



**NO BULL HOCKEY LEAGUE**

# **Official Rules**

Updated September 2022



# No Bull Hockey League Official Rules

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# NBHL OFFICIATING TEAM

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Giovanni has been officiating ice hockey for 14+ years. He has worked youth hockey up through high-school, juniors, D1, D2 and D3 college hockey. He also worked multiple years as an off-ice official in the American Hockey League and was in charge of officiating for UNE intramural hockey for 4 years. Giovanni has been working the NBHL for 10+ years. He looks forward to another competitive and eventful year.

## **Ashton White**

Ashton has been officiating ice hockey for 4+ years. He has worked youth hockey as well as men's league in Maine. Ashton has been working the NBHL for 2+ years. He looks forward to a great skate, competitive games and lots of fun.



# TABLE OF CONTENTS



**NBHL Information.....ii**

**Officiating Team.....iii**

**Table of Contents.....v**

**Section 1 – Teams.....1**

**Section 2 – Equipment.....3**

**Section 3 – Types of Penalties.....5**

**Section 4 – Officials.....20**

**Section 5 – Physical Fouls.....29**

**Section 6 – Restraining Fouls.....38**

**Section 7 – Stick Fouls.....42**

**Section 8 – Other Fouls.....45**

**Section 9 – Game Flow.....58**

**Reference Tables.....75**





# TABLE OF CONTENTS



## **Section 1 – Teams**

Rule 1 – Team.....	1
Rule 2 – Captain and Alternate Captains.....	1
Rule 3 – Injured Players.....	2

## **Section 2 – Equipment**

Rule 4 – Uniforms.....	3
Rule 5 – Sticks.....	4
Rule 6 – Puck.....	4

## **Section 3 – Types of Penalties**

Rule 7 – Calling of Penalties.....	5
Rule 8 – Penalty Fines.....	5
Rule 9 – Minor Penalties.....	6
Rule 10 – Double-Minor Penalties.....	6
Rule 11 – Major Penalties.....	7
Rule 12 – Misconduct Penalty.....	7
Rule 13 – Game Misconduct Penalty.....	7
Rule 14 – Match Penalty.....	8
Rule 15 – Penalty Shot.....	8
Rule 16 – Awarded Goals.....	11
Rule 17 – Delayed Penalties.....	11
Rule 18 – Goalkeeper’s Penalties.....	11
Rule 19 – Supplementary Discipline.....	12
Rule 20 – Signals.....	12

## **Section 4 – Officials**

Rule 21 – Appointment of Officials.....	20
Rule 22 – Referees.....	20
Rule 23 – Linesmen.....	22
Rule 24 – Scorekeeper.....	24
Rule 25 – Timekeeper.....	24
Rule 26 – Abuse of Officials.....	25
Rule 27 – Physical Abuse of Officials.....	28

## **Section 5 – Physical Fouls**

Rule 28 – Boarding.....	29
Rule 29 – Charging.....	29
Rule 30 – Checking.....	30
Rule 31 – Checking from Behind.....	31
Rule 32 – Clipping.....	31
Rule 33 – Elbowing.....	32





**Section 5 – Physical Fouls (continued)**

Rule 34 – Fighting.....32

Rule 35 – Head-Butting.....33

Rule 36 – Illegal Check to the Head.....33

Rule 37 – Kicking.....34

Rule 38 – Kneeing.....35

Rule 39 – Roughing.....35

Rule 40 – Slew-Footing.....36

Rule 41 – Throwing Equipment.....36

**Section 6 – Restraining Fouls**

Rule 42 – Holding.....38

Rule 43 – Hooking.....38

Rule 44 – Interference.....39

Rule 45 – Tripping.....40

**Section 7 – Stick Fouls**

Rule 46 – Butt-Ending.....42

Rule 47 – Cross-Checking.....42

Rule 48 – High-Sticking.....43

Rule 49 – Slashing.....43

Rule 50 – Spearing.....44

**Section 8 – Other Fouls**

Rule 51 – Delaying the Game.....45

Rule 52 – Diving / Embellishment.....47

Rule 53 – Equipment.....47

Rule 54 – Forfeit of Game.....48

Rule 55 – Handling Puck.....48

Rule 56 – Illegal Substitution.....50

Rule 57 – Interference on the Goalkeeper.....51

Rule 58 – Leaving the Bench.....53

Rule 59 – Premature Substitution.....53

Rule 60 – Refusing to Play the Puck.....54

Rule 61 – Refusing to Start Play.....54

Rule 62 – Too many players on the Ice.....55

Rule 63 – Unsportsmanlike Conduct.....56

**Section 9 – Game Flow**

Rule 64 – Face-Offs.....58

Rule 65 – Game and Intermission Timing.....62

Rule 66 – Goals.....62





**Section 9 – Game Flow (continued)**

Rule 67 – Hand Pass.....64  
 Rule 68 – High-Sticking the Puck.....64  
 Rule 69 – Icing.....65  
 Rule 70 – Line Changes.....67  
 Rule 71 – Off-Side.....67  
 Rule 72 – Overtime.....70  
 Rule 73 – Puck Out of Bounds.....71  
 Rule 74 – Start of Game and Periods.....73  
 Rule 75 – Time-Outs.....74

**Reference Tables**

**Table 1**  
 Summary of Minor Penalties.....75

**Table 2**  
 Summary of Bench Minor Penalties.....76

**Table 3**  
 Summary of Double-Minor Penalties.....76

**Table 4**  
 Summary of Major Penalties.....77

**Table 5**  
 Summary of Misconduct Penalties.....77

**Table 6**  
 Summary of Major + Game Misconduct Penalties.....78

**Table 7**  
 Summary of Major + Game Misconduct Penalties (Reckless Endanger).78

**Table 8**  
 Summary of Game Misconduct Penalties.....78

**Table 9**  
 Summary of Match Penalties.....79

**Table 10**  
 Summary of Penalty Shots.....80

**Table 11**  
 Summary of Awarded Goals.....80

**Table 12**  
 Summary of Goalkeeper Penalties.....81

**Table 13**  
 Summary of Penalty Options.....82





## SECTION 1 – Teams

### Rule 1 – Team

- 1.1 **Composition** – A team shall be composed of 12 players. At the beginning of each game, the team Captain shall supply the scorekeeper with a roster including all players names and numbers.
- 1.2 **Goalkeepers** – Goalkeepers will be supplied by the league and will cycle through which teams they play for each week.
- 1.3 **Start of Games** - If a team cannot start a game with 5 players and 1 goalkeeper or 6 players and no goalkeeper, the game shall be declared a forfeit. The game will be recorded as a 1-0 game on the scoresheet.

Any time during the game that a team is reduced to less than 4 players including the goalkeeper or 3 players and no goalkeeper, the game shall be declared a forfeit regardless of the score.

However, the scorekeeper will still record goalkeeper shots and saves as well as penalties in order to accurately fine players. (See “Penalty Fines” under Section 3 – Types of Penalties)

### Rule 2 – Captain and Alternate Captains

- 2.1. **Captain** – One Captain shall be appointed by each team, and he alone shall have the privilege of discussing with the Referee any questions relating to interpretation of rules which may arise during the progress of the game. The Captain shall wear a letter “C” on his jersey to designate him as the Captain.

No goalkeeper shall be permitted to act as Captain or Alternate Captain and shall not have the privilege of discussing situations with the Referee unless invited to do so.

Any Captain who receives a penalty shall forfeit their Captain’s privilege for that stoppage and the alternate Captain shall serve as Captain to discuss the situation with the Referee.

Any Captain who comes off the bench and makes any protest or intervention with the officials for any purpose shall be assessed a minor penalty for unsportsmanlike conduct under Rule **26** - Abuse of Officials.

- 2.2. **Alternate Captains** – If the Captain is not participating in the game or has received a penalty, the Alternate Captain(s) shall serve as the Captain. The Alternate Captain(s) shall wear a letter “A” on their jersey to designate them as Alternate Captains.

Any Alternate Captain who comes off the bench and makes any protest or intervention with the officials for any purpose shall be assessed a minor penalty for unsportsmanlike conduct under Rule **26** - Abuse of Officials.







### **Rule 3 – Injured Players**

- 3.1. **Injured Player** – When a player is injured and is bleeding, they must stop the bleeding and cover any cuts or abrasions before returning to the game.
- 3.2. **Stoppage Due to Injury** – When play is stopped for an injured player, that player must return to the bench and cannot participate in the next face-off (Excluding Goalkeepers).
- 3.3. **Injured Goalkeepers** – If a goalkeeper becomes injured, they will be allowed a short time to recompose themselves. If they cannot participate in play, they must be replaced by another goalkeeper. If none is available, the team shall be permitted to play with 6 players.
- 3.4. **Penalized Injured Player** – If a player who is injured receives a penalty and cannot serve the penalty due to the injury, a teammate must serve the penalty for them.

However, if the injured player returns to the game before their penalty has expired, they must replace the player serving and serve the rest of their penalty time. If the player participates in play before their penalty expires, no goals scored by their team will count and the team will be assessed a bench minor penalty for Illegal Substitution.





## SECTION 2 – EQUIPMENT

### Rule 4 – Uniforms

- 4.1. **Team Uniform** – All players of each team shall be dressed uniformly with approved jersey colors for the NBHL. The NBHL will supply the jerseys.
- 4.2. **Numbers** – Each player listed in the line-up of each team shall wear an individual identifying number on the back of his jersey. Only whole numbers 0-99 are approved for use. Numbers such as 0 and 00 are approved because they are not the exact same.
- 4.3. **Protective Equipment** – All protective equipment, except gloves, headgear, and goalkeepers' leg guards must be worn under the uniform. If brought to the Referees attention that equipment is not under the uniform, he shall instruct the player to cover up the equipment and a second violation by the same player would result in a minor penalty for an equipment violation.

Whenever it is deemed by the Referee that a player is wearing protective equipment that does not meet with league regulations, he shall instruct the player to change or remove the piece of equipment. If the player refuses to make the necessary change he shall be assessed a minor penalty for an equipment violation and should he return to the ice without making the necessary change he shall be assessed a misconduct penalty. Should this happen a third time, the player shall be assessed a game misconduct penalty.

If at any time during a game the goaltender loses his blocker, glove, or leg pad, there will be an automatic whistle.

- 4.4. **Helmets** – All players of both teams shall wear a helmet approved for ice hockey at all times while participating in a game, either on the playing surface or the players' or penalty benches. The helmet must be properly fastened with all straps and snaps properly attached.

The Referee will blow the whistle in all instances where a player or goaltender loses their helmet.

Any player or goalkeeper that deliberately removes their helmet to secure a stoppage will receive a minor penalty for delay of game. If a goalkeeper deliberately removes his helmet when the opposing team is on a breakaway, a penalty shot will be awarded to the player who last had possession and control of the puck on the non-offending team.

If a goalkeeper deliberately removes his helmet during a penalty shot or shootout, a goal will be awarded to the player taking the shot.

All players are required to wear a full cage or clear facemask. No player is allowed a half-shield of any kind.





### Rule 5 – Sticks

- 5.1 **Sticks** – Players must play with an ice hockey player stick only. Goaltenders may play with an ice hockey player or goaltender stick. Any player who plays with a goaltender stick shall be assessed a minor penalty for an illegal stick.
- 5.2 **Broken Stick – Player** – A broken stick is one which, in the opinion of the Referee, is unfit for normal play.

A player without a stick may participate in the game. A player whose stick is broken may participate in the game provided he drops the broken stick. The player cannot pick up an opponent's stick to play with. A minor penalty shall be imposed for an infraction of this rule.

A player who has lost or broken his stick may only receive a replacement stick from a teammate on the ice or from his own players' bench. The stick must be handed off and cannot be thrown or slid across the ice. Any player throwing or sliding a stick to a teammate, or a player calling for his teammate to do so, will be assessed a minor penalty.

- 5.3 **Broken Stick – Goalkeeper** – A goalkeeper may continue to play without a stick until a stoppage of play or until he has one legally handed to him by a teammate. The teammate must hand him the stick and cannot throw or slide the stick. A minor penalty to the player throwing or sliding the stick shall be assessed under this rule.

### Rule 6 – Puck

- 6.1. **Illegal Puck** – If at any time while play is in progress, a puck other than the one legally in play shall appear on the playing surface, play will not be stopped until the illegal puck is near play.





## SECTION 3 – TYPES OF PENALTIES

### Rule 7 – Calling of Penalties

- 7.1. **Calling a Penalty** – Should an infraction of the rules which would call for a minor, double minor, major, misconduct, game misconduct, or match penalty be committed by a player on the team in control of the puck, the Referee shall immediately blow his whistle and penalize the offending player.

Should an infraction of the rules which would call for a minor, double minor, major, misconduct, game misconduct, or match penalty be committed by a player on the team not in control of the puck, the Referee shall raise his arm to signal the delayed calling of a penalty. When the team to be penalized gains possession and control of the puck, the Referee shall blow his whistle and impose the penalty on the offending player.

Whenever a player is ejected from the game for a violation of the playing rules, that individual must vacate the players' bench area and may not, in any manner, further participate in the game.

- 7.2. **Goal Scored** – If a goal is scored on the delayed penalty by the non-offending team, the goal shall count and the penalty will be assessed, regardless of the scoring of the goal.

If after the Referee has signaled a penalty (but before the whistle has been blown) the puck enters the goal of the non-offending team as the direct result of the action of a player of that team, the goal shall be allowed and the penalty signaled shall be assessed.

- 7.3. **Shorthanded** - If a goal is scored on a team that is shorthanded, the minor penalty on the clock that caused the team to be shorthanded shall be terminated unless the goal is on a penalty shot or awarded goal. Any delayed penalty on the team getting scored upon shall be assessed and served as normal.

### Rule 8 – Penalty Fines

- 8.1. **Penalty Fines** – Players in the NBHL shall be fined for any penalties that they are assessed. The amount of the fine is equal to the time that the player is assessed. Below are the fines for each penalty type.

*NOTE: The Commissioner has the right to multiply (double/triple) fines during playoffs.*

<b>Minor Penalty</b>	<b>\$1.50</b>	<b>Misconduct Penalty</b>	<b>\$6.00</b>
<b>Double-Minor Penalty</b>	<b>\$3.00</b>	<b>Game Misconduct Penalty</b>	<b>\$10.00</b>
<b>Major Penalty</b>	<b>\$5.00</b>	<b>Match Penalty</b>	<b>\$15.00</b>





### **Rule 9 – Minor Penalties**

- 9.1. **Minor Penalty** – For a minor penalty, any player, other than the goalkeeper, shall be ruled off the ice for one and a half (1:30) minutes during which time no substitute shall be permitted.

When the minor penalties of two players of the same team terminate at the same time, the Captain of that team shall designate to the Referee which player will return to the ice first.

When minor penalties are assessed to each team on the same stoppage, if no penalties are currently visible on the clock, the first minor to each team shall be recorded on the clock and the teams will play four on four (4 on 4). If there are penalties currently visible on the clock, the penalties will be considered coincidental and the time will not go on the clock and teams will not lose any more players on the ice. The penalized players cannot return to the ice until the first stoppage after the expiration of their penalties.

- 9.2. **Bench Minor Penalty** – For a bench minor penalty, any player, other than the goalkeeper, who was on the ice when the play is stopped shall be designated by the Captain to serve the penalty.
- 9.3. **Short-handed** – see 7.3
- 9.4. **Automatic Ejection** - Any player who receives four (4) minor penalties shall be ejected from the game. The player is NOT assessed a game misconduct.

### **Rule 10 – Double-Minor Penalties**

- 10.1. **Double-Minor Penalty**- For a double-minor penalty, any player, other than the goalkeeper, shall be ruled off the ice for three (3) minutes during which time no substitute shall be permitted.
- 10.2. **Short-handed** – see 7.3

When a double minor penalty is being served, the penalty will show as three (3) minutes but will be considered two separate minor penalties. If a goal is scored with over one and a half (1:30) minutes on the clock, the remaining time of the first minor will terminate and the penalty time will be reset to a minute and a half (1:30).





### **Rule 11 – Major Penalties**

- 11.1. **Major Penalty** – For the first major penalty in any one game, the offending player, except the goalkeeper, shall be ruled off the ice for five (5) minutes during which no substitute shall be permitted.

When one player receives a major penalty and a minor penalty at the same time, the major penalty shall be served first except for the purpose of coincidental major penalties are in effect, in which case the minor shall be recorded and served first.

When major penalties are assessed to each team on the same stoppage, immediate substitution on the ice will be permitted and no time will go on the clock.

- 11.2. **Short-Handed** – No major penalty shall ever be terminated by the scoring of a goal. The player must always serve the entire penalty before returning to the ice.
- 11.3. **Automatic Game Misconduct** – Any player that receives their second major penalty in the same game shall also be assessed a game misconduct – see **13.1**

### **Rule 12 – Misconduct Penalty**

- 12.1. **Misconduct Penalty** - For a misconduct penalty, any player, other than the goalkeeper, shall be ruled off the ice for six (6) minutes during which a substitute shall be permitted.

When a player receives a non-coincidental minor or major penalty plus a misconduct, the timed penalty shall be served first and any non-penalized player (except the goalkeeper) on the offending team shall be designated to serve the timed penalty.

- 12.2. **Automatic Game Misconduct Penalty** – Any player who receives their second misconduct in the same game shall be assessed a game misconduct penalty in lieu of the second misconduct - see **13.1**

### **Rule 13 – Game Misconduct Penalty**

- 13.1. **Game Misconduct Penalty** – - For a game misconduct penalty, any player, other than the goalkeeper, shall be ruled off the ice for the remainder of the game during which a substitute shall be permitted. The offending player shall be charged with ten (10) minutes and will be fined accordingly.

When a player receives a non-coincidental minor or major penalty plus a game misconduct, the timed penalty shall be served by any non-penalized player (except the goalkeeper).





### **Rule 14 – Match Penalty**

14.1. **Match Penalty** – A match penalty involves the immediate suspension of the player for the remainder of the game and a five (5) minute penalty being assessed. The offending player shall be charged with fifteen (15) minutes and will be fined accordingly. The offending player shall be suspended from all NBHL games until the Commissioner rules on how long the player shall be suspended.

For a match penalty, the Captain shall choose any non-penalized player (except the goalkeeper) to serve the five (5) minute timed portion of the match penalty.

When match penalties are assessed to each team on the same stoppage, immediate substitution on the ice will be permitted and no time will go on the clock

14.2. **Short-Handed** – see 11.2

### **Rule 15 – Penalty Shot**

15.1. **Penalty Shot** – A penalty shot is designed to restore a scoring opportunity which was lost as a result of a foul being committed by the offending team, based on the parameters set out in these rules.

There are four (4) criteria for a penalty shot to be awarded. They are:

- (i) The player fouled must be over their defending blue line.
- (ii) The player must have been fouled from behind.
- (iii) There must be no players between the fouled player and the goalkeeper.
- (iv) The player in possession and control (or, in the judgement of the Referee, the player clearly would have obtained possession and control) must be denied a reasonable scoring opportunity.

