall be assessed to a player who holds an opponent with the hands, legs, feet, stick, or in any other way. If the penalty assessed is for holding the stick, a Minor penalty for “holding the stick” shall be assessed.

Rule 77***Hooking***

- A. A Minor Penalty shall be assessed to any player who impedes or seeks to impede the progress of an opponent by using the blade or shaft of their stick.

Rule 78***Interference***

- A. A Minor Penalty for Interference shall be assessed to any player who:
- Interferes with or impedes the progress of an opponent who is NOT in possession of the ball.
 - Deliberately knocks a stick out of an opponent’s hand.
 - Prevents an opponent who has lost or dropped their stick from regaining possession of it.
- B. A Minor Penalty for interference with the goaltender shall be imposed on a player who, by means of their stick or body, interferes with or impedes the movements of the goaltender.
- C. Unless the ball is in the goal crease area, a player of the attacking side may not stand in the goal crease. If the ball should enter the net while an attacking player is in the crease, the goal shall not be allowed. If an attacking player has physically interfered with the goaltender, prior to or during the scoring of the goal, the goal will be disallowed and a penalty for Interference will be assessed. The ensuing face-off shall be taken in the offending team’s defensive end zone dot.
- D. If a player of the attacking team has been physically interfered with by the actions of any defending player so as to cause them to be in the goal crease and the ball should enter the net while the player so interfered with is still in the goal crease, the goal shall be allowed, at the discretion of the referee.
- E. Where a stick or any object is thrown on the floor from the player’s bench, penalty bench or where a player on the floor is interfered with by an opposing player or team official on the player’s bench or penalty bench, (whether or not play is in progress), a Bench Minor Penalty shall be assessed to that team if the Referee is unable to identify the person responsible. If a goal is scored, no Bench Minor penalty would be assessed.

- F. If any player on the penalty bench or player's bench interferes with any player on the floor while the ball is in play, they shall be assessed a Minor Penalty for Interference, provided the Referee is able to identify the person responsible.

Rule 79***Kneeing***

- A. A Major Penalty and a Game Misconduct Penalty will be assessed to any player who intentionally knees an opponent during play or during any altercation during or after a stoppage in play.

Rule 80***Kicking***

- A. A Match Penalty shall be assessed to any player who kicks an opponent.
B. If, however, at the discretion of the Referee, in the attempt to free the ball, a player unintentionally kicks or appears to kick another player, no penalty shall be assessed.

Rule 81***Leaving the Bench***

- A. No player may leave the players' bench or penalty bench at any time during a fight on the floor, or for the purpose of starting a fight. Substitutions made prior to the fight shall be permitted, provided the players so substituting do not enter the fight.
B. Any player who leaves their players' or penalty bench during a fight and is assessed a penalty for their actions, shall also incur an automatic Game Misconduct Penalty in addition to any other penalties they may incur.
C. If players of both teams leave their respective benches at the same time, the first identifiable player of each team to do so, shall incur a Major Penalty.
D. A Game Misconduct Penalty shall also be imposed on any player penalized under this section, plus any other penalties that may incur.
 i. A maximum of 5 players per team may be assessed a Game Misconduct Penalty for violations of this rule during a stoppage of play. The maximum of 5 players shall include any players penalized under Rule 70 - Fighting.
 ii. Official Scorekeeper has the responsibility to notify the Referees of player violations in this situation when a fight occurs on the rink. All violations must be recorded in detail on the Official Game Report or separate Penalty Report Form. These violations will be reported to the League or Tournament administrators, as well as the Rules & Competition Committee for review.
E. A penalized player may not leave the penalty bench, except at the end of the period or on the expiration of their penalty.

- F. A Minor Penalty shall be assessed to any player that leaves the penalty bench or returns to the surface before the expiration of this penalty. However, in the case of a player returning to the surface prematurely due to an error by the Penalty Timekeeper, no penalty shall be assessed, and the player must only serve the time remaining in his penalty at the moment he returned to the surface.
- G. When a player on a breakaway in the neutral or attacking zone is interfered with by a player of the opposing team who has illegally entered the game, or by a player or team official on the players' or penalty bench, the Referee shall award a Penalty Shot to the non-offending team.
- H. Any team official who goes on the floor after the start of the game without the permission of the Referee, shall be assessed, at the discretion of the Referee, a Bench Minor Penalty or a Game Misconduct Penalty. If a Game Misconduct Penalty is assessed, the Team Official shall be ordered to the dressing room for the remainder of the game and the Rules & Competition Committee shall be notified for review.
- I. If a penalized player returns to the floor from the penalty bench before their penalty has expired (either by their own error or the error of the Penalty Timekeeper) any goal scored by their own team while they are illegally on the floor shall not be allowed. All penalties assessed to either team shall be served as regular penalties.
- J. If a player illegally enters the game from their own players' bench, any goal scored by their own team while they are illegally on the floor shall not be allowed. All penalties assessed to either team shall be served as regular penalties.

