

## **TORONTO NON-CONTACT HOCKEY LEAGUE RULES AND PROCEDURES**

### **SECTION 1: CODE OF CONDUCT**

TNC Hockey has established a Code of Conduct for players, parents, coaches/officials and referees. The Code of Conduct sets out expectations for behaviour and describes the values of the League.

#### **Code of Conduct Violations**

Any coach, player, parent or other person may raise concerns with the Discipline Committee regarding behaviours or situations that they feel violate the league's Code of Conduct. Any allegation of criminal misconduct or abuse must be immediately referred to the police.

The Board will appoint a Discipline Committee involving at least two people, one of whom must be a Board member. Committee members should have no involvement in the specific incident. The Committee will be tasked to review the incident and make a decision.

#### Process:

1. All complaints about any player, parent or coach must be made in writing to the Discipline Committee (the committee) at [discipline@tnchl.com](mailto:discipline@tnchl.com).
2. Verbal complaints will not be considered.
3. Anonymous complaints will not be considered.
4. One member of the committee will be responsible for checking it daily.
5. Typically, the committee will respond to complainants within 24 hours of receiving the email.
6. The complaint will be forwarded to the person complained about (the subject) so s/he knows what the allegation is and can make representations.
7. The subject's representations must be in writing.
8. Once the subject's representations have been received, the committee will consider whether any further investigation is required, whether the complaint should be closed, or whether a penalty can be decided upon and imposed.

9. Once a penalty has been decided upon it will be communicated to the subject (and his parents if the subject is a player) the complainant, the player's coach and the TNCHL board in writing.
10. The committee will maintain an electronic record of the complaint which will be forwarded to the administrator for archiving.
11. In the interests of expediency, any complaint can be considered by a quorum of two committee members.
12. The administrator will track ejections from games so that any player who receives three ejections in the season will be expelled from the league as per the rules.
13. The committee will not consider appeals from penalties called by the referees.
14. If a subject wishes to appeal the decision of the committee, the President of the Board will be informed and he will strike an appeal committee. The penalty imposed by the Discipline Committee remains in place until the appeal committee has disposed of the appeal.

### **Concerns Regarding Referees**

Any concerns regarding referees should be raised in writing to the league administrator (tnc.admin@tnchl.com) the following day - the Board will assess and discuss with the head referee to determine appropriate actions.

No team official, player or employee of any club may enter into any inappropriate discussion with any Referee during or after a game. No person, except an approved League official, shall be allowed to enter the Official's dressing room. Any infraction of this rule shall be reported by the Referee to the League for further action.

## **SECTION 2: THE GAME**

### **Player Selection and Eligibility**

- (a) Players are selected through try-outs, normally conducted in the spring of each year or through other specific evaluations. The League will place players on teams, seeking to ensure competitive balance while respecting personal considerations to the extent possible (such as requests for joint placement for travel purposes).
- (b) All players must be properly registered with TNC Hockey and have signed a waiver prior to playing in a game or practice.
- (c) Teams may pick-up players for specific games from the division below. Suspended players may not participate as a pick-up player. Added players should be noted on the game sheet.
- (d) Non-League players may only be added on a temporary basis with prior Board approval of a request with a supporting rationale and a signed waiver on file.

- (e) No players may be added to a team roster on a permanent basis unless specifically authorized by the Board. Players added after January 30 are not eligible for playoffs without specific league approval.

### **Game Times – Regular Season**

- (a) All regular season League games shall consist of three periods of ten, twelve, twelve (10-12-12) OR fifteen, fifteen, fifteen (15-15-15) minutes.
- (b) Prior to the third period, if there is concern about having sufficient time to complete the game, the time may be shortened at the discretion of the referee.
- (c) Games will be stop time unless a 5 goal lead is established in the third period, at which point it will be run time. Stop time will resume if the goal differential is reduced to three goals.
- (d) No time outs are allowed in regular season games. Coaches may have a brief discussion with players between periods.

### **Shoot-Outs – Regular Season**

- (a) A tie game will be settled by a shoot-out, time permitting, in the 90 minute games. Where time permits there will be individual turns but where time is short, simultaneous shoot-outs will be used (players for both teams will shoot at the same time).
- (b) Each team will choose 3 shooters to stand in front of the bench until it is their turn. Players serving a penalty at the end of the game are not eligible for the shoot-out. Players should return to the bench after shooting. The team with the most goals after three shots will be the winner. If the game is still tied after 3 shots, an additional shot will take place by each team until a winner is established. No player may shoot twice until every eligible player (excluding the goalie) has taken one shot.