15.1 **Procedure** – The Referee shall place the puck on the center ice face-off spot and the player taking the shot will, on the instruction of the Referee (by blowing his whistle), play the puck from there and shall attempt to score on the goalkeeper. The puck must be kept in motion towards the opponent's goal line and once it is shot, the play shall be considered complete. No goal can be scored on a rebound of any kind (an exception being the puck off the goal post or crossbar, then the goalkeeper and then directly into the goal), and any time the puck crosses the goal line or comes to a complete stop, the shot shall be considered complete.

The lacrosse-like move whereby the puck is picked up on the blade of the stick and “whipped” into the net shall be permitted provided the puck is not raised





above the height of the shoulders at any time and when released is not carried higher than the crossbar. See also **68**.

The spin-o-rama type move where the player completes a 360° turn as he approaches the goal, shall not be permitted. Should a player perform such a move during the penalty shot, the shot shall be stopped by the Referee and no goal will be the result.

Only a player designated as a goalkeeper may defend against a penalty shot.

The goalkeeper must remain in his crease until the player taking the penalty shot has touched the puck.

If at the time a penalty shot is awarded and the goalkeeper of the penalized team has been removed from the ice, a goal shall be awarded in lieu of the penalty shot. The penalty will still be recorded on the scoresheet for purposes of issuing fines – see **8.1**

While the penalty shot is being taken, players of both sides shall withdraw to the sides of the rink and in front of their own player's bench.

- 15.2 Designated Player** – In cases where a penalty shot has been awarded to a player specifically fouled, that player shall be designated to take the penalty shot.

In all other cases where a penalty shot has been awarded, the penalty shot shall be taken by a player selected by the Captain of the non-offending team from the players on the ice at the time when the foul was committed.

If by reason of injury, the player designated to take the penalty shot is unable to do so, the penalty shot shall be taken by a player selected by the Captain of the non-offending team from the players on the ice at the time when the foul was committed.

If the player who is awarded the penalty shot commits a foul during the play, he shall be allowed to take the penalty shot before being sent to the penalty box except when he is assessed a game misconduct or match penalty in which case the penalty shot shall be taken by a player selected by the Captain of the non-offending team from the players on the ice at the time when the foul was committed.

- 15.3 Violations During the Shot** – Should the goalkeeper leave his crease prior to the player taking the penalty shot has touched the puck, the Referee shall allow the shot to be taken and if the shot fails, the player shall be allowed to take the penalty shot again. When an infraction calling for a minor penalty is committed by the goalkeeper during the shot, the minor shall not be assessed, however if the shot fails, the player shall be allowed to take another penalty shot. Should a goalkeeper commit a second violation during the penalty shot and the shot fails, he shall be assessed a misconduct penalty and the player shall be allowed another penalty shot. A third violation shall result in the goalkeeper being







assessed a game misconduct penalty and a goal shall be awarded to the player taking the penalty shot.

When a major or match penalty is committed by the goalkeeper that causes the shot to fail, the Referee shall permit the shot to be taken over again and the proper penalties shall be assessed to the goalkeeper.

The goalkeeper may attempt to stop the shot in any manner except by throwing his stick or any object, or by deliberately physically playing the player or deliberately dislodging the goal, in which case a goal shall be awarded.

During the shot, should the goalkeeper, in an attempt at making a save, dislodge the goal accidentally, the Referee shall make one of the following determinations:

- (i) Award a goal if he deems the player would have scored into the area normally occupied by the net had it not been dislodged.
- (ii) Allow the shot to be re-taken if he does not score or it could not be determined if the player would have scored into the area normally occupied by the net.

If while the penalty shot is being taken, any player of the opposing team interferes in the shot in any way that causes the shot to fail, they will be assessed a minor penalty and the player will be permitted to take another penalty shot. Should a second violation be committed by the same team that causes the shot to fail, a misconduct will be assessed and the player will be permitted to take another penalty shot. Should a third violation be committed by the same team that causes the shot to fail, a game misconduct will be assessed and the player will be permitted to take another penalty shot.

- 15.4 **Face-Off Location** – If a goal is scored on a penalty shot or a goal is awarded, the puck shall be faced-off at the center ice face-off spot. If a goal is not scored on a penalty shot or a goal is not awarded, the puck shall be faced-off at the nearest end-zone face-off spot of the zone in which the shot was taken.
- 15.5 **Results** – Should a goal be scored or awarded on a penalty shot, no penalties shall terminate and any penalties assessed during the shot shall be served as usual. If multiple penalty shots are assessed on the same stoppage on the same team, a goal shall washout the second shot, however the penalty time shall be served in lieu of the shot. If a penalty shot is failed, the Referee shall allow the second shot to be taken.
- 15.6 **Timing** – If the horn shall sound to end the period before play is stopped, the penalty shot shall be taken before the next period is started.

The time required for the player to take the penalty shot shall not be included in the regular playing time or overtime. The clock shall not run during any penalty shot.





### **Rule 16 – Awarded Goals**

16.1 **Awarded Goal** – A goal will be awarded to the attacking team any time the goalkeeper has been removed and an infraction is committed by the defending team that would warrant a penalty shot.

Should the defending team leave any equipment in front of their goal, while their goalkeeper has been removed, the prevents the obvious scoring or a goal, a goal shall be awarded to the attacking team.

### **Rule 17 – Delayed Penalties**

17.1 **Delayed Penalty** – 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 players already penalized has elapsed. Nevertheless, the third penalized player must at once proceed to the penalty bench. He may be substituted for on the ice so as to keep the on-ice strength at no less than three skaters for his team.

17.2 **Penalty Expiration** – When any team shall have three players serving penalties at the same time and because of the delayed penalty rule, a substitute for the third offender is on the ice, none of the three penalized players on the penalty bench may return to the ice until play has stopped. When play has stopped, the player whose full penalty has expired may return to the ice.

17.3 **Major and Minor Penalty** – When a major and minor penalty are imposed at the same time on different players of the same team, the scorekeeper shall record the minor as being the first of such penalties.

### **Rule 18 – Goalkeeper's Penalties**

18.1 **Minor Penalty to Goalkeeper** – A goalkeeper shall not be sent to the penalty box for an offense which incurs a minor penalty, but instead, the minor penalty shall be served by another member of his team who was on the ice when the offence was committed. This player is to be designated by the Captain and such substitute shall not be changed.

A penalized player may not serve a goalkeeper's penalty.

18.2 **Major Penalty to Goalkeeper** – A goalkeeper shall not be sent to the penalty bench for an offense which incurs a major penalty, but instead, the major penalty shall be served by another member of his team who was on the ice when the offence was committed. This player is to be designated by the Captain and such substitute shall not be changed.

18.3 **Misconduct Penalty to Goalkeeper** – Should a goalkeeper be assessed a misconduct penalty; the goalkeeper shall not be sent to the penalty box.





## SECTION 3 – TYPES OF PENALTIES



- 18.4 **Game Misconduct Penalty to Goalkeeper** – Should a goalkeeper be assessed a game misconduct penalty; the goalkeeper shall serve the game misconduct penalty.
- 18.5 **Match Penalty to Goalkeeper** – Should a goalkeeper incur a match penalty, the five (5) minute timed portion will be served by another member of his team who was on the ice when the offence was committed. This player is to be designated by the Captain and such substitute shall not be changed.
- 18.6 **Leaving Goal Crease** – A minor penalty shall be assessed to any goalkeeper who leaves his crease without permission from the Referee during an altercation. This penalty will be assessed in addition to any other penalties that the goalkeeper may incur during the altercation.
- 18.7 **Participating in Play Over the Center Red Line** – If a goalkeeper participates in the play in any manner (intentionally plays the puck or an opponent) when he is beyond the center red line, a minor penalty shall be imposed upon him. The position of the puck is the determining factor for the application of this rule.

### Rule 19 – Supplementary Discipline

- 19.1 **Supplementary Discipline** – In addition to the automatic fines and suspensions imposed under these rules, the Commissioner may, at his discretion, investigate any incident that occurs in connection with any Regular Season or Playoff game and may assess any additional fines and/or suspensions for any offense committed during the course of the game that he feels are necessary.

### Rule 20 – Signals

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



20.2 Butt-Ending Moving the forearm, fist closed, under the forearm of the other hand held palm down.





### SECTION 3 – TYPES OF PENALTIES



20.3

Charging

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



20.4

Checking

The palm of the non-whistle hand is brought across the body and placed on the opposite shoulder.



20.5

Checking from Behind

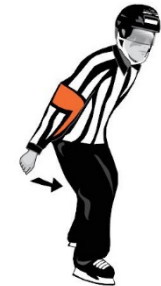
A forward motion of both arms, with the palms of the hands open and facing away from the body, fully extended from the chest at shoulder level.



20.6

Clipping

Striking leg with either hand behind the knee, keeping both skates on the ice.



20.7

Cross-Checking

A forward and backward motion of the arms with both fists clenched extending from the chest for a distance of about one foot.





### SECTION 3 – TYPES OF PENALTIES



20.8 Delayed Off-Side

Non-Whistle arm fully extended above the head. To nullify a delayed off-side, the Linesman shall drop the arm to the side.



20.9 Delayed Penalty

Extending the non-whistle arm fully above the head.



20.10

Delaying the Game

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



20.11

Elbowing

Tapping either elbow with the opposite hand.



20.12

Goal Scored

A single point directed at the goal in which the puck legally entered.





### SECTION 3 – TYPES OF PENALTIES



20.13 Hand Pass

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



20.14 Head- Butting

No signal in the No Bull Hockey League

NO SIGNAL

20.15 High-Sticking

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



20.16 Holding

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



20.17 Holding the Stick

Two stage signal involving the holding signal (20.15) followed by a signal indicating you are holding onto a stick with two hands in a normal manner.





### SECTION 3 – TYPES OF PENALTIES



20.18

Hooking

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



20.19

Icing (a)

The back Linesman signals a possible icing by fully extending the non-whistle hand over his head. The arm should remain raised until the front Linesman either blows the whistle to indicate an icing or until the icing is washed out.



Icing (b)

Once the icing has been completed, the back Linesman will skate toward the appropriate face-off spot then turn backward somewhere near the blue line, crossing his arms across his chest to indicate icing, then pointing to the appropriate face-off spot.



20.20

Illegal Check to the Head

Patting flat (open palm) of the non-whistle hand on the side of the head.



20.21

Interference

Crossing arms stationary in front of the chest in an "X" formation





### SECTION 3 – TYPES OF PENALTIES



20.22      Kicking      No signal in the No Bull Hockey League      NO SIGNAL

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



20.24      Match Penalty      No signal in the No Bull Hockey League      NO SIGNAL

20.25      Misconduct      Both hands on hips.



20.26      Penalty Shot      Non-whistle arm fully extended pointing to the center ice face-off spot.







### SECTION 3 – TYPES OF PENALTIES



20.27

Roughing

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



20.28

Slashing

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



20.29

Spearing

Jabbing motion with both hands thrust out in front of the body and then hands dropped to the side of the body (essentially the opposite of the hooking signal – away from the body rather than towards the body).



20.30

Throwing Equipment

No signal in the No Bull Hockey League

NO SIGNAL

20.31

Time-Out

Using both hands to form a “T” in front of the chest.





### SECTION 3 – TYPES OF PENALTIES



20.32 Too Many Men on the Ice No signal in the No Bull Hockey League NO SIGNAL

20.33 Tripping Striking leg with either hand below the knee, keeping both skates on the ice.



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



20.34 Wash Out 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 signal no goal; by the Linesmen to signal no icing and no off-side; and by all Officials to wash out a hand pass or a high-sticking the puck violation.





## SECTION 4 – OFFICIALS

### Rule 21 – Appointment of Officials

- 21.1 **Appointment of Officials by Commissioner & Director of Officials** – The Commissioner and Director of Officials shall appoint the Referees, the Linesmen, and all Off-Ice Officials for each game.
- 21.2 **Officiating System** – Most NBHL games will have one (1) or two (2) on-ice officials. Therefore, he/they shall assume the responsibilities of the Referees and Linesmen. If a game has a three (3) or four (4) man system, duties shall be separated between the Referee(s) and Linesmen as stated below.

### Rule 22 – Referees

- 22.1 **Attire and Equipment** – All Referees shall be dressed in black trousers, official sweaters, and a black helmet with a mandatory half-shield.

They shall be equipped with a whistle, a riot pad, and a summary of the penalty options – See **Table 13 – Summary of Penalty Options**.

- 22.2 **Disputes** – The Referees shall have general supervision of the game and shall have full control of all game officials and players during the game, including stoppages; and in case of any dispute, their decision shall be final.

As there is a human factor involved in blowing the whistle to stop play, the Referee may deem the play to be stopped slightly prior to the whistle actually being blown. The fact that the puck may come loose or cross the goal line prior to the sound of the whistle has no bearing if the Referee has ruled that the play had been stopped prior to this happening.

In the event of any dispute regarding time or the expiration of penalties, the matter shall be referred to the Referees for adjustment and their decision shall be final.

- 22.3 **Face-Offs** – One of the Referees shall face-off the puck to start each period and following the scoring of a goal. Linesmen are responsible for all other face-offs.
- 22.4 **General Duties** – It shall be the duty of the Referees to impose such penalties as are prescribed by the rules for infractions thereof and they shall give the final decision in matters of disputed goals. The Referees may consult with Linesmen before making their decision.

The Referees shall not halt the game for any infraction of the rules concerning Rule 71 - Off-Side, or any violation of Rule 69 - Icing. Determining infractions of these rules is the duty of the Linesmen unless, by virtue of some accident, the Linesman is prevented from doing so in which case the duties of the Linesman shall be assumed by a Referee until play is stopped.





22.5 **Goals** – The Referees shall inform the Captains and scorekeeper of any information regarding the legality of an apparent goal.

The Referee shall notify the Captains and scorekeeper the reason for not allowing a goal. This should be done at the first stoppage of play following the no goal call.

The Referees shall report to the scorekeeper the number of the goal scorer and any players who assisted in the scoring of such goal.

22.6 **Off-Ice Officials** – The Referees shall, before starting the game, see that the appointed off-ice officials, including the scorekeeper are in their respective places and ensure that all timing and signaling equipment are in order.

22.7 **Players' Uniforms** – It shall be the duties of the Referees to see to it that all players are properly dressed, and that the approved regulation equipment is in use at all times during the game.

22.8 **Reports** – The Referee shall report to the Commissioner promptly and in detail the circumstances surrounding the following:

- (i) *The assessment of misconduct penalties for abuse of officials;*
- (ii) *The assessment of misconduct penalties;*
- (iii) *The assessment of game misconduct penalties;*
- (iv) *The assessment of match penalties;*
- (v) *Any time a goalkeeper leaves his crease during an altercation;*
- (vi) *Any time a stick or other object is thrown outside the playing area;*
- (vii) *Any unusual occurrence that takes place on or off the ice, before, during or after the game.*

22.9 **Start and End of Game and Periods** – The Referees shall order the teams on the ice at the appointed time for the beginning of a game.

The Referees shall remain on the ice at the conclusion of the game until all players have proceeded to their dressing rooms.

The Referees shall check the scoresheet for correct rosters before the game. The Referees will then check the scoresheet at the end of the game to verify that all the information is correct before signing the sheet. A sheet will not be deemed official unless the Referees have signed the scoresheet.

22.10 **Unable to Continue** – Should a Referee accidentally leave the ice or receive an injury which incapacitates him from discharging his duties while play is in progress, the game shall be automatically stopped. The game may continue with one Referee if needed.





**Rule 23 – Linesmen**

23.1 **Attire and Equipment** – All Linesmen shall be dressed in black trousers, official sweaters, and a black helmet with a mandatory half-shield.

They shall be equipped with a whistle, a riot pad, and a summary of the penalty options – See **Table 13 – Summary of Penalty Options**.

23.2 **Face-Offs** – The Linesman shall face-off the puck at all times except at the start of each period and following the scoring of a goal.

23.3 **General Duties** – The Linesmen are generally responsible for calling violations of off-side (Rule 71) and icing (Rule 69). They may stop play for a variety of other situations as noted in Sections 23.4 and 23.5 below.

23.4 **Reporting to Referee** – The Linesman shall give to the Referees his interpretation of any incident that may have taken place during the game.

The Linesman may stop play and report what he witnessed to the Referees when:

- (i) *There are too many players on the ice* Rule 62
- (ii) *Articles are thrown on the ice from the players’ bench or penalty bench* Rule 63
- (iii) *When a player who has lost or broken his stick receives one illegally* Rule 5

The Linesman must report upon completion of play, any circumstances pertaining to:

- (iv) *Major Penalties* Rule 11
- (v) *Match Penalties* Rule 14
- (vi) *Misconduct Penalties* Rule 12
- (vii) *Game Misconduct Penalties* Rule 13
- (viii) *Abuse of Officials* Rule 26
- (ix) *Physical Abuse of Officials* Rule 27
- (x) *Unsportsmanlike Conduct* Rule 63

Should a Linesman witness a foul (above) committed by an attacking player (undetected by the Referees) prior to the attacking team scoring a goal, the Linesman shall report what he witnessed to the Referees, the goal shall be disallowed and the appropriate penalty assessed.





## SECTION 4 – OFFICIALS



The Linesman must stop play immediately and report to the Referees when:

- (xi) *When it is apparent that an injury has resulted from a high-stick that has gone undetected by the Referees and requires the assessment of a double-minor penalty.* Rule 48

### 23.5 Stopping Play – The Linesman shall stop play:

- (i) *When premature substitution of the goalkeeper has occurred* Rule 59
- (ii) *When he deems that a player has sustained a serious injury that has gone undetected by either of the Referees* Rule 3
- (iii) *For encroachment into the face-off area* Rule 64
- (iv) *When the puck has been directed with a hand to a teammate in any zone other than the defending zone and has gone undetected by either of the Referees* Rule 67
- (v) *When the puck has been batted with the hand by either center in an attempt to win the face-off in any zone* Rule 64
- (vi) *When the puck is struck by a stick above the normal height of the shoulders and has gone undetected by either of the Referees* Rule 68
- (vii) *When either team ices the puck* Rule 69
- (viii) *For any infraction of the rules concerning off-side play at the blue line* Rule 71
- (ix) *When the puck is out of bounds or unplayable* Rule 73
- (x) *When a goal has been scored that has not been observed by the Referees* Rule 66
- (xi) *When the puck is interfered with by an ineligible player/person* Rule 62      Rule 72

Rule 66





(xii) *The calling of a penalty shot under Rule 41*

23.6 **Unable to Continue** – Should a Linesman accidentally leave the ice or receive an injury which incapacitates him from discharging his duties while play is in progress, the game shall be automatically stopped. The game may continue with one Linesman if needed.

### **Rule 24 – Scorekeeper**

24.1 **Pre-Game** – Prior to the start of the game, the Scorekeeper shall obtain the proper scoresheet and rosters from both teams. The Scorekeeper shall secure the names and numbers of team Captains and mark them on the scoresheet. The Scorekeeper shall also test the scoreboard to verify that everything is in working order.