Rule 82***Roughing***

- A. A Minor Penalty or, at the discretion of the Referee, a Major Penalty and a Game Misconduct Penalty shall be assessed to any player who is guilty of unnecessary rough play or deliberate contact with an opposing player during play or after a stoppage in play.

Rule 83***Slashing***

- A. A Minor Penalty, or at the discretion of the Referee, a Major Penalty and a Game Misconduct Penalty shall be assessed to any player who impedes or seeks to impede the progress of an opponent by slashing with their stick.
- B. A penalty shall be assessed to any player who swings their stick at an opponent (whether out of range or not) without actually striking the opponent or when a player on the pretext of playing the ball, makes a wild swing at the ball with the objective of intimidating their opponent.

Rule 84***Slew Foot***

- A. A slew foot is the act of hitting an opponent in their lower body with a foot, leg or stick while at the same time grabbing the upper body or head of an opponent with a hand, arm or stick causing the opponent to fall to the rink surface.
- B. A Game Misconduct Penalty and a Gross Misconduct Penalty shall be assessed to any player who attempts to or completes the act of a slew foot. This action will be reviewed by the Rules & Competition Committee.

Rule 85***Spitting***

- A. A Match Penalty shall be assessed to any player or Team Official who deliberately spits on or at an opponent, official, team official or spectator. Violations of this rule will be sent to the Rules & Competition Committee for review.
- B. A Minor Penalty may be assessed to any player or Team Official who deliberately spits on the playing surface.

Rule 86***Spearing***

- A. A Major Penalty plus a Game Misconduct Penalty shall be assessed to a player who spears an opponent.
- B. A Major Penalty plus a Game Misconduct Penalty shall be assessed to a player who attempts to spear an opponent but makes no contact. An attempt to spear shall include all cases in which a spearing gesture is made.
- C. All spearing penalties will be sent to the Rule & Competition Committee for review.

Rule 87***Third Man In***

- A. Any player joining in a fight, acting as a peacemaker or taking part in another fight during the same stoppage of play, at the Referees discretion, will be assessed a Major Penalty and a Game Misconduct Penalty plus any other penalty the offender incurs under the rules.

Rule 88***Throwing Stick or Object***

- A. Where any player of the defending team, including the goaltender, coach or any team

member deliberately throws their stick, any piece of equipment or any other object at the ball or ball carrier in the defending zone, the Referee shall allow the play to be completed and, if a goal is NOT scored, a Penalty Shot shall be awarded to the attacking team. If a goal is scored, the Penalty Shot shall not be awarded. The offending player shall be issued a penalty on the scoresheet as a delayed penalty.

- B. A Major Penalty shall be assessed to any player, goaltender, coach or team official who deliberately throws their stick, any piece of equipment or any other object at the ball, ball carrier or not at the ball carrier in any zone, except when such act has been penalized by the awarding of a Penalty Shot or a Goal.
- C. A Major Penalty and a Game Misconduct Penalty shall be assessed to any player, goaltender, coach or Team Official who deliberately throws a stick, any piece of equipment or any object, outside the playing area.

Rule 89

Tripping

- A. A Minor Penalty shall be assessed to any player who trips an opponent, where a player uses their stick, knee, hand, foot, arm or elbow in any manner or falls or slides along the floor directly in the path of the ball, causing the ball carrier to trip and lose possession of the ball.
- B. If a player in the process of falling or sliding along the floor, hits or knocks the ball from their opponent's stick prior to making actual body contact, the tripping shall be called.
- C. When a player in control of the ball on a breakaway in the neutral or attacking zone is tripped or otherwise fouled from behind and thus prevented from having a clear shot on goal, having no other opponent to pass other than the goaltender, a Penalty Shot shall be awarded to the non-offending team. Nevertheless, the Referee shall not stop play until the attacking team has lost control of the ball to the defending team.