### **Game Sheets**

- (a) The Game Sheet is a legal document for insurance purposes. It is important that the game sheets be completed correctly, legibly and accurately and forwarded to the League Administrator as quickly as possible.
- (b) The home team should have the game sheet completed and give it to the visiting coach at least fifteen minutes prior to the scheduled game time. The timekeeper should ensure that referees are identified on the game sheet.
- (c) With the exception of goalie, player positions are not necessary.
- (d) Game sheets must be signed by referees. Each coach keeps a copy and the timekeeper submits a copy to the league administrator (fax/email within 24 hours).

### **Standings**

- (a) The League will maintain and post game results and standings for all teams. Teams will receive two (2) points for a win and one (1) for a tie or a shootout loss.
- (b) Any concerns about the accuracy of the standings or the results posted must be raised with the League. Only the League has authority to change the posted results.

### **Tie-Breakers – Regular Season**

If teams are tied at the end of the Regular Season the following criteria will be followed:

- i. Record against other tied team (only if 2 teams tied)
- ii. Goals scored minus goals against all divisional opponents
- iii. Fewest goals allowed against all divisional opponents
- iv. Flip of coin by a Board member.

### **Change of Players**

- (a) When play is in progress, not more than six players (including a goaltender) are permitted on the ice at any one time.
- (b) Players may be changed at any time from the players' bench, provided that the player or players leaving the ice shall be at the players' bench [within 3.05m (10 ft.)] and out of play before any change is made.
- (c) A player on the penalty bench who is to be changed after his/her penalty has been served must proceed by way of the ice and be at the players' bench before any change can be made.
- (d) A team shall be required to place the correct number of players on the ice when requested by the Referee. The Visiting Team must be the first to place any playing lineup on the ice to commence play at all times. Each team is allowed only one change of player(s) during a stoppage of play
- (e) A Bench Minor penalty shall be assessed for a violation of any section of this rule. The penalty shall be served by a player committing the infraction.
- (f) If, in the last two minutes of regular playing time, or any time in overtime, a Bench Minor penalty is imposed for a deliberate illegal substitution, a Penalty Shot shall be awarded against the offending team. The Bench Minor shall not be served.
- (g) If in the course of making a substitution, either the player entering the game or the player leaving the game intentionally plays the puck with his/her stick, skates or hands or intentionally checks or makes any physical contact with an opposing player while the player respectively leaving or entering the game is actually on the ice, then the infraction of "too many players on the ice" shall be called.
- (h) If in the course of substituting, either the player entering the play or the player retiring is struck by the puck accidentally, the play should not be stopped and no penalty shall be called.
- (i) When a goaltender leaves his/her goal area, and proceeds to the player's bench for the purpose of substituting another player, he/she must be within 3.05 m (10 ft) of the bench before the substitute may enter the game. If the substitute is made prematurely, the official shall stop the play when the offending team gains possession and control of the puck. The resulting face-off shall take place where the stoppage occurred, unless otherwise stated in the rules. There shall be no time penalty to the making the premature substitution.
- (j) For player changes during stoppages in play, the Referee shall begin the line change procedure as soon as it is safe to do so for the ensuing face-off and then allow a five-second period during which the Visiting Team may make a player change. After this five-second period has elapsed, the Referee will raise an arm to indicate that the Visiting Team may no longer change any player(s). With the arm still up, the Referee

will allow a five-second period during which the Home Team may make a player change. After this five-second period has elapsed, the Referee will drop the arm to indicate that the Home Team may no longer change any player(s).

- (k) Where a team attempts to make a player change after their allotted period of time, the Referee shall send the player(s) back to their bench. Any subsequent infraction to this procedure at any time during the course of the game shall incur a Bench Minor penalty.