24.2 **During Game** - The Scorekeeper shall keep a record of the goals scored, the scorers, and players to whom assists have been credited too.

The Scorekeeper shall keep a record of the penalties assessed during the game and have all information required recorded correctly.

The Scorekeeper shall keep track of the shots on goal for each team by period and also total for the game. They will also record the number of saves that each goalkeeper had during the game.

24.3 **Post-Game** – At the conclusion of the game, the Scorekeeper shall complete and sign the scoresheet. They will then give the scoresheet to the Referees to verify and sign.

### **Rule 25 – Timekeeper**

25.1 **Pre-Game** – Prior to the game, the Timekeeper shall verify that the scoreboard is in working order and there are no problems with the scoreboard.

25.2 **During Game** – The Timekeeper shall keep track of the time remaining in each period, the score, the shots, and any penalties on the scoreboard at all times. The Timekeeper will start the clock with the drop of the puck and stop the clock upon hearing the officials' whistle or the scoring of a goal.

25.3 **Time-Outs** – The Timekeeper shall keep track by use of the time-out timer on the scoreboard the time-out of any team that takes a time-out. They shall ensure that the buzzer sounds at the end of the time-out.

25.4 **Overtime** – In the event of overtime in a playoff game, the Timekeeper shall reset the clock to five (5) minutes and set the period to four (4) in preparation for the overtime period.



25.5 **Shootout** – In the event of a shootout, the Timekeeper will reset the score to 0-0 and set the period to 1 to begin the shootout. The Timekeeper will then keep track of the score in the shootout by means of the scoreboard. The Timekeeper will also keep track of the round of the Shootout by means of the period (after each team shoots once, the period is reset to two and so on).

Upon completion of the shootout, the Timekeeper will display the final score for the game on the scoreboard and will also reset the period to 5.

25.6 **Signal Devices** – If the horn in the arena malfunctions and does not sound when appropriate, the Timekeeper shall signal the end of the period by blowing a whistle.

25.7 **Verification of Time** – Any loss of time on the game or penalty clocks due to a false face-off must be replaced as appropriate. In the event of any dispute regarding time, the matter shall be referred to the Referees for adjustment and their decision shall be final.

## **Rule 26 – Abuse of Officials**

26.1 **General Description** – A player, goalkeeper, Captain or non-playing person shall not challenge or dispute the rulings of an official before, during or after a game. A player, goalkeeper, Captain or non-playing person shall not display unsportsmanlike conduct including, but not limited to, obscene, profane or abusive language or gestures, comments of a personal nature intended to degrade an official, or persist in disputing a ruling after being told to stop or after being penalized for such behavior.

**The NBHL has a zero-tolerance policy for Abuse of Officials and will not be tolerated.**

Any player or non-playing person penalized under this section may be subject to supplemental discipline under Rule 19.

NOTE: When such conduct is directed at anyone other than an official, Rule 63 - Unsportsmanlike Conducts shall be applied.

26.2 **Minor Penalty** – A minor penalty for unsportsmanlike conduct shall be assessed under this rule for the following infractions:

- (i) *Any player who challenges or disputes the ruling of an official.*
- (ii) *Any identifiable player who uses obscene, profane, or abusive language or gestures directed at any on or off-ice official.*
- (iii) *Any player or players who bangs the boards with their sticks or other objects at any time, or who, in any manner show disrespect for an official's decision. If this is done in order to get the attention*





*of the on-ice officials for a legitimate reason (i.e. serious injury, illness, etc.), then discretion must be exercised by the Referees.*

- (iv) When a Captain, Alternate Captain or any other player comes off the players' bench to question or protest a ruling by an official on the ice.*
- (v) If a player bangs the glass in protest of any off-ice officials ruling or error. If he persists, a misconduct penalty would then be assessed.*
- (vi) If a penalized player is assessed an additional unsportsmanlike conduct penalty either before or after he begins serving his original penalty(s), the additional minor penalty is added to his unexpired time and served consecutively.*

**26.3 Bench Minor Penalty** – A bench minor penalty for unsportsmanlike conduct shall be assessed under this rule for the following infractions:

- (i) Any unidentifiable player or non-playing person on the players' bench who uses obscene, profane or abusive language or gestures directed at an on or off-ice official or uses the name of any official coupled with any vociferous remarks. (see also **26.5 (ii)**)*
- (ii) Any player or non-playing person on the players' bench interferes in any manner with any game official including the Referees, Linesmen, Timekeeper or scorekeeper in the performance of their duties.*

**26.4 Misconduct Penalty** – Misconduct penalties shall be assessed under this rule for the following infractions:

- (i) Any player who persists in the use of obscene, profane or abusive language towards any on or off-ice official for which he has already been assessed a minor or bench minor penalty for unsportsmanlike conduct.*
- (ii) Any player who intentionally knocks or shoots the puck out of the reach of an official who is retrieving it.*
- (iii) Any player who, after being assessed an unsportsmanlike conduct minor penalty, persists in challenging or disputing the ruling of an official.*
- (iv) Any player or players who bang the boards with their sticks or other objects at any time, showing disrespect for an official's decision, for which they have already been assessed a minor or bench minor penalty for unsportsmanlike conduct.*
- (v) Any player or players who, except for the purpose of taking their positions on the penalty bench, enter or remain in the Referee's*



crease while he is reporting to or consulting with any game official including the other Referee, the Linesmen, Timekeeper or Scorekeeper.

- (vi) *A misconduct penalty (or game misconduct penalty at the discretion of the Referee) shall be imposed on any player who deliberately throws any equipment out of the playing area. When this is done in protest of an official's ruling, a minor plus a game misconduct shall be assessed (see 26.5).*
- (vii) *Any player who, after previously being assessed a minor penalty for unsportsmanlike conduct for banging the glass in protest of any off-ice officials ruling or error.*
- (viii) *In general, participants displaying this type of behavior are assessed a minor penalty, then a misconduct penalty and then a game misconduct penalty if they persist.*

**26.5 Game Misconduct Penalty** – Game misconduct penalties shall be assessed under this rule for the following infractions:

- (i) *Any player who, after being assessed a misconduct penalty, persists in challenging or disputing the rulings of an official.*
- (ii) *When a player or non-playing person uses obscene, profane or abusive language or gesture directed at any on or off-ice official or uses the name of any official coupled with vociferous remarks, after already being assessed a bench minor penalty (26.3(ii)), this player or non-playing person is to be assessed a game misconduct and the situation reported to the Commissioner. When this type of conduct occurs after the expiration of the game, on or off the ice, the game misconduct shall be applied without having been assessed a minor or bench minor previously.*
- (iii) *Any player who, having entered the penalty bench, leaves the penalty bench prior to the expiration of his penalty for the purpose of challenging an official's ruling, shall be assessed a game misconduct penalty. This rule does not replace any other more severe penalty that may be imposed for leaving the penalty bench for the purpose of starting or participating in an altercation. See Rule 58 - Leaving the Bench.*
- (iv) *A minor penalty for unsportsmanlike conduct plus a game misconduct shall be imposed on a player who throws his stick or any part thereof, or any other piece of equipment or object outside the playing area in protest of an official's decision.*
- (v) *Any player or non-playing person who throws or shoots any equipment or other object in the general direction of an official but*





*does not come close to making any contact. This action may occur on or off the ice.*

- (vi) *In general, participants displaying this type of behavior are assessed a minor penalty, then a misconduct penalty, then a game misconduct penalty if they persist.*

26.6 **Reports** – It is the responsibility of all game officials to send a confidential report to the Commissioner setting out the full details concerning the use of obscene gestures or language by any player or non-playing person. The Commissioner shall take such further disciplinary action as he shall deem appropriate.

### **Rule 27 – Physical Abuse of Officials**

27.1 **Match Penalty** - Any player or non-playing person who threatens to or deliberately applies physical force in any manner against an official, in any manner attempts to injure an official, physically demeans, or deliberately applies physical force to an official solely for the purpose of getting free of such an official during or immediately following an altercation shall receive a match penalty.





## SECTION 5 – PHYSICAL FOULS

### Rule 28 – Boarding

28.1 **Boarding** – Boarding is the action where a player pushes, trips, or body checks an opponent causing them to go dangerously into the boards. This includes: Accelerating through the check to a player who is in a vulnerable position, driving an opponent excessively into the boards with no focus on or intent to play the puck, or any check delivered for the purpose of punishment or intimidation that causes the opponent to go unnecessarily and excessively into the boards.

The onus is on the player delivering the check to avoid placing a vulnerable or defenseless opponent in danger.

28.2 **Minor Penalty** – There is no provision for a minor penalty for boarding.

28.3 **Major Penalty** – Any player who is guilty of boarding an opponent shall be assessed a major penalty (see **28.5**).

28.4 **Match Penalty** – The Referee, at his discretion, may assess a match penalty if, in his judgement, the player attempted to or deliberately injured his opponent by boarding.

28.5 **Game Misconduct Penalty** – Any time that the boarding recklessly endangers the opponent, the referee, at his discretion, may assess a game misconduct in addition to the major penalty.

28.6 **Suspension** – If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule **19**).

### Rule 29 – Charging

29.1 **Charging** – Charging is the action where a player takes more than two strides or travels an excessive distance to accelerate through a body check for the purpose of punishing an opponent. This includes skating or leaving one's feet (jumping) into the opponent to deliver a check, accelerating through a check for the purpose of punishing the opponent, or skating a great distance for the purpose of delivering a check with excessive force.

A goalkeeper is not “fair game” just because he is outside the goal crease area. The appropriate penalty shall be assessed in every instance where an opposing player makes unnecessary and violent contact with a goalkeeper while he is outside the crease.

29.2 **Minor Penalty** – There is no provision for a minor penalty for charging.

29.3 **Major Penalty** – Any player who is guilty of charging an opponent shall be assessed a major penalty (see **29.5**).



- 29.4 **Match Penalty** – The Referee, at his discretion, may assess a match penalty if, in his judgement, the player attempted to or deliberately injured his opponent by charging.
- 29.5 **Game Misconduct Penalty** – Any time that the charging recklessly endangers the opponent, the referee, at his discretion, may assess a game misconduct in addition to the major penalty.
- 29.6 **Suspension** – If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule 19).

### **Rule 30 – Checking**

- 30.1 **Checking** – A check is defined as when a player makes deliberate physical contact with the opponent using overt hip, shoulder, arm or torso action. This includes physically impeding the opponent's progress for the purpose of physically forcing the opponent off the puck and with no effort to legally play the puck.
- 30.2 **Double-Minor Penalty** – The Referee, at his discretion, may assess a double-minor penalty, based on the degree of violence of the check, to a player guilty of checking an opponent.
- 30.3 **Major Penalty** – The Referee, at his discretion, may assess a major penalty, based on the degree of violence of the check, to a player guilty of checking an opponent.
- 30.4 **Match Penalty** – The Referee, at his discretion, may assess a match penalty if, in his judgement, the player attempted to or deliberately injured his opponent by checking.
- 30.5 **Game Misconduct Penalty** – Any time that the checking recklessly endangers the opponent, the referee, at his discretion, may assess a game misconduct in addition to the major penalty.
- 30.6 **Suspension** – If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule 19).





### **Rule 31 – Checking from Behind**

- 31.1 **Checking from Behind** – Checking from Behind occurs when a check is delivered to a player directly from behind, or diagonally from behind. The onus is on the player delivering the check to not hit from behind. This includes hits in open ice as well as into the boards or goal frame.
- 31.2 **Double-Minor Penalty** – Any player who checks a player from behind in open ice or when the opponent is flat against the glass shall be assessed a double-minor penalty.
- 31.3 **Major Penalty** – Any player who checks a player from behind that causes the opponent to go head first into the board or goal frame shall be assessed a major penalty.
- 31.4 **Match Penalty** - The Referee, at his discretion, may assess a match penalty if, in his judgement, the player attempted to or deliberately injured his opponent by checking from behind.
- 31.5 **Game Misconduct Penalty** – Any player assessed a major for checking from behind shall automatically be assessed a game misconduct in addition to the major penalty.
- 31.6 **Suspension** – If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule 19).

### **Rule 32 – Clipping**

- 32.1 **Clipping** – Clipping is the act of deliberately leaving the feet or lowering the body for the purpose of making contact with the opponent at or below the knees.
- 32.2 **Double-Minor Penalty** – Any player who attempts to clip an opponent shall be assessed a double-minor penalty for clipping.
- 32.3 **Major Penalty** – Any player who is guilty of clipping an opponent shall be assessed a major penalty (see 32.5).
- 32.4 **Match Penalty** – The Referee, at his discretion, may assess a match penalty if, in his judgement, the player attempted to or deliberately injured his opponent by clipping.
- 32.5 **Game Misconduct Penalty** – A game misconduct penalty must be assessed any time a player is assessed a major penalty for clipping.
- 32.6 **Suspension** – If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule 19).



### Rule 33 – Elbowing

- 33.1 **Elbowing** – Elbowing shall mean the use of an extended elbow in a manner that may or may not cause injury.
- 33.2 **Minor Penalty** – The Referee, at his discretion, may assess a minor penalty, based on the degree of violence, to a player guilty of elbowing an opponent.
- 33.3 **Major Penalty** - The Referee, at his discretion, may assess a major penalty, based on the degree of violence, to a player guilty of elbowing an opponent.
- 33.4 **Match Penalty** - The Referee, at his discretion, may assess a match penalty if, in his judgement, the player attempted to or deliberately injured his opponent by elbowing.
- 33.5 **Game Misconduct Penalty** – Any time that the elbowing recklessly endangers the opponent, the referee, at his discretion, may assess a game misconduct in addition to the major penalty.
- 33.6 **Suspension** – If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule 19).

### Rule 34 – Fighting

- 34.1 **Fighting** – A fight shall be deemed to have occurred when at least one player punches or attempts to punch an opponent repeatedly or when two players wrestle in such a manner as to make it difficult for the Linesmen to intervene and separate the combatants.
- 34.2 **Match** – Any player or players who engage in an altercation shall be assessed a match penalty.
- 34.3 **Aggressor** – Any player who continues throwing and landing punches after the altercation to inflict punishment and/or injury on his opponent shall be assessed an additional match penalty. Any player who tapes their knuckles or has anything on their hands in order to cause serious harm to an opponent shall be assessed an additional match penalty.
- 34.4 **Instigator** – Any player who is deemed the instigator of an altercation shall be assessed a minor penalty in addition to the match penalty.
- 34.5 **Helmets** – Any player who removes their helmet or their opponents helmet before or during the altercation shall be assessed an additional match penalty.
- 34.6 **Non-Combatants** – All players not involved in the altercation who do not clear the area of the altercation shall be assessed a minor penalty.





Goalkeepers shall remain in their crease during any altercation and shall be assessed a minor penalty for leaving their crease during an altercation unless it is taking place near their crease in which case they shall proceed to their players' bench.

Any player who drops their gloves at any time shall be assessed a minor penalty.

These penalties are in addition to any other penalties incurred in the same incident.

- 34.7 **Third Man In** – Any player who intervenes in an altercation in progress for any purpose shall receive a game misconduct penalty. This penalty is in addition to any other penalty incurred in the same incident.
- 34.8 **Suspensions** – Any altercations shall be discussed with the Commissioner to determine the length of suspension for any players who are penalized under this rule.

### **Rule 35 – Head-Butting**

- 35.1 **Head-Butting** – The act of head-butting involves a player making intentional contact, or attempting to make contact, with an opponent by leading with his head and/or helmet.
- 35.2 **Double-Minor Penalty** – Any player who attempts to head-butt an opponent shall be assessed a double-minor penalty.
- 35.3 **Match Penalty** – A match penalty shall be assessed to any player who head-butts an opponent.
- 35.4 **Suspension** – If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule 19).

### **Rule 36 – Illegal Check to the Head**

- 36.1 **Illegal Check to the Head** – A hit resulting in contact with an opponent's head where the head was the principle point of contact and such contact was avoidable.
- The onus is on the player delivering the hit to make sure they don't make contact with the opponents' head.
- 36.2 **Double-Minor Penalty** – The Referee, at his discretion, may assess a double-minor penalty, based on the degree of violence, for an indirect illegal check to the head.
- 36.3 **Major Penalty** - The Referee, at his discretion, may assess a major penalty, based on the degree of violence, for a direct illegal check to the head.





- 36.4 **Match Penalty** - The Referee, at his discretion, may assess a match penalty if, in his judgement, the player attempted to or deliberately injured his opponent by an illegal check to the head.
- 36.5 **Game Misconduct Penalty** - A game misconduct penalty must be assessed any time a player is assessed a major penalty for an illegal check to the head that results in an injury.
- 36.6 **Suspension** – If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule 19).

### **Rule 37 – Kicking**

- 37.1 **Kicking** – The act of a player deliberately using his skate(s) with a kicking motion to propel the puck or to contact an opponent.

- 37.2 **Goals** – Kicking the puck shall be permitted in all zones. A goal cannot be scored by an attacking player who uses a distinct kicking motion to propel the puck into the net with his skate/foot. A goal cannot be scored by an attacking player who kicks a puck that deflects into the net off any player, goalkeeper, or official.

A puck that deflects into the net off an attacking player's skate who does not use a distinct kicking motion is a legitimate goal. A puck that is directed into the net by an attacking player's skate shall be a legitimate goal as long as no distinct kicking motion is evident. The following should clarify deflections following a kicked puck that enters the goal:

- (i) *A kicked puck that deflects off the body of any player of either team (including the goalkeeper) shall be ruled no goal.*
- (ii) *A kicked puck that deflects off the stick of any player (excluding the goalkeeper's stick) shall be ruled no goal.*
- (iii) *A goal will be allowed when an attacking player kicks the puck and the puck deflects off his own stick and then into the net.*
- (iv) *A goal will be allowed when a puck enters the goal after deflecting off an attacking player's skate or deflects off his skate while he is in the process of stopping.*

A goal cannot be scored by an attacking player who kicks any equipment (stick, glove, etc.) at the puck, including kicking the blade of his own stick, causing the puck to cross the goal line.

- 37.3 **Match Penalty** – A match penalty shall be imposed on any player who kicks, attempts to kick, or uses his skate to push off an opponent.



- 37.4 **Suspension** – If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule 19).

### **Rule 38 – Kneeing**

- 38.1 **Kneeing** – Kneeing is the act of a player leading with their knee and in some cases extending his leg outwards to make contact with his opponent.
- 38.2 **Double-Minor Penalty** – The Referee, at his discretion, may assess a double-minor penalty, based on the severity of the infraction, to a player guilty of kneeling an opponent.
- 38.3 **Major Penalty** - The Referee, at his discretion, may assess a major penalty, based on the degree of violence, to any player guilty of kneeling an opponent.
- 38.4 **Match Penalty** - The Referee, at his discretion, may assess a match penalty if, in his judgement, the player attempted to or deliberately injured his opponent by kneeling.
- 38.5 **Game Misconduct Penalty** - A game misconduct penalty may be assessed in addition to the major penalty if the referee deems that the player recklessly endangered the opponent
- 38.6 **Suspension** – If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule 19).