Rule 90

Verbal Slur / Obscene Gesture

- A. A verbal slur or obscene gesture to an opponent or official is unacceptable and penalized by a Misconduct Penalty.
- B. If the act occurred from the bench, a Bench Minor Penalty is assessed. At that time the Coach will receive a warning. If a second violation of this rule occurs from the same bench, a Bench Minor Penalty will be assessed, and the Coach will receive a Game Misconduct Penalty. All violations of these rules will be reviewed by the Rules & Competition Committee.

SECTION EIGHT - REFEREE SIGNALS

Boarding: Striking the clenched fist of one hand into the open palm of the opposite hand in front of the chest.



Butt-ending: Moving the forearm, fist closed, under the forearm of the other hand, palm down.



Charging: Rotating clenched fists around one another in front of the chest.



Checking: The non whistle hand is placed on the shoulder and then moved out and to the side.



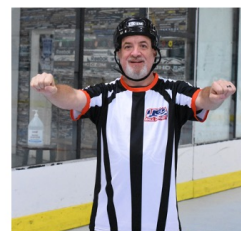
Checking from Behind: A forward motion of both arms, with palms of the hands open and facing away from the body, fully extended from the chest at shoulder level or arm placed behind the back, elbow bent, forearm parallel to the playing surface.



Clipping: Striking the leg with either hand behind the knee, keeping both feet on the rink.



Cross-checking: A forward and backward motion of the arms with both fists clenched, extending from the chest at a distance of approximately one foot.



Delayed penalty: Extending the non-whistle arm fully above the head.



Delaying the game: The non-whistle hand, palm open, is placed across the chest and then fully extended directly in front of the body.



Elbowing: Tapping either elbow with the opposite hand.



Goal scored: A single point directed at the goal in which the ball legally entered by fully crossing the goal line.



Grabbing the Face Mask: Closed fist held in front of face, palm in, and pulled down in one straight motion.



Hand Pass: With the palm open and facing forward, a pushing motion towards the front of the body once or twice to indicate the ball was moved ahead with the hand.



High-sticking: Holding both fists clenched, one slightly above the other (as if holding a stick) at the height of the forehead.



Holding: Clasping either wrist with the other hand in front of the chest.



Hooking: A tugging motion with both arms as if pulling something from in front towards the stomach.



Icing/flooring the ball: The back referee signals possible “flooring” by fully extending their arm over their head. The arm should remain raised until the front referee either blows the whistle or until the “flooring” is waived (washed out). Once the “flooring” has been called, the back referee then points to the appropriate face-off spot.



Interference: Crossing arms stationary in front of the chest in an “X” formation.



Kneeing: Slapping either knee with the palm of the hand, while keeping both skates on the rink.



Match penalty: Palm of the hand on the top of the helmet.



Misconduct: Both hands on hips.



Penalty Shot: Arms crossed (fists clinched) above the head; signal given upon stoppage of play.



Roughing: Fist clenched, and arm extended out to the side of the body.



Slashing: A chopping motion with the edge of one hand across the opposite forearm.



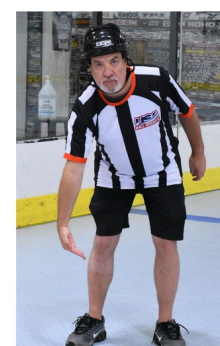
Spearing: Jabbing motion with both hands thrust out immediately in front of the body and then hands dropped to the side of the body.



Time-out: Using both hands to form a “T” in front of the chest.



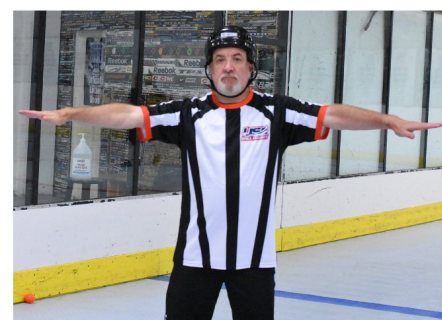
Tripping: Striking leg with either hand below the knee, keeping both skates on the rink.



Unsportsmanlike Conduct: Using both hands to form a “T” in front of the chest (same as a time-out).



Washout: A sweeping sideways motion of both arms across the front of the body at shoulder level with palms down. This signal is used by referees to indicate “no goal” and to waive off a hand pass or a high-sticking the ball violation.





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