### **Rule 39 – Roughing**

- 39.1 **Roughing** – Roughing shall be considered any act where a player uses unnecessary force to push or shove an opponent or makes avoidable physical contact with an opponent after the whistle.
- 39.2 **Minor Penalty** – The Referee, at his discretion, may assess a minor penalty, based on the severity of the infraction, to a player guilty of roughing.
- 39.3 **Double-Minor Penalty** – The Referee, at his discretion, may assess a double-minor penalty, based on the severity of the infraction, to a player guilty of roughing.
- 39.4 **Match Penalty** – If, in the judgement of the Referee, a goalkeeper uses his blocking glove to punch an opponent in the head or face in an attempt to or to deliberately injure an opponent or any player sucker punches an opponent in an attempt to injure an opponent, a match penalty must be assessed.
- 39.5 **Suspension** – If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule 19).





### **Rule 40 – Slew-Footing**

- 40.1 **Slew-Footing** – Slew-Footing is the act of a player using his leg or foot to knock or kick an opponent's feel from under him, or pushes an opponent's upper body backward with an arm or elbow, and at the same time with a forward motion of his leg, knocks or kicks the opponent's feet from under him, causing him to fall violently to the ice.
- 40.2 **Double-Minor Penalty** – Any player who attempts to slew-foot an opponent shall be assessed a double-minor penalty.
- 40.3 **Major Penalty** – Any player who slew-foots and opponent shall be assessed a major penalty (See **40.5**).
- 40.4 **Match Penalty** – The Referee, at his discretion, may assess a match penalty if, in his judgement, the player attempted to or deliberately injured his opponent by slew-footing.
- 40.5 **Game Misconduct Penalty** – A game misconduct penalty may be assessed in addition to the major penalty if the referee deems the player recklessly endangered the opponent.
- 40.6 **Suspension** - If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule **19**).

### **Rule 41 – Throwing Equipment**

- 41.1 **Throwing Equipment** – A player shall not throw a stick or any other object in any zone. A player who has lost or broken his stick may only receive a stick at his own players' bench or be handed one from a teammate on the ice (see **5.2**).
- 41.2 **Minor Penalty** – A minor penalty shall be imposed on any player on the ice who throws his stick or any part thereof or any other object in the direction of the puck or an opponent in any zone, except when such act has been penalized by the assessment of a penalty shot or the awarding of a goal.

When a defending player shoots or throws a stick or any other object at the puck or the puck carrier in the defending zone but does not interfere in any manner with the puck or puck carrier, a minor penalty shall be assessed.

When the player discards the broken portion of a stick or some other object by tossing it or shooting it to the side of the ice (and not over the boards) in such a way as will not interfere with play or opposing player, no penalty will be imposed for so doing. When moving a stick that is not broken, no penalty shall be assessed as long as it does not interfere with the play and the player who lost said stick is not attempting to retrieve it, otherwise an interference penalty must be assessed.





## SECTION 5 – PHYSICAL FOULS



A minor penalty for unsportsmanlike conduct plus a game misconduct penalty shall be imposed on a player who throws his stick or any part thereof or any other object or piece of equipment outside the playing area in protest of an official's decision.

- 41.3 **Bench Minor Penalty** – Should any player or non-playing person on the players' bench or penalty bench throw anything on the ice during the progress of the game or during a stoppage of play, a bench minor penalty for unsportsmanlike conduct shall be assessed. See **63.3**.
- 41.4 **Misconduct or Game Misconduct Penalty** – A misconduct penalty shall be imposed on a player who unintentionally or accidentally throws his stick or any part thereof or any other object or piece of equipment outside the playing area. If the offense is committed intentionally, a game misconduct penalty shall be assessed to the offending player. If the offense is committed in protest of an official's decision, a minor penalty for unsportsmanlike conduct plus a game misconduct penalty shall be assessed to the offending player.
- 41.5 **Match Penalty** – If a player attempts to or deliberately injures an opponent by throwing a stick or any other object or piece of equipment at an opposing player, or non-playing person, he shall be assessed a match penalty.
- 41.6 **Penalty Shot** – When any member of the defending team, including any non-playing person, throws or shoots any part of a stick or any other object or piece of equipment at the puck or puck carrier in his defending zone, the Referee or Linesman shall allow the play to be completed and if a goal is not scored, a penalty shot shall be awarded to the non-offending team. This shot shall be taken by the player designated by the Referee as the player fouled.

If the officials are unable to determine the person against whom the offense was made, the non-offending team, through the Captain, shall designate a player on the ice at the time the offense was committed to take the shot.

If a player on a breakaway in the neutral or attacking zone is interfered with by a stick or any other object or piece of equipment that is thrown by any member of the defending team, including a non-playing person, a penalty shot shall be awarded to the non-offending team. See also Rule **45** – Tripping.

If a player on a breakaway in the neutral or attacking zone is interfered with by an object thrown on the ice by a spectator that causes him to lose possession of the puck or to fall, the Referee shall award a penalty shot to the player who was fouled.

- 41.7 **Awarded Goal** – If, when the opposing goalkeeper has been removed, a member of the defending team, including any non-playing person, commits any infraction calling for a penalty shot, a goal shall be awarded.

For the purpose of this rule, an “open net” is defined as one from which a goalkeeper has been removed for an additional attacking player. The goalkeeper is considered off the ice once the replacement player has entered the playing surface.

- 41.8 **Suspension** – If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule **19**).





## SECTION 6 – RESTRAINING FOULS

### Rule 42 – Holding

42.1 **Holding** – Any action by a player that restrains or impedes the progress of an opposing player whether or not he is in possession of the puck.

42.2 **Minor Penalty** – A minor penalty shall be imposed on a player who holds an opponent by using his hands, arms or legs.

A player is permitted to use his arm in a strength move, by blocking his opponent, provided he has body position and is not using his hands in a holding manner, when doing so.

A player is not permitted to hold an opponent's stick. A minor penalty shall be assessed to a player who holds an opponent's stick (assessed and recorded as "holding the stick").

A player is permitted to protect himself by defending against an opponent's stick. He must immediately release the stick and allow the player to resume normal play.

42.3 **Major Penalty** – A major penalty shall be imposed on any player that grabs or hold an opponent's face mask (see **42.5**).

42.4 **Match Penalty** - The Referee, at his discretion, may assess a match penalty if, in his judgement, the player attempted to or deliberately injured his opponent by holding the face mask.

42.5 **Game Misconduct Penalty** – A game misconduct penalty must be assessed any time a player is assessed a major penalty for holding the face mask.

42.6 **Penalty Shot** – refer to Rule **45.5** - Tripping.

42.7 **Awarded Goal** – refer to Rule **45.6** - Tripping.

42.8 **Suspension** – If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule **19**).

### Rule 43 – Hooking

43.1 **Hooking** – Hooking is the act of using the stick in a manner that enables a player to restrain an opponent.

43.2 **Minor Penalty** – A minor penalty shall be imposed on a player who impedes the progress of an opponent by "hooking" with the stick. A minor penalty for hooking shall be assessed to any player who uses the shaft of the stick above the upper hand to hold or hook an opponent.

43.3 **Major Penalty** – A major penalty can be imposed on any player who commits a "hooking" infraction.

43.4 **Game Misconduct Penalty** – When a major penalty has been assessed for hooking that the referee deems to be recklessly endangering, a game misconduct may also be assessed.



- 43.5 **Penalty Shot** - refer to Rule **45.5** – Tripping.
- 43.6 **Awarded Goal** - refer to Rule **45.6** – Tripping.
- 43.7 **Suspension** – If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule **19**).

### **Rule 44 – Interference**

- 44.1 **Interference** – Interference is defined as when a player uses his body (“pick” or “block”) to impede the progress of an opponent (non-puck carrier) with no effort to play the puck, maintain normal foot speed or maintain an established skating lane.
- 44.2 **Minor Penalty** – A minor penalty shall be imposed on a player who interferes with or impedes the progress of an opponent who is not in possession of the puck.

A minor penalty shall be imposed on any player who makes no attempt to play the puck while facing-off and instead plays the body of the opponent.

A minor penalty shall be imposed on a player who shall cause an opponent who is not in possession of the puck to be forced off-side, causing a stoppage in play. If this action causes a delayed off-side (and not necessarily a stoppage in play), then the application of a penalty for interference is subject to the judgement of the Referee.

A minor penalty shall be imposed on a player who deliberately knocks a stick out of an opponent’s hand, or who prevents a player who has dropped his stick or any other piece of equipment from regaining possession of it.

A minor penalty shall be imposed on a player who knocks or shoots any abandoned or broken stick or illegal puck or other debris towards an opposing puck carrier in a manner that could cause him to be distracted. (See also Rule **41** – Throwing Equipment).

A minor penalty shall be imposed on any identifiable player on the players’ bench or penalty bench who, by means of his stick or his body, interferes with the movements of the puck or any opponent on the ice during the progress of the play. In addition, should a player about to come onto the ice, play the puck while one or both skates are still on the players’ or penalty bench, a minor penalty for interference shall be assessed.

- 44.3 **Bench Minor Penalty** – A bench minor penalty shall be imposed when an unidentifiable player on the players’ bench or penalty bench or any non-playing person, by means of his stick or his body, interferes with the movements of the puck or any opponent on the ice during the progress of play.
- 44.4 **Major Penalty** – The Referee, at his discretion, may assess a major penalty, based on the degree of violence, to a player guilty of interfering with an opponent.





- 44.5 **Game Misconduct Penalty** – If the referee deems the player recklessly endangered the opponent, a game misconduct may be assessed in addition to the major penalty.
- 44.6 **Penalty Shot** – Any time a player on a breakaway is interfered with in any way, a penalty shot may be awarded.
- 44.7 **Awarded Goal** – If, when the goalkeeper has been removed from the ice, any member of his team (including the goalkeeper) not legally on the ice, including any non-playing person, interferes by means of the body, stick, or any other object or piece of equipment with the movements of the puck or an opposing player in the neutral or attacking zone, the Referee shall immediately award a goal to the non-offending team.
- 44.8 **Suspension** – If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule 19).

### **Rule 45 – Tripping**

- 45.1 **Tripping** – A player shall not place the stick, knee, foot, arm, hand or elbow in such a manner that causes his opponent to trip or fall.
- Accidental trips which occur simultaneously with a completed play will not be penalized. Accidental trips occurring simultaneously with or after a stoppage of play will not be penalized.
- If a player by means of playing the puck shall trip an opponent, he shall be assessed a tripping penalty regardless of whether the trip occurs before or after he has made contact with the puck.
- 45.2 **Minor Penalty** – A minor penalty shall be imposed on any player who shall place his stick or any portion of his body in such a manner that it shall cause his opponent to trip or fall.
- 45.3 **Major Penalty** – The Referee, at his discretion, may assess a major penalty, based on the degree of violence, to a player guilty tripping an opponent.
- 45.4 **Game Misconduct Penalty** – When a major penalty is imposed under this rule that the referee deems to have recklessly endangered an opponent, a game misconduct may be imposed in addition to the major penalty.
- 45.5 **Penalty Shot** – When a player, in the neutral or attacking zone, in control of the puck (or who could have obtained possession and control of the puck) and having no other opponent to pass than the goalkeeper, is tripped or otherwise fouled from behind, thus preventing a reasonable scoring opportunity, a penalty shot shall be awarded to the non-offending team. Nevertheless, the Referee shall not stop play until the attacking team has lost possession of the puck to the defending team.

The intention of this rule is to restore a reasonable scoring opportunity which has been lost. If, however, the player fouled is able to recover and obtain a



## SECTION 6 – RESTRAINING FOULS



reasonable scoring opportunity (or a teammate is able to gain a reasonable scoring opportunity), no penalty shot should be awarded but the appropriate penalty should be signaled and assessed if a goal is not scored on the play.

Control of the puck” means the act of propelling the puck with the stick, hand or feet. If while it is being propelled, the puck is touched by another player or his equipment, or hits the goal or goes free, the player shall no longer be considered to be “in control of the puck”.

In order for a penalty shot to be awarded for a player being fouled from behind, the following four (4) criteria must have been met:

- i The player fouled must be over their defending blue line.*
- ii The player must have been fouled from behind.*
- iii There must be no players between the fouled player and the goalkeeper.*
- iv The player in possession and control (or, in the judgement of the Referee, the player clearly would have obtained possession and control) must be denied a reasonable scoring opportunity.*

It should be noted that if the attacking player manages to get around the goalkeeper and has no defending player between him and the open goal, and he is fouled from behind by the goalkeeper or another defending player, no goal can be awarded since the goalkeeper is still on the ice. A penalty shot would be awarded.

- 45.6 **Awarded Goal** – If, when the opposing goalkeeper has been removed from the ice, a player in control of the puck (or who could have obtained possession and control of the puck) in the neutral or attacking zone is tripped or otherwise fouled with no opposition between him and the opposing goal, thus preventing a reasonable scoring opportunity, the Referee shall immediately stop play and award a goal to the attacking team.
- 45.7 **Suspension** – If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule **19**).







## SECTION 7 – STICK FOULS

### Rule 46 – Butt-Ending

- 46.1 **Butt-Ending** – The action whereby a player uses the shaft of the stick, above the upper hand, to check an opposing player in any manner or jabs or attempts to jab an opposing player with this part of the stick.
- 46.2 **Double-Minor Penalty** – A double-minor penalty will be imposed on any player who attempts to butt-end an opponent.
- 46.3 **Major Penalty** – A major penalty shall be imposed on any player who butt-ends an opponent (see **46.5**).
- 46.4 **Match Penalty** – The Referee, at his discretion, may assess a match penalty if, in his judgement, the player attempted to or deliberately injured his opponent by butt-ending.
- 46.5 **Game Misconduct Penalty** – When a major penalty is imposed for butt-ending, an automatic game misconduct penalty shall be imposed.
- 46.6 **Suspension** – If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule **19**).

### Rule 47 – Cross-Checking

- 47.1 **Cross-Checking** – The action of using the shaft of the stick between the hands to forcefully check an opponent.
- 47.2 **Minor Penalty** – A minor penalty, at the discretion of the Referee based on the severity of the contact, shall be imposed on a player who “cross-checks” an opponent (see **47.5**).
- 47.3 **Major Penalty** – A major penalty, at the discretion of the Referee based on the severity of the contact, shall be imposed on a player who “cross-checks” an opponent.
- 47.4 **Match Penalty** - The Referee, at his discretion, may assess a match penalty if, in his judgement, the player attempted to or deliberately injured his opponent by cross-checking.
- 47.5 **Game Misconduct Penalty** - When a major penalty is imposed under this rule for a foul that the referee deems recklessly endangered the opponent, a game misconduct may be assessed in addition to the major penalty.
- 47.6 **Suspension** – If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule **19**).



## **Rule 48 – High-Sticking**

- 48.1 **High-Sticking** – A “high stick” is one which is carried above the height of the opponent’s shoulders. Players must be in control and responsible for their stick at all times. However, a player is permitted accidental contact on an opponent if the act is committed as a normal windup or follow through of a shooting motion, or accidental contact on the opposing center who is bent over during the course of a face-off. A wild swing at a bouncing puck would not be considered a normal windup or follow through and any contact to an opponent above the height of the shoulders shall be penalized accordingly.
- 48.2 **Minor Penalty** – Any contact made by a stick on an opponent above the shoulders is prohibited and a minor penalty shall be imposed.
- 48.3 **Double-Minor Penalty** – When a player carries or holds any part of his stick above the shoulders of the opponent so that injury (bleeding) results, the Referee shall assess a double-minor penalty or all contact that causes an injury, whether accidental or careless, in the opinion of the Referee.
- 48.4 **Match Penalty** – When, in the opinion of the Referee, a player attempts to or deliberately injures an opponent while carrying or holding any part of his stick above the shoulders of the opponent, the Referee shall assess a match penalty to the offending player.
- 48.5 **Goals** – An apparent goal scored by an attacking player who strikes the puck with his stick carried above the height of the crossbar of the goal frame shall not be allowed. The determining factor is where the puck makes contact with the stick. If the puck makes contact with the stick at or below the level of the crossbar and enters the goal, this goal shall be allowed.
- A goal scored by a defending player who strikes the puck with his stick carried above the height of the crossbar of the goal frame shall be allowed.
- 48.6 **Suspension** – If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule 19).

## **Rule 49 – Slashing**

- 49.1 **Slashing** - Slashing is the act of a player swinging his stick at an opponent, whether contact is made or not. Non-aggressive stick contact to the pant or front of the shin pads, should not be penalized as slashing. Any forceful or powerful chop with the stick on an opponent’s body, the opponent’s stick, or on near the opponent’s hands that, in the judgment of the Referee, is not an attempt to play the puck, shall be penalized as slashing.
- 49.2 **Minor Penalty** – A minor penalty, at the discretion of the Referee based on the severity of the contact, shall be imposed on any player who slashes an opponent on the stick with no body contact being made. A minor penalty, at the discretion of the Referee, shall also be imposed for any player who attempts to slash an opponent but does not make contact.



## SECTION 7 – STICK FOULS



Any player who slashes an opponent anywhere on the body cannot be assessed a minor penalty and must be assessed at least a double-minor penalty.

- 49.3 **Double-Minor Penalty** – A double-minor penalty, at the discretion of the Referee based on the severity of the contact, shall be imposed on any player who slashes or attempts to slash an opponent on the stick.

Any player who slashes or attempts to slash an opponent when contact is made with the body, a double-minor shall be imposed.

- 49.4 **Major Penalty** – A major penalty, at the discretion of the Referee based on the severity of the contact, shall be imposed on any player who slashes or attempts to slash an opponent on the stick or body.
- 49.5 **Match Penalty** – The Referee, at his discretion, may assess a match penalty if, in his judgement, the player attempted to or deliberately injured his opponent by slashing.
- 49.6 **Game Misconduct Penalty** – Whenever a major penalty is assessed for slashing that the referee deemed recklessly endangered the opponent, a game misconduct may be assessed in addition to the major penalty.
- 49.7 **Penalty Shot** – refer to Rule 45.5 – Tripping.
- 49.8 **Awarded Goal** – refer to Rule 45.6 – Tripping.
- 49.9 **Suspension** – If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule 19).

### Rule 50 – Spearing

- 50.1 **Spearing** – Spearing shall mean stabbing an opponent with the point of the stick blade, whether contact is made or not.
- 50.2 **Double Minor Penalty** – A double-minor penalty will be imposed on any player who attempts to spear an opponent.
- 50.3 **Major Penalty** – A major penalty shall be imposed on any player who spear an opponent (see 46.5).
- 50.4 **Match Penalty** – The Referee, at his discretion, may assess a match penalty if, in his judgement, the player attempted to or deliberately injured his opponent by spearing.
- 50.5 **Game Misconduct Penalty** – When a major penalty is imposed for spearing, an automatic game misconduct penalty shall be imposed.
- 50.6 **Suspension** – If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule 19).



## SECTION 8 – OTHER FOULS

### Rule 51 – Delaying the Game

- 51.1 **Delaying the Game** – A player or a team may be penalized when, in the opinion of the Referee, is delaying the game in any manner.
- 51.2 **Minor Penalty** – A minor penalty shall be imposed on any player, including the goalkeeper, who holds, freezes or plays the puck with his stick, skates or body in such a manner as to deliberately cause a stoppage of play. With regard to the goalkeeper, this rule applies outside of his goal crease area.

A minor penalty for delay of game shall be imposed on any player who deliberately shoots or bats (using his hand or stick) the puck outside the playing area (from anywhere on the ice surface) during the play or after a stoppage of play.

A minor penalty shall be imposed on any player who delays the game by deliberately displacing a goal post from its normal position. The Referee shall stop play immediately when the offending team gains control of the puck.

In the event that a goalpost is deliberately displaced by a defending player, prior to the puck crossing the goal line between the normal position of the goalposts, the Referee shall assess a minor penalty for delaying the game if the attacking player has not yet taken the shot or in the act of taking the shot at the open net (see **51.6**).

When the net is accidentally displaced by an attacking player, and the defending team is in control of the puck and moving out of their zone, play shall be permitted to continue until such time as the non-offending team loses control of the puck. The resulting face-off will take place at a face-off spot in the zone nearest the location where the play was stopped, unless it is in the non-offending team's defending zone, and as such the ensuing face-off spots in the neutral zone. It is possible for a goal to be scored at one end of the rink while the net at the other end has been dislodged, provided that the team being scored upon is the team responsible for dislodging the net at the other end of the rink.

A minor penalty shall be imposed on a player other than the goalkeeper who deliberately falls on or gathers the puck into his body. Any player who drops to his knees to block a shot should not be penalized if the puck is shot under him or becomes lodged in his clothing or equipment but any use of the hands to make the puck unplayable should be penalized promptly.

If a goalkeeper comes out of his crease to “cut down the angle” on a shot and after making the save covers the puck, this shall be legal. If the goalkeeper races out of his crease in an attempt to beat the attacking player to the puck and instead of playing the puck jumps on the puck causing a stoppage of play, this shall be a minor penalty for delay of game.

A minor penalty shall be imposed on a goalkeeper who, when he is in his own goal crease, deliberately falls on or gathers the puck into his body or who holds or places the puck against any part of the goal in such a manner as to cause a stoppage of play unless he is actually being checked by an opponent.





Play shall not be stopped nor the game delayed by reasons of adjustments to clothing, equipment, skates or sticks. For an infringement of this rule, a minor penalty shall be given. No penalty should be assessed when a water bottle is delivered to a goalkeeper, however, this should be conducted during time-outs and if, in the opinion of the Referee, it is being done to intentionally delay the game, a minor penalty may be assessed.

- 51.3 **Bench Minor Penalty** – A bench minor penalty shall be imposed upon any Team which, after warning by the Referee to its Captain or Alternate Captain to place the correct number of players on the ice and commence play, fails to comply with the Referee's direction and thereby causes any delay by making additional substitutions (including, but not limited to, continually substituting goalkeepers for the purpose of stalling or delaying the game), by persisting in having its players off-side, or in any other manner.
- 51.4 **Penalty Shot** – If the goal post is deliberately displaced by a goalkeeper or player during the course of a "breakaway," a penalty shot will be awarded to the non-offending team, which shot shall be taken by the player last in possession of the puck.

If by reason of insufficient time in the regular playing time or by reason of penalties already imposed, the minor penalty assessed to a player for deliberately displacing his own goal post cannot be served in its entirety within the regular playing time of the game or at any time in overtime, a penalty shot shall be awarded against the offending team.

No defending player, except the goalkeeper, will be permitted to fall on the puck, hold the puck, pick up the puck, or gather the puck into the body or hands when the puck is within the goal crease. For infringement of this rule, play shall immediately be stopped and a penalty shot shall be ordered against the offending team, but no other penalty shall be given. The rule shall be interpreted so that a penalty shot will be awarded only when the puck is in the crease at the instant the offense occurs. However, in cases where the puck is outside the crease, Rule 51 may still apply and a minor penalty may be imposed, even though no penalty shot is awarded. The significant factor when determining whether or not a penalty shot is warranted is the location of the puck at the time it was held, grabbed or gathered into the body. If the puck is in the crease, penalty shot. If the puck is outside the crease and gathered into the body of a player (other than the goalkeeper) who is inside the crease, minor penalty). See also Rule 55 - Handling Puck.

- 51.5 **Awarded Goal** – In the event that the goal post is displaced, either deliberately or accidentally, by a defending player, prior to the puck crossing the goal line between the normal position of the goalposts, the Referee may award a goal.

In order to award a goal in this situation, the goal post must have been displaced by the actions of a defending player, the puck must have been shot (or the player must be in the act of shooting) at the goal prior to the goal post being displaced, and it must be determined that the puck would have entered the net between the normal position of the goal posts.





When the goal post has been displaced deliberately by the defending team when their goalkeeper has been removed for an extra attacker thereby preventing an impending goal by the attacking team, the Referee shall award a goal to the attacking team.

The goal frame is considered to be displaced if either or both goal pegs are no longer in their respective holes in the ice, or the net has come completely off one or both pegs, prior to or as the puck enters the goal.

**51.6 Infractions** – The following list of infractions shall result in a penalty (minor, bench minor, penalty shot or awarded goal) being imposed by the Referee for delaying the game:

- (i) *Deliberately shooting the puck out of play.*
- (ii) *Deliberately throwing or batting the puck out of play.*
- (iii) *Deliberately displacing the goal from its normal position (or accidentally by a defending player or goalkeeper in relation to the awarding of a goal).*
- (iv) *Refusing to place the correct number of players on the ice.*
- (v) *Persisting in having players in an off-side position.*
- (vi) *Deliberately falling on the puck.*
- (vii) *Adjustment of clothing or equipment.*

### **Rule 52 – Diving / Embellishment**

**52.1 Diving / Embellishment** – Any player who blatantly dives, embellishes a fall or a reaction, or who feigns an injury shall be penalized with a minor penalty under this rule.

A goalkeeper who deliberately initiates contact with an attacking player other than to establish position in the crease, or who otherwise acts to create the appearance of other than incidental contact with an attacking player, is subject to the assessment of a minor penalty for diving / embellishment.

**52.2 Minor Penalty** – A minor penalty shall be imposed on a player who attempts to draw a penalty by his actions (“diving / embellishment”).

**52.3 Suspension** – If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule 19).

### **Rule 53 – Equipment**

**53.1 Equipment** – The onus is on the player to maintain his equipment and uniform in playing condition as set forth in these rules.

**53.2 Minor Penalty** – All protective equipment, except gloves, headgear and goalkeepers’ leg guards must be worn under the uniform. For violation of this rule, after warning by the Referee, a minor penalty shall be imposed. Players



violating this rule shall not be permitted to participate in the game until such equipment has been corrected or removed.

Play shall not be stopped nor the game delayed by reasons of adjustments to clothing, equipment, skates or sticks. For an infringement of this rule, a minor penalty shall be given.

No delay shall be permitted for the repair or adjustment of goalkeeper's equipment. If adjustments are required, the goalkeeper shall leave the ice and his place shall be taken by the substitute goalkeeper immediately. For an infraction of this rule by a goalkeeper, a minor penalty shall be imposed.

### **Rule 54 – Forfeit of Game**

**54.1 Forfeit of Game** – If the game is declared forfeited prior to its having commenced, the score shall be recorded as 1-0 and no player shall be credited with any personal statistics. However, all penalties will be recorded and players shall be charged their appropriate fines (see Rule 8 – Penalty Fines).

If the game was in progress at the time it is declared forfeited, the score shall be recorded as zero for the loser and 1, or such greater number of goals that had been scored by it, for the winner; however, the players on both Clubs shall be credited with all personal statistics earned up to the time the forfeit was declared.

### **Rule 55 – Handling Puck**

**55.1 Handling Puck** – A player shall be permitted to stop or “bat” a puck in the air with his open hand, or push it along the ice with his hand, and the play shall not be stopped unless, in the opinion of the on-ice officials, he has deliberately directed the puck to a teammate, or has allowed his team to gain an advantage, in any zone other than the defending zone, in which case the play shall be stopped and a faceoff conducted (see Rule 67 – Hand Pass). Play will not be stopped for any hand pass by players in their own defending zone.

**55.2 Minor Penalty - Player** – A player shall be permitted to catch the puck out of the air but must immediately place it or knock it down to the ice. If he catches it and skates with it, either to avoid a check or to gain a territorial advantage over his opponent, a minor penalty shall be assessed for “closing his hand on the puck”.

Anytime a player places his hand over the puck while it is on the ice in order to conceal it from or prevent an opponent from playing the puck, a minor penalty shall be assessed for “closing his hand on the puck”. When this is done in his team's goal crease area, a penalty shot shall be assessed (55.4) or a goal awarded (55.5).

A minor penalty shall be imposed on a player who, while play is in progress, pick up the puck off the ice with his hand.



- 55.3 **Minor Penalty - Goalkeeper** – A goalkeeper who holds the puck with his hands for longer than three seconds shall be given a minor penalty unless he is actually being checked by an opponent. The object of this entire rule is to keep the puck in play continuously and any action taken by the goalkeeper which causes an unnecessary stoppage must be penalized.

A goalkeeper shall be assessed a minor penalty when he deliberately holds the puck in any manner which, in the opinion of the Referee, causes an unnecessary stoppage of play.

A goalkeeper shall be assessed a minor penalty when he throws the puck forward towards the opponent's net. In the case where the puck thrown forward by the goalkeeper being taken by an opponent, the Referee shall allow the resulting play to be completed, and if a goal is scored by the non-offending team, it shall be allowed and no penalty given; but if a goal is not scored, play shall be stopped and a minor penalty shall be imposed against the goalkeeper.

A goalkeeper shall be assessed a minor penalty when he deliberately drops the puck into his pads or onto the goal net.

A goalkeeper shall be assessed a minor penalty when he deliberately piles up snow or obstacles at or near his net that, in the opinion of the Referee, would tend to prevent the scoring of a goal.

- 55.4 **Penalty Shot** – If a defending player, except a goalkeeper, while play is in progress, falls on the puck, holds the puck, picks up the puck, or gathers the puck into his body or hands from the ice in the goal crease area, the play shall be stopped immediately and a penalty shot shall be awarded to the non-offending team. See also Rule 51 – Delaying the Game.
- 55.5 **Awarded Goal** – When a goalkeeper, prior to proceeding to his players' bench to be replaced by an extra attacker, intentionally leaves his stick or other piece of equipment, piles snow or other obstacles at or near his net that, in the opinion of the Referee, would tend to prevent the puck from entering the net, a goal shall be awarded. In order to award a goal in this situation, the goalkeeper must have been replaced for an extra attacker, otherwise a minor penalty shall be assessed.
- If a player, when the goalkeeper has been replaced for an extra attacker, falls on the puck, holds the puck, picks up the puck, or gathers the puck into his body or hands from the ice in the goal crease area, the play shall be stopped immediately and goal awarded to the non-offending team.
- 55.6 **Disallowed Goal** – A goal cannot be scored by an attacking player who bats or directs the puck with his hand into the net. A goal cannot be scored by an attacking player who bats or directs the puck and it is deflected into the net off any player, goalkeeper or official. When the puck enters the net on a clear deflection off a glove, the goal shall be allowed.







## **Rule 56 – Illegal Substitution**

**56.1 Illegal Substitution** – An illegal substitution shall be deemed to have occurred when a player enters the game illegally from either the players' bench (teammate not within the five (5) foot limit, refer to Rule **62** – Too many players on the Ice), from the penalty bench (penalty has not yet expired), when a major penalty is being served and the replacement player does not return to the ice from the penalty bench (see **56.2**), or when a player illegally enters the game for the sole purpose of preventing an opposing player from scoring on a breakaway (see **56.3** and **56.4**).

When an injured player is penalized and leaves the game, if he returns before the expiration of his penalty, he is not eligible to play. This includes coincidental penalties when his substitute is still in the penalty box awaiting a stoppage in play. The injured player must wait until his substitute has been released from the penalty box before he is eligible to play. See **3.4**.

**56.2 Bench Minor Penalty** – When a player receives a major penalty and a misconduct or game misconduct penalty at the same time, or when an injured player receives a major penalty and is unable to serve the penalty himself, the penalized team shall place a substitute player on the penalty bench before the major penalty expires and no replacement for the penalized player shall be permitted to enter the game except from the penalty bench. Any violation of this provision shall be treated as an illegal substitution under this rule calling for a bench minor penalty.

**56.3 Penalty Shot** – If a player of the attacking side in possession of the puck shall be in such a position as to have no opposition between him and the opposing goalkeeper, and while in such position he shall be interfered with by a player of the opposing side who shall have illegally entered the game, the Referee shall impose a penalty shot against the side to which the offending player belongs.

**56.4 Awarded Goal** – If when the opposing goalkeeper has been removed from the ice, a player of the side attacking the unattended goal is interfered with in the neutral or attacking zone by a player who shall have entered the game illegally, the Referee shall immediately award a goal to the non-offending team.

**56.5 Disallowed Goal** – If a penalized player returns to the ice from the penalty bench before his penalty has expired by his own error or the error of the Penalty Timekeeper, any goal scored by his own team while he (or his substitute) is illegally on the ice shall be disallowed but all penalties imposed on either team shall be served as regular penalties. The penalized player must return to serve his unexpired time (and an additional minor penalty if he left the penalty bench on his own).

If a player shall illegally enter the game from his own players' bench or from any other location in the rink, any goal scored by his own team while he is illegally on the ice shall be disallowed but all penalties imposed on either team shall be served as regular penalties.

**56.6 Deliberate Illegal Substitution** – See Rule **62** - Too many players of the Ice.



## **Rule 57 – Interference on the Goalkeeper**

**57.1 Interference on the Goalkeeper** – This rule is based on the premise that an attacking player's position, whether inside or outside the crease, should not, by itself, determine whether a goal should be allowed or disallowed. In other words, goals scored while attacking players are standing in the crease may, in appropriate circumstances be allowed. Goals should be disallowed only if: (1) an attacking player, either by his positioning or by contact, impairs the goalkeeper's ability to move freely within his crease or defend his goal; or (2) an attacking player initiates intentional or deliberate contact with a goalkeeper, inside or outside of his goal crease. Incidental contact with a goalkeeper will be permitted, and resulting goals allowed, when such contact is initiated outside of the goal crease, provided the attacking player has made a reasonable effort to avoid such contact. The rule will be enforced exclusively in accordance with the on-ice judgement of the Referee(s).

For purposes of this rule, "contact," whether incidental or otherwise, shall mean any contact that is made between or among a goalkeeper and attacking player(s), whether by means of a stick or any part of the body.

The overriding rationale of this rule is that a goalkeeper should have the ability to move freely within his goal crease without being hindered by the actions of an attacking player. If an attacking player enters the goal crease and, by his actions, impairs the goalkeeper's ability to defend his goal, and a goal is scored, the goal will be disallowed.

If an attacking player has been pushed, shoved, or fouled by a defending player so as to cause him to come into contact with the goalkeeper, such contact will not be deemed contact initiated by the attacking player for purposes of this rule, provided the attacking player has made a reasonable effort to avoid such contact.

If a defending player has been pushed, shoved, or fouled by an attacking player so as to cause the defending player to come into contact with his own goalkeeper, such contact shall be deemed contact initiated by the attacking player for purposes of this rule, and if necessary a penalty assessed to the attacking player and if a goal is scored it would be disallowed.

**57.2 Penalty** – In all cases in which an attacking player initiates intentional or deliberate contact with a goalkeeper, whether or not the goalkeeper is inside or outside the goal crease, and whether or not a goal is scored, the attacking player will receive a penalty (minor or major, as the Referee deems appropriate). In all cases where the infraction being imposed is to the attacking player for hindering the goalkeeper's ability to move freely in his goal crease, the penalty to be assessed is for goalkeeper interference. Anytime an injury results, a major and game misconduct must be assessed. A match may be assessed if the Referee believes the player was attempting to injure the goalkeeper.

In exercising his judgment, the Referee should give more significant consideration to the degree and nature of the contact with the goalkeeper than to the exact location of the goalkeeper at the time of the contact.



- 57.3 **Contact Inside the Goal Crease** – If an attacking player initiates contact with a goalkeeper, incidental or otherwise, while the goalkeeper is in his goal crease, and a goal is scored, the goal will be disallowed.

If a goalkeeper, in the act of establishing his position within his goal crease, initiates contact with an attacking player who is in the goal crease, and this results in an impairment of the goalkeeper's ability to defend his goal, and a goal is scored, the goal will be disallowed.

If, after any contact by a goalkeeper who is attempting to establish position in his goal crease, the attacking player does not immediately vacate his current position in the goal crease (i.e. give ground to the goalkeeper), and a goal is scored, the goal will be disallowed. In all such cases, whether or not a goal is scored, the attacking player will receive a minor penalty for goalkeeper interference.

If an attacking player establishes a significant position within the goal crease, so as to obstruct the goalkeeper's vision and impair his ability to defend his goal, and a goal is scored, the goal will be disallowed.

For this purpose, a player "establishes a significant position within the crease" when, in the Referee's judgment, his body, or a substantial portion thereof, is within the goal crease for more than an instantaneous period of time.

- 57.4 **Contact Outside the Goal Crease** – If an attacking player initiates any contact with a goalkeeper, other than incidental contact, while the goalkeeper is outside his goal crease, and a goal is scored, the goal will be disallowed.

A goalkeeper is not "fair game" just because he is outside the goal crease. The appropriate penalty should be assessed in every case where an attacking player makes unnecessary contact with the goalkeeper. However, incidental contact will be permitted when the goalkeeper is in the act of playing the puck outside his goal crease provided the attacking player has made a reasonable effort to avoid such unnecessary contact.

When a goalkeeper has played the puck outside of his crease and is then prevented from returning to his crease area due to the deliberate actions of an attacking player, such player may be penalized for goalkeeper interference. Similarly, the goalkeeper may be penalized, if by his actions outside of his crease he deliberately interferes with an attacking player who is attempting to play the puck or an opponent.

- 57.5 **Face-Off Location** – Whenever the Referee stops play to disallow a goal as a result of contact with the goalkeeper (incidental or otherwise), the resulting face-off shall take place at the nearest neutral zone face-off spot outside the attacking zone of the offending team.

- 57.6 **Rebounds and Loose Pucks** – In a rebound situation, or where a goalkeeper and attacking player(s) are simultaneously attempting to play a loose puck, whether inside or outside the crease, incidental contact with the goalkeeper will be permitted, and any goal that is scored as a result thereof will be allowed.





In the event that a goalkeeper has been pushed into the net together with the puck by an attacking player after making a stop, the goal will be disallowed. If applicable, appropriate penalties will be assessed. If, however, in the opinion of the Referee, the attacking player was pushed or otherwise fouled by a defending player causing the goalkeeper to be pushed into the net together with the puck, the goal can be permitted.

- 57.7 **Suspensions** - If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule 19).

## **Rule 58 – Leaving the Bench**

- 58.1 **Leaving the Bench** – No player may leave the players' or penalty bench at any time during an altercation or for the purpose of starting an altercation.
- 58.2 **Minor Penalty** – Any player who leaves the players' or penalty bench at any time, regardless whether his penalty time has expired or if it is during a stoppage, during an altercation and does not get involved in such altercation shall be assessed a minor penalty.
- 58.3 **Match Penalty** – Any players who leaves the players' or penalty bench to join or start an altercation shall be assessed a match penalty in addition to any other penalties he commits during said altercation.
- 58.4 **Suspensions** – If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule 19).

## **Rule 59 – Premature Substitution**

- 59.1 **Premature Substitution** – When a goalkeeper leaves his goal area and proceeds to his players' bench for the purpose of substituting another player, the skater cannot enter the playing surface before the goalkeeper is within five feet (5') of the bench. If the substitution is made prematurely, the official shall stop play immediately unless the non-offending team has possession of the puck -- in which event the stoppage will be delayed until the puck changes possession.

There shall be no time penalty to the team making the premature substitution, but the resulting face-off will take place at the center ice face-off spot when play is stopped beyond the center red line. When play is stopped prior to the center red line, the resulting face-off shall be conducted at the nearest face-off spot in the zone where the play was stopped.

In all other situations not covered in the above, a minor penalty may result for "too many players on the ice" (see Rule 62).





## **Rule 60 – Refusing to Play the Puck**

- 60.1 **Refusing or Abstaining from Playing the Puck** – The purpose of this section is to enforce continuous action and both Referees and Linesmen should interpret and apply the rule to produce this result.
- 60.2 **Hand Pass** – When a hand pass has been initiated by one player to a teammate and the teammate elects not to play the puck to avoid the stoppage of play, and the opposing team also abstains from playing the puck (perhaps to allow time to expire on a penalty), the hand pass shall be considered complete and the Referee shall blow the whistle and conduct a face-off at the appropriate dot.
- 60.3 **High Stick** – When a player contacts the puck with his stick above the normal height of the shoulders and a teammate elects not to play the puck to avoid the stoppage of play, and the opposing team also abstains from playing the puck (perhaps to allow time to expire on a penalty), the Referee shall stop the play and order the resulting face-off at the face-off spot in the end-zone of the offending team.
- 60.4 **Icing** – If, in the opinion of the Referee, the defending side intentionally abstains from pursuing the puck beyond the face-off spots on an icing promptly when they are in a position to do so, he shall stop the play and conduct the resulting face-off in the end zone of the team icing the puck.
- 60.5 **Penalty** – When the Referee signals the delayed calling of a penalty to one team and a player of that team intentionally abstains from playing the puck in order to allow additional time to expire on the game or penalty time clocks, the Referee shall stop the play and order the resulting face-off at one of the face-off spots in the offending team's defending zone.

## **Rule 61 – Refusing to Start Play**

- 61.1 **Refusing to Start Play** – This rule applies to teams who refuse to play while both teams are on the ice or who withdraws from the ice and refuses to play or who refuses to come onto the ice at the start of the game or at the beginning of any period of the game, when ordered to do so by the Referee.
- 61.2 **Sequence of Events** – With both teams on the ice, after the game has started, a team for any reason refuses to play after being ordered to do so by the Referee, the Referee shall warn the Captain and allow the team 15 seconds to resume play.

A bench minor penalty for delay of game shall be assessed to the offending team who still refuses to start play and if the same team refuses to continue play, the Referee shall declare the game a forfeit and assess a match penalty to the Captain of the offending team.

- 61.3 **Suspensions** – If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule 19).



## **Rule 62 – Too Many Players on the Ice**

62.1 **Too Many Players on the Ice** – Players may be changed at any time during the play from the players' bench provided that the player or players leaving the ice shall be within five feet (5') of his players' bench and out of the play before the change is made. Refer also to Rule 59 – Premature Substitution. At the discretion of the on-ice officials, should a substituting player come onto the ice before his teammate is within the five-foot (5') limit of the players' bench (and therefore clearly causing his team to have too many players on the ice), then a bench minor penalty may be assessed.

When a player is retiring from the ice surface and is within the five-foot (5') limit of his players' bench, and his substitute is on the ice, then the retiring player shall be considered off the ice for the purpose of Rule 58 – Leaving Bench.

If in the course of making a substitution, either the player entering the game or the player retiring from the ice surface plays the puck with his stick, skates or hands or who makes any physical contact with an opposing player while either the player entering the game or the retiring player is actually on the ice, then the infraction of "too many players on the ice" will be called.

If in the course of a substitution either the player(s) entering the play or the player(s) retiring is struck by the puck accidentally, the play will not be stopped and no penalty will be called.

During the play, the player retiring from the ice must do so at the players' bench and not through any other exit leading from the rink. This is not a legal player change and therefore when a violation occurs, a bench minor penalty shall be imposed.

A player coming onto the ice as a substitute player is considered on the ice once both of his skates are on the ice. If he plays the puck or interferes with an opponent while still on the players' bench, he shall be penalized under Rule 44 – Interference.

62.2 **Bench Minor Penalty** – A bench minor penalty for too many players on the ice shall be assessed for a violation of this rule. This penalty can be assessed by the Referees or the Linesmen. Should a goal be scored by the offending team prior to the Referee or Linesman blowing his whistle to assess the bench minor penalty, the goal shall be disallowed and the penalty assessed for too many players on the ice.

62.3 **Penalty Bench** – A player serving a penalty on the penalty bench, who is to be changed after the penalty has been served, must proceed at once by way of the ice and be within five feet (5') of his own players' bench before any change can be made. For any violation of this rule, a bench minor penalty shall be imposed for too many players on the ice.

62.4 **Deliberate Illegal Substitution** – If by reason of insufficient playing time remaining, or by reason of penalties already imposed, a bench minor penalty is imposed for deliberate illegal substitution (too many players on the ice) which cannot be served in its entirety within the legal playing time, or at any time in overtime, a penalty shot shall be awarded against the offending team.





## **Rule 63 – Unsportsmanlike Conduct**

**63.1 Unsportsmanlike Conduct** – Players and non-playing Club personnel are responsible for their conduct at all times and must endeavor to prevent disorderly conduct before, during or after the game, on or off the ice and any place in the rink. The Referees may assess penalties to any of the above team personnel for failure to do so.

NOTE: When such conduct is directed at an official, Rule **26** – Abuse of Officials shall be applied.

**63.2 Minor Penalty** – A minor penalty for unsportsmanlike conduct shall be assessed under this rule for the following infractions:

- (i) *Taunts or incites an opponent.*
- (ii) *Using obscene, profane or abusive language or gestures directed at an opponent.*
- (iii) *Shoots the puck after the whistle if, in the opinion of the Referee, the shot was avoidable.*

A misconduct penalty shall be assessed to any player who persists in such conduct and any further dispute by the same player shall result in a game misconduct penalty.

*(Note) If occurring after the game, the above actions shall be initially penalized as a misconduct penalty.*

**63.3 Bench Minor Penalty** – A bench minor penalty for unsportsmanlike conduct shall be assessed under this rule for the following infractions:

- (i) *When a player or non-playing person throws any object onto the ice from the players' bench during the progress of the game or during a stoppage.*
- (ii) *Any unidentifiable player or non-playing person uses obscene, profane or abusive language or gestures directed at an opponent.*

**63.4 Misconduct Penalty** – A misconduct penalty for unsportsmanlike conduct shall be assessed under this rule for the following infractions:

- (i) *Any player who persists in using obscene, profane or abusive language or gestures after being assessed a minor or bench minor penalty under this rule.*
- (ii) *Any player who deliberately throws any equipment out of the playing area. At the discretion of the Referee, a game misconduct may be imposed.*
- (iii) *Any player who persists in any course of conduct designed to incite an opponent into incurring a penalty.*
- (iv) *Any player who continues to challenge or dispute the ruling of an official after he has already entered the penalty bench and play has resumed.*
- (v) *In general, participants displaying this type of behavior are assessed a minor penalty, then a misconduct penalty and then a game misconduct penalty if they persist.*



- 63.5 **Game Misconduct Penalty** – Game misconduct penalties shall be assessed under this rule for the following infractions:
- (i) *If a player persists in any course of conduct for which he was previously assessed a misconduct penalty.*
  - (ii) *Any player or non-playing person who directs obscene, profane or abusive language or gestures toward any person after the expiration of the game. The action may occur on or off the ice.*
  - (iii) *In general, participants displaying this type of behavior are assessed a minor penalty, then a misconduct penalty and then a game misconduct penalty if they persist.*
- 63.6 **Match Penalty** – Match penalties shall be assessed under this rule for the following infractions:
- (i) *Deliberately injuring or attempting to injure an opponent at any time.*
  - (ii) *Threatening an opponent at any time whether vocally or visually.*
  - (iii) *Guilty of hair-pulling, biting or grabbing hold of a face mask.*
- 63.7 **Suspensions** – If deemed appropriate, supplementary discipline can be applied by the Commissioner at his discretion (refer to Rule 19).







## SECTION 9 – GAME FLOW

### Rule 64 – Face-Offs

64.1 **Face-Off** – The action of the Referee or Linesman in dropping the puck between the sticks of two opposing players to start or resume play. A face-off begins when the official indicates the location of the face-off and the officials and players take their appropriate positions. The face-off ends when the puck has been legally dropped.

A goalkeeper may not participate in a face-off.

64.2 **Face-Off Locations** – All face-offs must be conducted on one of the nine (9) face-off spots located on the rink.

When a stoppage of play has been caused by any player of the attacking side in the attacking zone, the ensuing face-off shall be made in the neutral zone on the nearest face-off spot, unless the whistle was the result of a shot that was deflected out of the rink in any manner in which the face-off shall take place in the attacking zone.

When players are penalized at a stoppage of play so as to result in penalties being placed on the penalty time clock to one team, the ensuing face-off shall be conducted at one of the two face-off spots in the offending team's end zone. There are only four exceptions to this application:

- (i) *When a penalty is assessed after the scoring of a goal – face-off at center ice;*
- (ii) *When a penalty is assessed at the end (or start) of a period – face-off at center ice;*
- (iii) *When the defending team is penalized and the attacking players enter the attacking zone beyond the outer edge of the end zone face-off circle – face-off in the neutral zone;*
- (iv) *When the team not being penalized ices the puck – face-off in the neutral zone outside the blue line of the team icing the puck.*

When an infringement of a rule has been committed by players of both sides in the play resulting in the stoppage, the ensuing face-off will be made at the nearest face-off spot in that zone.

When a stoppage occurs between the end face-off spots and near end of the rink, the puck shall be faced-off at the end face-off spot on the side where the stoppage occurs unless otherwise expressly provided by these rules.

When a goal is illegally scored as a result of a puck being deflected directly off an official, the resulting face-off shall be made at the nearest face-off spot in the zone where the puck deflected off of the official.

When a goal is illegally scored by the attacking team by directing, batting, kicking or high-sticking the puck into the goal, the resulting face-off shall take place in the neutral zone at the nearest face-off spot.





When the game is stopped for any reason not specifically covered in the official rules, the puck must be faced-off at a face-off spot in the zone nearest to where it was last played.

Following a stoppage of play, should one or both defensemen who are the point players or any player coming from the bench of the attacking team, enter into the attacking zone beyond the outer edge of the end zone face-off circle during an altercation, gathering or “scrum,” the ensuing face-off shall take place in the neutral zone near the blue line of the defending team.

For a violation of Rule 59 – Premature Substitution, the resulting face-off will take place at the center ice face-off spot when play is stopped beyond the center red line. When play is stopped prior to the center red line, the resulting face-off shall be conducted at the nearest face-off spot in the zone where the play was stopped.

When play is stopped for an injured player, the ensuing face-off shall be conducted at the face-off spot in the zone nearest the location of the puck when the play was stopped. When the injured player’s team has control of the puck in the attacking zone, the face-off shall be conducted at one of the face-off spots outside the blue line in the neutral zone. When the injured player is in his defending zone and the attacking team is in control of the puck in the attacking zone, the face-off shall be conducted at one of the defending team’s end-zone face-off spots.

64.3 **Procedure** – As soon as the teams have completed their line change, the Linesman conducting the face-off shall blow his whistle. This will signal to both teams that they have no more than five (5) seconds to line up for the ensuing face-off. At the end of the five (5) seconds (or sooner if both centers are ready), the Linesman will conduct a proper face-off. If, however:

- (i) *One or both centers are not positioned for the face-off,*
- (ii) *One or both centers refrain from placing their stick on the ice,*
- (iii) *Any player has encroached into the face-off circle,*
- (iv) *Any player makes physical contact with an opponent, or*
- (v) *Any player who lines up for the face-off in an off-side position,*

the Linesman shall have the offending center(s) replaced immediately prior to dropping the puck.

64.4 **Procedure – Centers** – The puck shall be faced-off by the Referee or the Linesman dropping the puck on the ice between the sticks of the players facing-off. Players facing-off will stand squarely facing their opponent’s end of the rink approximately one stick length apart with the blade of their sticks on the ice.

When the face-off takes place at any of the nine face-off spots, the players taking part shall take their position so that they will stand squarely facing their opponent’s end of the rink, and clear of the ice markings (where applicable). The sticks of both players facing-off shall have the blade on the ice, within the designated white area.





If a player facing-off fails to take his proper position immediately when directed by the official, the official may order him replaced for that face-off by any teammate then on the ice.

If a center is not at the designated face-off area once the five (5) second time limit has elapsed, the Linesman will drop the puck immediately.

If a player is ejected from the face-off, his replacement must come into position quickly or risk having the puck dropped by the Linesman without the player being set, or ejected from the face-off by the Linesman resulting in a bench minor penalty for delay of game for a second face-off violation during the same face-off.

When a team commits an icing infraction, any face-off violation will not result in the center being removed. The center will be warned by the Linesman that the team has committed their first face-off violation any subsequent violation will result in a bench minor penalty for delay of game - face-off violation being assessed.

Both players facing-off are prohibited from batting the puck with their hand in an attempt to win the face-off. Any attempt by either center to win the face-off by batting the puck with their hand shall result in a minor penalty. This penalty shall be recorded as “Delay of Game – Face-off Violation”. The two players involved in the actual face-off (the centers) are not permitted to play the puck with their hand without incurring a penalty under this rule. Once the face-off is deemed complete (and a winner of the face-off is clear) hand passes shall be enforced as per Rule 67.

- 64.5 **Procedure – Other Players** – No other player shall be allowed to enter the face-off circle or come within fifteen feet (15') of the players facing-off. All players must stand on-side on all face-offs.

During end-zone face-offs, all other players on the ice must position their bodies on their own side of the restraining lines marked on the outer edge of the face-off circles.

If a player other than the player taking the face-off moves into the face-off circle prior to the dropping of the puck, then the offending team’s player taking the face-off shall be ejected from the face-off circle. This shall be considered a face-off violation.

- 64.6 **Violations** – If a center should move prematurely prior to the face-off, or if the Referee or Linesman shall have dropped the puck unfairly, the face-off shall be considered a face-off violation and it must be conducted again.

When a least two face-off violations have been committed by the same team during the same face-off, this team shall be penalized with a bench minor penalty to the offending team. This penalty shall be recorded as a “Bench Minor Penalty for Delay of Game – Face-off Violation.”

Face-off violations shall be summarized as follows (any of the on-ice officials may identify a face-off violation):





- (i) *Encroachment by any player other than the center into the face-off area prior to the puck being dropped. Players on the perimeter of the face-off circle must keep both skates outside the face-off circle (skate contact with the line is permitted). If a player's skate crosses the line into the face-off circle prior to the drop of the puck, this shall be deemed as a face-off violation. A player's stick may be inside the face-off circle provided there is no physical contact with his opponent or his opponent's stick.*
- (ii) *Encroachment by any player into the area between the hash marks on the outer edges of the face-off circle prior to the puck being dropped. Players must also ensure that both of their skates do not cross their respective hash marks. Contact with the line with their skate is permitted. If a player's skate crosses the line into the area between the hash marks prior to the drop of the puck, this shall be deemed as a face-off violation. A player's stick may be inside the area between the hash marks provided there is no physical contact with his opponent or his opponent's stick.*
- (iii) *Any physical contact with an opponent prior to the puck being dropped.*
- (iv) *Failure by either center taking the face-off to properly position himself behind the restraining lines or place his stick on the ice (as outlined in Rule 64.4). "Properly position himself behind the restraining lines" shall mean that the center must place his feet on either side of the restraining lines that are parallel to the side boards (contact with the lines is permissible), and the toe of the blade of his skates must not cross over the restraining lines that are perpendicular to the side boards as he approaches the face-off.*

*The blade of the stick must then be placed on the ice (at least the toe of the blade of the stick) in the designated white area of the face-off spot and must remain there until the puck is dropped.*

*Failure to comply with this positioning and face-off procedure will result in a face-off violation.*

During no face-off shall any player make physical contact with an opponent by means of his own body or by his stick except in the course of playing the puck after the face-off has been completed.

For violation of this rule, the Referee may, at his discretion impose a minor penalty or penalties on the player(s) whose action(s) caused the physical contact. Nonetheless, this physical contact prior to the dropping of the puck shall be deemed as a face-off violation and the Linesman shall order the center of the offending team replaced.

No player may use their hand in order to win a face-off. Any player that does so shall be assessed a minor penalty for Face-Off Violation.

**64.7 Line Changes** – No substitution of players shall be permitted until the face-off has been completed and play has resumed except when a penalty is imposed which affects the on-ice strength of either team.

Should an on-ice official notice that either team has not placed enough players on the ice for the ensuing face-off, the Referee in the neutral zone shall be notified and he will instruct the offending team to place another player(s) on



the ice. If, in the opinion of the Referee that this is being done as a stalling tactic, he will issue a warning to the offending team's Captain and any subsequent violations shall result in the assessment of a bench minor penalty for delay of game.

- 64.8 **Verification of Time** – Any loss of time on the game or penalty clocks due to a false face-off or face-off violation must be replaced.

The whistle will not be blown by the official to start play. Playing time will commence from the instant the puck is faced-off and will stop when the whistle is blown or a goal is scored.

### **Rule 65 – Game and Intermission Timing**

- 65.1 **Game Timing** – The game shall consist of three (3) twelve-minute periods of actual playing time with a rest intermission between periods.

- 65.2 **Intermission Timing** – Play shall be resumed promptly following each intermission upon expiration of the one (1) minute timed intermission. Timing of the intermission shall commence immediately upon the conclusion of the period.

For the purpose of keeping all players and officials informed as to the time remaining during intermissions, the Timekeeper will use the electronic clock to record the length of intermissions.

- 65.3 **Delays** – If any unusual delay occurs at any time during the period or intermission, the Referees shall inform the Timekeeper as well as both team Captains.

### **Rule 66 – Goals**

- 66.1 **Goals and Assists** – It is the responsibility of the Referees to award goals and assists. If there is any error in awarding a goal or an assist, a team Captain may bring it to the attention of the Referee to be corrected before the conclusion of the game. No changes may be made after the Referees have signed the game sheet.

- 66.2 **Crediting Goals** – A “goal” shall be credited in the scoring records to a player who shall have propelled the puck into the opponent's goal. Each “goal” shall count one point in the player's record. Only one point can be credited to any one player on a goal.

- 66.3 **Crediting Assists** – When a player scores a goal, an “assist” shall be credited to the player or players (maximum two) who touch the puck prior to the goal scorer provided no defender plays or has control of the puck subsequently. Each “assist” shall count one point in the player's record. Only one point can be credited to any player on a goal.

- 66.4 **Scoring a Goal** – A goal shall be scored when the puck shall have been put between the goal posts by the stick of a player of the attacking side, from in front and below the crossbar, and entirely across the goal line with the goal frame in





its proper position. The goal frame shall be considered in its proper position when the goal pegs are in their proper place. The goal frame could be raised somewhat on one post (or both), but as long as the pegs are in the correct spot and the pegs are inside the goal posts, the goal frame shall not be deemed to be displaced.

A goal shall be scored if the puck is put into the goal in any way by a player of the defending side. The player of the attacking side who last touched the puck shall be credited with the goal but no assist shall be awarded.

If an attacking player has the puck deflect into the net, off his skate or body, in any manner, the goal shall be allowed. The player who deflected the puck shall be credited with the goal.

Should a player legally propel the puck into the goal crease of the opposing team and the puck shall become loose and available to another player of the attacking side, a goal scored on the play shall be legal.

**66.5 Disallowed Goals** – Apparent goals shall be disallowed by the Referee and the appropriate announcement made to the Timekeeper and team Captains for the following reasons:

- (i) *When the puck has been directed, batted or thrown into the net by an attacking player other than with a stick.*
- (ii) *When the puck has been kicked using a distinct kicking motion.*
- (iii) *When the puck has deflected directly into the net off an official.*
- (iv) *When a goal has been scored and an ineligible player is on the ice.*
- (v) *When an attacking player has interfered with a goalkeeper in his goal crease.*
- (vi) *When the puck has entered the net after making contact with an attacking player's stick that is above the height of the crossbar. Where the puck makes contact with the stick is the determining factor. See **48.5**.*
- (vii) *When the Referees determine that a goal was scored on one end of the ice, but was not awarded, any goal at the other end on the same play must be disallowed.*
- (viii) *When a Linesman reports a double-minor for high-sticking, a major penalty or match penalty to the Referee following the scoring of a goal by the offending team, the goal must be disallowed and the proper penalty assessed.*
- (ix) *When a goalkeeper has been pushed into the net together with the puck after making a save. See also **57.6**.*
- (x) *When the net becomes displaced accidentally. The goal frame is considered to be displaced if either or both goal pegs are no longer in their respective position on the ice, or the net has come completely off one or both pegs, prior to or as the puck enters the goal.*
- (xi) *During the delayed calling of a penalty, the offending team cannot score unless the non-offending team causes the puck to enter their own net.*





- (xii) *When the Referee deems the play has been stopped, even if he had not physically had the opportunity to stop play by blowing his whistle.*
- (xiii) *Any goal scored, other than as covered by the official rules, shall not be allowed.*

### **Rule 67 – Hand Pass**

67.1 **Hand Pass** – A player shall be permitted to stop or “bat” a puck in the air with his open hand, or push it along the ice with his hand, and the play shall not be stopped unless, in the opinion of the on-ice officials, he has directed the puck to a teammate, or has allowed his team to gain an advantage, and subsequently possession and control of the puck is obtained by a player of the offending team, either directly or deflected off any player or official.

A player shall be permitted to catch the puck out of the air but must immediately place it or knock it down to the ice. If he catches it and skates with it, either to avoid a check or to gain a territorial advantage over his opponent, a minor penalty shall be assessed for “closing his hand on the puck” under Rule 55 – Handling Puck.

67.2 **Defending Zone** – Play will not be stopped for any hand pass by players in their own defending zone. A hand pass in the defending zone is considered to have occurred when both the player making the pass and the player receiving the pass have both of their skates inside their defending zone.

67.3 **Face-Off Location** – When a hand pass violation has occurred, the ensuing face-off shall take place at the nearest face-off spot in the zone where the offense occurred, unless the offending team gains a territorial advantage, then the face-off shall be at the nearest face-off spot in the zone where the stoppage of play occurred, with the least territorial advantage to the offending team. When a hand pass violation occurs by a team in their attacking zone, the ensuing face-off shall be conducted at one of the neutral zone face-off spots outside the defending team’s blue line.

### **Rule 68 – High-Sticking the Puck**

68.1 **High-Sticking the Puck** – Batting the puck above the normal height of the shoulders with a stick is prohibited. When a puck is struck with a high stick and subsequently comes into the possession and control of a player from the offending team (including the player who made contact with the puck), either directly or deflected off any player or official, there shall be a whistle.

When a puck has been contacted by a high stick, the play shall be permitted to continue, provided that:

- (i) *the puck has been batted to an opponent (when a player bats the puck to an opponent, the Referee shall give the “washout” signal immediately. Otherwise, he will stop the play).*





- (ii) *a player of the defending team shall bat the puck into his own goal in which case the goal shall be allowed.*

Cradling the puck on the blade of the stick (like lacrosse) above the normal height of the shoulders shall be prohibited and a stoppage of play shall result. If this is done by a player on a penalty shot or shootout attempt, the shot shall be stopped immediately and considered complete.

**68.2 Face-Off Location** – When the play is stopped for the high-sticking the puck violation, the ensuing face-off must take place at one of the offending team's end zone face-off spots. If the high-stick results in the puck going out of play, the face-off location shall be determined by means of Rule **73** - Puck Out of Bounds. If the high-stick results in a goal, the face-off shall also be conducted at one of the offending team's end zone face-off spots.

**68.3 Disallowed Goal** – When an attacking player causes the puck to enter the opponent's goal by contacting the puck above the height of the crossbar, either directly or deflected off any player or official, the goal shall not be allowed. The determining factor is where the puck makes contact with the stick. If the puck makes contact with the stick at or below the level of the crossbar and enters the goal, this goal shall be allowed.

A goal scored as a result of a defending player striking the puck with his stick carried above the height of the crossbar of the goal frame into his own goal shall be allowed.

**68.4 Illegal Shots** – No player shall take a shot that is high, hard and in a crowd. These 3 criteria shall be at the discretion of the Referee.

Any time that a player takes this type of shot, the Referee shall blow the whistle immediately to stop play and there shall be a face-off at the center ice face-off spot or a face-off spot in the end-zone of the offending team at the discretion of the Referee.

### **Rule 69 – Icing**

**69.1 Icing** – For the purpose of this rule, the center red line will divide the ice into halves. Should any player of a team, equal or superior in numerical strength (power-play) to the opposing team, shoot, bat or deflect the puck from his own half of the ice beyond the goal line of the opposing team, play shall be stopped. For the purpose of deflected pucks, this only applies when the puck was originally propelled down the ice by the offending team.

For the purpose of this rule, the point of last contact with the puck by the team in possession shall be used to determine whether icing has occurred or not. As such, the team in possession must “gain the line” in order for the icing to be nullified. “Gaining the line” shall mean that the puck, while on the player's stick (not the player's skate) must make contact with the center red line in order to nullify a potential icing.







- 69.2 **Face-Off Location** – The resulting face-off following an icing call shall be at the end face-off spot of the offending team, unless on the play, the puck shall have entered the net of the opposing team, in which case the goal shall be allowed.

If during the period of a delayed whistle due to a foul by a player of the side not in possession, the side in possession “ices” the puck, then the face-off following the stoppage of play shall take place in the neutral zone near the defending blue line of the team icing the puck.

If, in the opinion of the Referee, the defending side intentionally abstains from playing the puck promptly when they are in a position to do so, he shall stop the play and conduct the resulting face-off on an end-zone face-off spot of the offending team.

If the Linesman shall have erred in calling an “icing the puck” infraction (regardless of whether either team is short-handed), the puck shall be faced-off on the center ice face-off spot.

- 69.3 **Goalkeeper** – If, in the opinion of the Linesman, the goalkeeper feigns playing the puck, attempts to play the puck, or skates in the direction of the puck on an icing at any time, the potential icing shall not be called and play shall continue.

If, however, a goalkeeper is legitimately out of the crease in an attempt to go the players’ bench to be substituted for an extra attacker and in no way makes an attempt to play the puck, the icing should not be nullified under this section.

If the goalkeeper is out of his crease prior to the shot being taken, and simply retreats to his crease making no attempt to play the puck or feign playing the puck, the potential icing shall remain in effect.

- 69.4 **No Icing** – When the puck is shot and rebounds from the body or stick of an opponent in his own half of the ice so as to cross the goal line of the player shooting, it shall not be considered “icing.”

When a puck is shot by a team from their own half of the ice and is deflected several times before crossing the center red line, icing shall be nullified if at least one of these deflections was off an opposing player.

If a player of the side shooting the puck down the ice who is onside and eligible to play the puck does so before it is touched by an opposing player, the play shall continue and it shall not be considered a violation of this rule.

If the puck shall go beyond the goal line in the opposite half of the ice directly from either of the players while facing-off, it shall not be considered a violation of this rule.

If, in the opinion of the Linesman, any player (other than the goalkeeper) of the opposing team is able to play the puck before it passes his goal line, but has not done so, play shall continue and the icing violation shall not be called. This includes the situation whereby the opposing team, while in the process of making player substitutions during the play, are able to play the puck, but choose not to do so to avoid being called for too many players on the ice. Icing should not be called.





If the puck touches any part of a player of the opposing side, including his skates or his stick, or if it touches any part of the opposing team's goalkeeper, including his skates or his stick, at any time before or after crossing the goal line, it shall not be considered icing.

If a goalkeeper takes any action to dislodge the puck from the back of the net, icing shall not be called.

- 69.5 **Numerical Strength** – If the puck was so shot by a player of a side below the numerical strength of the opposing team, play shall continue and the icing violation shall not be called.

When a team is “short-handed” as the result of a penalty and the penalty is about to expire, the decision as to whether there has been an “icing” shall be determined at the instant the penalty expires. Should the puck be released from the stick of the player shooting the puck down the ice prior to the penalty expiring, the icing infraction shall not apply. The action of the penalized player remaining in the penalty box will not alter the ruling.

### **Rule 70 – Line Changes**

- 70.1 **Line Changes** – Following a stoppage of play, both teams may change players on the ice. Once the Linesman has blown the whistle to drop the puck, no more changes shall be permitted unless a penalty is assessed before the ensuing face-off causing a change in the on-ice strength of a team.

Any team that, in the opinion of the Referee, intentionally delays the game during a line change shall be assessed a minor penalty for Delay of Game.

### **Rule 71 – Off-Side**

- 71.1 **Off-Side** – Players of the attacking team must not precede the puck into the attacking zone.

The position of the player's skates and not that of his stick shall be the determining factor in all instances in deciding an off-side. A player is off-side when both skates are completely over the leading edge of the blue line involved in the play.

A player is on-side when either of his skates are in contact with, or on his own side of the line, at the instant the puck completely crosses the leading edge of the blue line regardless of the position of his stick. However, a player actually controlling the puck who shall cross the line ahead of the puck shall not be considered “off-side,” provided he had possession and control of the puck prior to his skates crossing the blue line.

It should be noted that while the position of the player's skates is what determines whether a player is “off side,” nevertheless the question of an “off-side” never arises until the puck has completely crossed the leading edge of the blue line at which time the decision is to be made.





If a player legally carries or passes the puck back into his own defending zone while a player of the opposing team is in such defending zone, the off-side shall be ignored and play permitted to continue.

- 71.2 **Deflections / Rebounds** – When a defending player propels the puck out of his defending zone and the puck clearly rebounds off any player in the neutral zone back into the defending zone, all attacking players are eligible to play the puck. However, any action by an attacking player that causes a deflection/rebound off a defending player in the neutral zone back into the defending zone (i.e. stick check, body check, physical contact), a delayed off-side shall be signaled by the Linesman.

A puck that deflects back into the defending zone off an official who is in the neutral zone will be off-side (or delayed off-side, as appropriate).

- 71.3 **Delayed Off-Side** – A situation where an attacking player (or players) has preceded the puck across the attacking blue line, but the defending team is in a position to bring the puck back out of its defending zone without any delay or contact with an attacking player, or, the attacking players are in the process of clearing the attacking zone.

If an off-side call is delayed, the Linesman shall drop his arm to nullify the off-side violation and allow play to continue if:

- (i) *All players of the offending team clear the zone at the same instant (skate contact with the blue line) permitting the attacking players to re-enter the attacking zone, or*
- (ii) *The defending team passes or carries the puck into the neutral zone.*

If, during the course of the delayed off-side, any member of the attacking team touches the puck, attempts to gain possession of a loose puck, forces the defending puck carrier further back into his own zone, or who is about to make physical contact with the defending puck carrier, the Linesman shall stop play for the off-side violation.

If during a delayed off-side, an attacking player in the attacking zone elects to proceed to his players' bench (which extends into the attacking zone) to be replaced by a teammate, he shall be considered to have cleared the zone provided he is completely off the ice and his replacement comes onto the ice in the neutral zone. If his replacement comes onto the ice in the attacking zone, if the delayed off-side is still in effect, he too must clear the attacking zone. If the remaining attacking players have cleared the attacking zone and the Linesman has lowered his arm for the delayed off-side, he shall be considered on-side.

- 71.4 **Disallowed Goal** – If the puck is shot into the attacking zone creating a delayed off-side, the play shall be allowed to continue under the normal clearing-the-zone rules. Should the puck, as a result of this shot, enter the defending team's goal, either directly or off the goalkeeper, a player, the boards, the glass, a piece of equipment or an official on the ice, the goal shall be disallowed as the original shot was off-side. The fact that the attacking team may have cleared the zone prior to the puck entering the goal has no bearing on this ruling. The face-off will





be conducted at the face-off spot in the zone closest to the point of origin of the shot that gives the offending team the least amount of territorial advantage.

The only way an attacking team can score a goal on a delayed offside situation is if the defending team shoots or puts the puck into their own net without action or contact by the offending team.

- 71.5 **Face-Off Location** – For violation of this rule, the play is stopped and the puck shall be faced-off in the neutral zone at the face-off spot nearest the attacking zone of the offending team when the violation occurs as a result of the attacking team carrying the puck over the attacking blue line, or from the face-off spot in the zone closest to the point of origin of the shot or pass (even if deflected off an attacking or defending player or an official).

For every delayed off-side situation, including an intentional offside, the Linesman will raise his non-whistle arm. He will allow play to continue and, if a stoppage of play occurs, there will be three possible face-off locations:

- (i) *If carried over the blue line – face-off outside the blue line.*
- (ii) *If shot into the zone (or errant pass) – nearest face-off spot in the zone from which the pass or shot originated that gives the offending team the least amount of territorial advantage (even if deflected off an attacking or defending player or an official)*
- (iii) *If deemed to be an intentional off-side – face-off spot in the offending team's end zone.*

When the Linesman signals a delayed off-side and a defending player shoots the puck which goes over the glass and out of play, the ensuing face-off shall be conducted at one of the defending zone end zone face-off spots.

When the Linesman signals a delayed off-side and the original shot deflects off a defending player and out of play, the ensuing faceoff shall take place at the nearest face-off spot in the zone from where the puck was shot.

When the defending team is about to be penalized in the defending zone and the Linesman has a delayed off-side signaled against the attacking team on the same play, the ensuing face-off shall be conducted at one of the defending zone end zone face-off spots.

- 71.6 **Intentional Off-Side** – An intentional off-side is one which is made for the purpose of securing a stoppage of play regardless of the reason, whether either team is short-handed.

If in the opinion of the Linesman, an intentional off-side play has been made, the puck shall be faced-off at the end face-off spot in the defending zone of the offending team.

If, while an off-side call is delayed, a player of the offending team deliberately touches the puck to create a stoppage of play, the Linesman will signal an intentional off-side.





## **Rule 72 – Overtime**

**72.1 Overtime – Regular Season** – During regular-season games, if at the end of regulation time the score shall be tied, the teams will proceed to a shootout. The rules governing the shootout shall be the same as those listed under Rule **15 - Penalty Shot**.

Goalkeepers shall occupy the goal closest to their Team's players' bench. The home team shall have the choice of shooting first or second. The teams shall alternate shots.

Eligible players from each team shall participate in the shootout and they shall proceed in such order as the Captain selects. All players are eligible to participate in the shootout unless they are serving a six-minute misconduct or have been assessed a game misconduct or match penalty. When a goalkeeper has been assessed a misconduct, the player designated to serve the misconduct penalty becomes ineligible for the shootout. If the misconduct is assessed to the goalkeeper during the course of the shootout, the player designated to serve the misconduct must be a player who has yet to shoot and thus becomes ineligible to shoot.

Once the shootout begins, the goalkeeper cannot be replaced unless he is injured. No warm up shall be permitted for a substitute goalkeeper.

Each team will be given three shots, unless the outcome is determined earlier in the shootout. After each team has taken three shots, if the score remains tied, the shootout will proceed to a "sudden death" format. No player may shoot twice until everyone who is eligible has shot.

Regardless of the number of goals scored during the shootout, the final score recorded for the game will give the winning team one more goal than its opponent, based on the score at the end of regulation.

The losing goalkeeper shall not be charged with the extra goal against. The players participating in the shootout shall not be credited with shots or goals on the score sheet for the shootout.

**72.2 Overtime – Playoffs** – During Leatherbee Cup Playoff games, if at the end of regulation time the score is tied, the teams shall play an additional overtime period of not more than five (5) minutes with the team scoring first declared the winner. The overtime period shall be played with each team at a numerical strength of three (3) skaters and one (1) goalkeeper.

The teams will not change ends for the overtime period.

If at the end of the overtime period the score shall remain tied, the teams will participate in the same shootout procedure as outlined in Rule **72.1 – Overtime – Regular Season**.

**72.3 Overtime – Playoffs – Penalties** – When regulation time ends and the teams are 5 on 3, teams will start overtime 5 on 3. Once player strength reaches 5 on 4 or 5 on 5, at the next stoppage of play, player strength is adjusted to 4 on 3 or 3 on 3, as appropriate.





When regulation ends and teams are 4 on 4 teams will start overtime 3 on 3.

If at the end of regulation time teams are 3 on 3, overtime starts 3 on 3. Once player strength reaches 4 on 4, 5 on 4 or 5 on 5, at the next stoppage player strength is adjusted to 3 on 3 or 4 on 3 as appropriate.

At no time will a team have less than three players on the ice. This may require a fourth and/or fifth skater to be added in the event penalties are assessed.

If a team is penalized in overtime, teams play 4 on 3. If both teams are penalized with minor penalties at the same stoppage of play (with no other penalties in effect), teams will continue to play 3 on 3.

In overtime, if a team is penalized such that a two-man advantage is called for, then the offending team will remain at three (3) skaters while the non-offending team will be permitted five (5) skaters.

At the first stoppage of play after the two-man advantage is no longer in effect, the numerical strength of the teams will revert back to 4 on 3 or 3 on 3, as appropriate.

### **Rule 73 – Puck Out of Bounds**

**73.1 Puck Out of Bounds** – When a puck goes outside the playing area at either end or either side of the rink, strikes any obstacles above the playing surface other than the boards or glass, causes the glass, lighting, timing device or the supports to break, it shall be faced-off at the nearest face-off spot in the zone from where it was shot or deflected out of play that gives the team at fault the least amount of territorial advantage, except when the attacking team in the attacking zone is responsible for causing the puck to go out of play, the ensuing face-off shall take place at the nearest face-off spot in the neutral zone outside the offending team's attacking zone. With respect to when the attacking team is responsible for the puck going out of play in the attacking zone, the following exceptions apply and as a result, the face-off shall be conducted at one of the face-off spots in the attacking zone:

- (i) *Shot at the net that deflects off the goal post or crossbar*
- (ii) *Shot at the net that breaks the glass*
- (iii) *Shot at the net that goes off the side of the net and out of play*
- (iv) *Shot at the net that goes off the dasher boards or glass and out of play*
- (v) *Shot at the net that is tipped or deflected by a teammate out of play*
- (vi) *Shot or shoot-in that becomes wedged in or on the goal net*

If the puck comes to rest on top of the boards surrounding the playing area, it shall be considered to be in play and may be played legally by hand or stick.





When the puck goes outside the playing area directly off the faceoff, regardless as to which player may have last contacted the puck, the face-off shall remain in the same spot.

When the puck is shot and it makes contact with the gloves or the body of a player hanging over the players' bench, or if the puck enters the players' bench through an open bench door, the face-off shall take place at the nearest face-off spot in the zone from where the puck was shot, however, if the puck hits an opposing player's glove or body that is hanging over the opposing team's players' bench or enters the opposing team's players' bench through an open bench door, the face-off shall take place in the neutral zone adjacent to the opponent's players' bench.

Should the puck strike the spectator netting at the ends and the corners of the arena, play shall be stopped and the ensuing face-off shall be determined as if the puck went outside the playing area. However, if the puck striking the spectator netting goes unnoticed by the on-ice officials, play shall continue as normal and resulting play with the puck shall be deemed a legitimate play. Players must not stop playing the game until they hear the whistle to do so.

- 73.2 **Puck Unplayable** – When the puck becomes lodged in the netting on the outside of either goal so as to make it unplayable, or if it is “frozen” between opposing players intentionally or otherwise, the Referee shall stop the play.

The puck may be played off the goal netting by either team. However, should the puck remain on the goal netting for more than three (3) seconds, play shall be stopped. Should the goalkeeper use his stick or glove to freeze the puck on the back of the net or should a defending player shield an attacking player from playing the puck off the back of the net, the face-off shall take place at one of the face-off spots in the defending zone.

Should the puck go under the goal either from behind or the side, or through the mesh from behind or the side, if this is witnessed by an on-ice official, play should be stopped immediately and the ensuing face-off should take place at the nearest face-off spot in the zone nearest to the location where the play was stopped.

- 73.3 **Puck Out of Sight** – Should a scramble take place or a player accidentally fall on the puck and the puck be out of sight of the Referee, he shall immediately blow his whistle and stop the play. The puck shall then be faced-off at the nearest face-off spot in the zone where the play was stopped unless otherwise provided for in the rules.
- 73.4 **Puck Striking Official** – Play shall not be stopped if the puck touches an official anywhere on the rink.

A puck that deflects back into the defending zone off an official who is in the neutral zone, will be deemed to be off-side as per Rule 71 – Off-Side.

The puck striking or deflecting off an official does not automatically nullify a potential icing.





When a puck deflects off an official and goes out of play, the ensuing face-off will take place at the face-off spot in the zone nearest to where the puck deflected off the official.

If a goal is scored as a result of being deflected directly into the net off an official, the goal shall not be allowed.

- 73.5 **Face-Off Location** – Notwithstanding this rule, should an attacking player cause the puck to go out of play or become unplayable in the attacking zone, the face-off shall take place at a neutral zone face-off spot or at a face-off spot in the zone from which the puck left the ice, whichever is less advantageous to the attacking team.

For a puck that is unplayable due to being lodged in the netting or as a result of it being frozen between opposing players, the resulting face-off shall be at either of the adjacent face-off spots unless in the opinion of the Referee, the stoppage was caused by the attacking team, in which case the resulting face-off shall be conducted in the neutral zone or at the nearest face-off spot in the zone from which the puck was shot, whichever gives the offending team the least amount of territorial advantage, unless otherwise covered in these rules.

When the puck hits the goal post or crossbar and goes out of play, regardless which team shot the puck, the ensuing face-off shall take place at one of the end zone face-off spots in the zone where the puck went out of play. If, however, the attacking team shoots the puck into the zone and a delayed off-side is indicated, or if the attacking team contacts the puck with a high-stick or bats the puck with a glove and it then deflects off the goal post or crossbar and goes out of play, the ensuing face-off shall be in the neutral zone outside the offending team's attacking zone.

- 73.6 **Minor Penalty** – A minor penalty for delay of game shall be imposed on a goalkeeper who deliberately drops the puck on the goal netting to cause a stoppage of play.
- 73.7 **Verification of Time** – Any loss of time on the game or penalty clocks due to the puck going out of play must be replaced. The Timekeeper may be consulted by the Referees to ensure time is accurately replaced.

### **Rule 74 – Start of Game and Periods**

- 74.1 **Start of Game and Periods** – The game shall be commenced immediately following the warm-up by a “face-off” in the center of the rink and shall be renewed promptly at the conclusion of each intermission in the same manner.
- 74.2 **Bench Minor Penalty** – A bench minor penalty shall be imposed on either or both teams if they are not on the ice or can be seen proceeding to the ice to start the pre-game warm-up.

At the start of the second, third and any overtime period, all players with the exception of the starting players must proceed directly to their respective players' benches. Skating, warm-ups or on-ice activities by non-starters will result in a bench minor penalty for delay of game to the offending team.







- 74.3 **Choice of Ends** – The home club shall start the game defending the goal nearest to its own bench. The teams shall change ends for each period of regulation time. Teams shall not change ends for any overtime period during playoffs. (See Rule **72** – Overtime)
- 74.4 **End of Periods** – At the end of each period, the players of both teams shall proceed directly to their players' bench. Any players who do not do so for arguing with officials or starting any altercation with the opposing team shall be assessed a minor penalty.
- 74.5 **Pre-Game Warm-Up** – During the pre-game warm-up (which shall not exceed three (3) minutes in duration) and before the commencement of play in any period, each team shall confine its activity to its own end of the rink. Refer to Rule **34** - Fighting.
- The Timekeeper shall be responsible for signaling the commencement and termination of the pre-game warm-up.
- 74.6 **Start of Game and Periods** – At the beginning of the game, each period and overtime period in playoffs (0:00 on the clock), clubs must be on the ice or be observed to be proceeding to the ice. Failure to comply with this regulation will result in a bench minor penalty for delay of game.

### Rule 75 – Time-Outs

- 75.1 **Time-Out** – Each team shall be permitted to take one thirty-second time-out during the course of any game, regular season or playoffs. All players including goalkeepers on the ice at the time of the time-out will be allowed to go to their respective benches. Penalized players will not be allowed to go to their players' bench during a time-out.

This time-out must be taken during a normal stoppage of play. Only one team time-out shall be permitted at any one stoppage of play.

Any player designated by the Captain will indicate to the Referee (prior to the drop of the puck) that his team is exercising its option and the Referee will report the time-out to the Timekeeper who shall be responsible for displaying the time-out on the clock as well as signaling the termination of the time-out.

No time-out shall be granted following a face-off violation.

When a penalty shot has been awarded to either team by the Referee, no time-out will be granted once instructions have been given to the player taking the shot and the goalkeeper defending the shot. No time-out will be granted during a shootout.

Either team may use a time-out for the purpose of warming up their goalkeeper.





**TABLE 1**  
**(Rule 9 – Minor Penalties)**  
**SUMMARY OF MINOR PENALTIES**

Description	Rule
(i) Abuse of Officials	Rule 26
(ii) Closing Hand on the Puck	Rule 55
(iii) Cross-Checking	Rule 47
(iv) Delay of Game	Rule 51
(v) Diving / Embellishment	Rule 52
(vi) Dropping Glove at any time (no fight)	Rule 34
(vii) Elbowing	Rule 33
(viii) High-Sticking	Rule 48
(ix) Holding	Rule 42
(x) Hooking	Rule 43
(xi) Illegal Equipment	Rule 4
(xii) Instigating (Fighting)	Rule 34
(xiii) Interference	Rule 44
(xiv) Interference on the Goalkeeper	Rule 57
(xv) Leaving Bench During Altercation (doesn't get involved)	Rule 58
(xvi) Not Clearing the Area During Altercation	Rule 34
(xvii) Playing with a Broken Stick	Rule 5
(xviii) Premature Substitution	Rule 59
(xix) Roughing	Rule 39
(xx) Second Face-Off Violation by Team	Rule 64
(xxi) Slashing (stick)	Rule 49
(xxii) Throwing Equipment	Rule 41
(xxiii) Tripping	Rule 45
(xxiv) Unsportsmanlike Conduct	Rule 63
(xxv) Using the Hand to Win a Face-Off	Rule 64





**TABLE 2**  
**(Rule 9 – Bench Minor Penalties)**  
**SUMMARY OF BENCH MINOR PENALTIES**

Description	Rule
(i) Abuse of Officials	Rule 26
(ii) Delay of Game	Rule 51
(iii) Illegal Substitution	Rule 56
(iv) Interference	Rule 44
(v) Refusing to Start Play	Rule 61
(vi) Throwing Equipment	Rule 41
(vii) Too many players on the Ice	Rule 62
(viii) Unsportsmanlike Conduct	Rule 63

**TABLE 3**  
**(Rule 10 – Double-Minor Penalties)**  
**SUMMARY OF DOUBLE-MINOR PENALTIES**

Description	Rule
(i) Butt-ending (attempt)	Rule 46
(ii) Checking	Rule 30
(iii) Checking from Behind	Rule 31
(iv) Clipping (attempt)	Rule 32
(v) Head-Butting (attempt)	Rule 35
(vi) High-Stick (blood)	Rule 48
(vii) Illegal Check to the Head	Rule 36
(viii) Kneeing	Rule 38
(ix) Roughing	Rule 39
(x) Slashing (body)	Rule 49
(xi) Slew-Foot (attempt)	Rule 40
(xii) Spearing (attempt)	Rule 50





**TABLE 4**  
**(Rule 11 – Major Penalties)**  
**SUMMARY OF MAJOR PENALTIES**

Description	Rule
(i) Boarding	Rule 28
(ii) Charging	Rule 29
(iii) Checking	Rule 30
(iv) Cross-Checking	Rule 47
(v) Elbowing	Rule 33
(vi) Illegal Check to the Head	Rule 36
(vii) Interference	Rule 44
(viii) Interference on the Goalkeeper	Rule 57
(ix) Kneeing	Rule 38
(x) Slashing	Rule 49
(xi) Tripping	Rule 45

**TABLE 5**  
**(Rule 12 – Misconduct Penalties)**  
**SUMMARY OF MISCONDUCT PENALTIES**

Description	Rule
(i) Abuse of Officials	Rule 26
(ii) Illegal Equipment	Rule 4
(iii) Throwing Equipment	Rule 41
(iv) Unsportsmanlike Conduct	Rule 63

**TABLE 6**  
**(Rule 11 – Major Penalties)**  
**SUMMARY OF MAJOR PENALTIES THAT RESULT IN AN AUTOMATIC GAME MISCONDUCT PENALTIES**

Description	Rule
(i) Butt-Ending	Rule 46
(ii) Checking from Behind	Rule 31
(iii) Clipping	Rule 32
(iv) Grabbing the Facemask	Rule 42
(v) Spearing	Rule 50





**TABLE 7**  
**(Rule 11 – Major Penalties)**  
**SUMMARY OF MAJOR PENALTIES THAT RESULT IN A GAME MISCONDUCT**  
**ONLY REFEREE DEEMED PLAY RECKLESSLY ENDANGERING**

Description	Rule
(i) Boarding	Rule 28
(ii) Charging	Rule 29
(iii) Checking	Rule 30
(iv) Cross-Checking	Rule 47
(v) Elbowing	Rule 33
(vi) Hooking	Rule 43
(vii) Illegal Check to the Head	Rule 36
(viii) Interference	Rule 44
(ix) Interference on the Goalkeeper	Rule 57
(x) Kneeing	Rule 38
(xi) Slashing	Rule 49
(xii) Tripping	Rule 45

**TABLE 8**  
**(Rule 13 – Game Misconduct Penalties)**  
**SUMMARY OF GAME MISCONDUCT PENALTIES**

Description	Rule
(i) Abuse of Officials	Rule 26
(ii) Illegal Equipment	Rule 4
(iii) Third-Man In (Fighting)	Rule 34
(iv) Throwing Equipment	Rule 41
(v) Unsportsmanlike Conduct	Rule 63





**TABLE 9**  
**(Rule 14 – Match Penalties)**  
**SUMMARY OF MATCH PENALTIES**

Description	Rule
(i) Aggressor (Fighting)	Rule 34
(ii) Attempt to Injure	Rule 63
(iii) Boarding	Rule 28
(iv) Butt-Ending	Rule 46
(v) Charging	Rule 29
(vi) Checking	Rule 30
(vii) Checking from Behind	Rule 31
(viii) Clipping	Rule 32
(ix) Cross-Checking	Rule 47
(x) Elbowing	Rule 33
(xi) Fighting	Rule 34
(xii) Grabbing the Facemask (attempt to injure)	Rule 42
(xiii) Head-Butting	Rule 35
(xiv) High-Sticking	Rule 48
(xv) Illegal Check to the Head	Rule 36
(xvi) Interference on the Goalkeeper	Rule 57
(xvii) Kicking	Rule 37
(xviii) Kneeing	Rule 38
(xix) Leaving the Bench during an Altercation (join altercation)	Rule 58
(xx) Physical Abuse of Officials	Rule 27
(xxi) Refusing to Start Play	Rule 61
(xxii) Removing Helmet during Altercation	Rule 34
(xxiii) Removing Opponent's Helmet During Altercation	Rule 34
(xxiv) Roughing	Rule 39
(xxv) Slashing	Rule 49
(xxvi) Slew-Foot	Rule 40
(xxvii) Spearing	Rule 50
(xxviii) Taped Hands during Altercation	Rule 34
(xxix) Throwing Equipment	Rule 41
(xxx) Unsportsmanlike Conduct	Rule 63





**TABLE 10**  
**(Rule 15 – Penalty Shot)**  
**SUMMARY OF PENALTY SHOTS**

Description	Rule
(i) Covering the Puck in the Crease (player)	Rule 55
(ii) Delay of Game	Rule 51
(iii) Holding	Rule 42
(iv) Hooking	Rule 43
(v) Illegal Substitution	Rule 56
(vi) Interference	Rule 44
(vii) Slashing	Rule 49
(viii) Throwing Equipment	Rule 41
(ix) Too many players on the Ice (last 1:30 or 3 <sup>rd</sup> Period or Overtime)	Rule 62
(x) Tripping	Rule 45

**TABLE 11**  
**(Rule 16 – Awarded Goals)**  
**SUMMARY OF AWARDED GOALS**  
**(WHEN GOALKEEPER HAS BEEN REMOVED FOR AN EXTRA ATTACKER)**

Description	Rule
(i) Covering the Puck in the Crease (player)	Rule 55
(ii) Delay of Game	Rule 51
(iii) Holding	Rule 42
(iv) Hooking	Rule 43
(v) Illegal Substitution	Rule 56
(vi) Interference	Rule 44
(vii) Slashing	Rule 49
(viii) Throwing Equipment	Rule 41
(ix) Tripping	Rule 45





**TABLE 12**  
**(Rule 18 – Goalkeeper’s Penalties)**  
**SUMMARY OF GOALKEEPER PENALTIES**

Description	Rule
(i) Illegal Stick	Rule 5
(ii) Leaving Crease during an Altercation	Rule 18
(iii) Participates in Play Beyond the Center Red Line	Rule 18
(iv) Proceeds to players’ bench to replace stick	Rule 5
(v) Deliberately shoots or bats puck out of play	Rule 51
(vi) Deliberately falls on puck inside or outside the goal crease	Rule 51
(vii) Deliberately drops the puck in his pads or on the goal net	Rule 55
(viii) Piling snow or other obstacles	Rule 55
(ix) Throwing the puck toward opponent’s goal	Rule 55
(x) Using blocking glove to punch an opponent in the head or face	Rule 39







**TABLE 13**  
**SUMMARY OF PENALTY OPTIONS**

Infraction	Options
Abuse of Officials	Minor, Misconduct, Game Misconduct
Attempt to Injure	Match
Boarding	Major, Major + Game Misconduct, Match
Butt-Ending	Double-Minor, Major + Game Misconduct, Match
Charging	Major, Major + Game Misconduct, Match
Checking	Double-Minor, Major, Major + Game Misconduct, Match
Checking from Behind	Double-Minor, Major + Game Misconduct, Match
Clipping	Double-Minor, Major + Game Misconduct, Match
Closing Hand on the Puck	Minor, PS, AG
Cross-Checking	Minor, Major, Major + Game Misconduct, Match
Delay of Game	Minor, PS, AG
Diving/Embellishment	Minor
Elbowing	Minor, Major, Major + Game Misconduct, Match
Fighting	Match
Head-Butting	Double-Minor, Match
High-Sticking	Minor, Double-Minor, Match
Holding	Minor, Major + Game Misconduct, Match, PS, AG
Hooking	Minor, Major + Game Misconduct, PS, AG
Illegal Check to the Head	Double-Minor, Major, Major + Game Misconduct, Match
Interference	Minor, Major, Major + Game Misconduct, PS, AG
Interference on the Goalkeeper	Minor, Major, Major + Game Misconduct, Match
Kicking	Match
Kneeing	Double-Minor, Major, Major + Game Misconduct, Match
Physical Abuse of Officials	Match
Playing with a Broken Stick	Minor
Roughing	Minor, Double-Minor, Match
Slashing	Minor (stick), Double-Minor (body), Major, Major + Game Misconduct, Match, PS, AG
Slew-Foot	Double-Minor, Major + Game Misconduct, Match
Spearing	Double-Minor, Major + Game Misconduct, Match
Throwing Equipment	Minor, Misconduct, Game Misconduct, Match, SP, AG
Too many players on the Ice	Minor, PS
Tripping	Minor, Major, Major + Game Misconduct, PS, AG
Unsportsmanlike Conduct	Minor, Misconduct, Game Misconduct, Match





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