### **Injured Players**

- (a) When a player, other than a goaltender, is injured or compelled to leave the ice during a game, he must be replaced by a substitute, and play must continue without the teams leaving the ice.
- (b) If a goaltender goes to the players' bench due to an injury, he shall retire from the ice and his place shall be taken by an alternate goaltender and no warm-up will be permitted. However, this will only apply where an alternate goaltender is dressed. In cases where an alternate goaltender is not dressed, the injured goaltender will be allowed time to recuperate. If a replacement is necessary for the injured goaltender, an additional time shall be allowed. The injured goaltender must remain out of the game until the next stoppage of play. For a violation of this rule, a minor penalty for Delay of Game shall be assessed.
- (c) Goaltender replacement shall be subject to the rules governing goaltenders and be allowed the goaltender's full equipment.
- (d) When a goaltender is injured, players may be permitted to leave the ice at the discretion of the Referee, but must be ready to resume play immediately, on notice by the Referee.
- (e) A penalized player who has to serve a time penalty and who has been injured may proceed to the dressing room, provided he is replaced on the penalty bench by a substitute who was on the ice at the time of the infraction. A penalized player who does not have to serve a time penalty and who has been injured may proceed to the dressing room without having to be replaced by a substitute on the penalty bench. For a violation of this rule, a Bench Minor penalty for "Ineligible Player" shall be assessed.
- (f) If an injured penalized player returns to the players' bench before his penalty has expired, he shall take his place in the penalty bench or replace the player substituting for him on the penalty bench during the first stoppage of play. If he takes part in the play before his penalty has expired, he shall be assessed an additional Minor penalty for "Ineligible Player".
- (g) When a player is injured so that he cannot continue play or go to his bench, the play shall not be stopped until the injured player's team has secured possession and control of the puck. If the injured player's team is in possession of the puck at the time of the injury, the play shall be stopped immediately unless his team is in scoring position, at which time the Referee shall allow the play to be completed.
- (h) Where there is suspicion that a player has sustained a serious injury, the Referee will stop the play immediately.
- (i) Where play has been stopped due to an injured player, excluding the goaltender, the injured player shall leave the ice and may not return to the ice until the play has

resumed. If the player refuses to leave the ice, a Delay of Game penalty shall be assessed.

### **Protective Equipment**

- (a) While on the ice, including pre-game warmups, all players, including goaltenders, shall wear a CSA approved hockey helmet, to which a CSA approved facial protector must be securely attached and not altered in any way. The chin straps of the helmet shall be securely fastened under the chin. The straps of the facial protector, when designed to allow such straps, shall also be securely fastened to the hockey helmet.
- (b) Goaltenders in all divisions of hockey shall be required to wear a CSA approved hockey helmet to which a CSA approved facial protector has been securely attached and not altered in any way.
- (c) All players while on the players' and/or penalty bench must wear their approved helmet and facial protector securely attached. Any goaltender on the bench, as a minimum, is required to properly wear the same protective head equipment as the players. For a violation of this section of the rule, a warning shall be issued to the team. The second and subsequent violations by the same team will result in a Minor penalty being assessed against the offending team.
- (d) Should the helmet of a player come off while play is in progress, such player shall replace the helmet (properly fastened) or shall proceed to the players' bench for a substitution. If such a player participates in the play in any manner without his helmet, the play must be stopped immediately and the player assessed a Minor penalty. The penalty shall be assessed for participating in the play without the proper protective equipment and recorded on the Official Game Report as "ineligible player".
- (e) When a goaltender loses his helmet and/or facial protector, play shall be stopped immediately. Any such deliberate action by the goaltender shall result in a Minor penalty for "Delay of Game". If this deliberate action (by a player or goaltender) occurs when an opponent is on a breakaway in the neutral or attacking zone, or occurs during the last two minutes of regular playing time, or any time in overtime, a Penalty Shot shall be awarded to the non-offending team. If a player deliberately removes his helmet to fight or to challenge an opponent to fight he will be assessed a Gross Misconduct penalty.
- (f) The wearing of an approved throat protector is compulsory for all players. If a Referee discovers that a player is on the ice and is not wearing a throat protector, a Minor penalty is to be assessed to that player. When a player wears his neck protector improperly, he shall be assessed a Misconduct penalty.

### **Dangerous Equipment**

- (a) The use of pads, protectors or sticks likely to cause injury to a player are prohibited.
- (b) The Referee has the authority to prohibit a player from participating in the game while using or wearing any equipment that he/she considers dangerous to a player or game official.

### **SECTION 3: PENALTIES**

- (a) Penalties shall be in actual playing time, and are divided into the following classes:
  1. Minor Penalties
  2. Bench Minor Penalties
  3. Major Penalties
  4. Misconduct Penalties
  5. Game Ejection
  6. Game Misconduct Penalties
  7. Gross Misconduct Penalties
  8. Match Penalties
  9. Penalty Shot
- (b) Any player or team official may be assessed penalties at any time before, during, or after a game, when an offense is committed on the ice or off the ice before entering the dressing rooms. Any altercations occurring off the ice must be reported on the official game report by the referee. A player who is assessed any penalty in the pre-game warm-up shall automatically have his/her name placed on the Official Game Report and be counted as one of the eligible players.
- (c) Where the rules state that the Manager or Coach shall designate a player to serve a penalty and the Manager or Coach refuses to name a player, the Referee shall name any player of the offending team to serve the penalty.
- (d) Where penalties are assessed to players of both teams at the same time, the penalized players of the Visiting Team shall take their position in the penalty bench first, in the place designated for the visiting players. Where there is no special designation they must take a position on the bench furthest from the gate.
- (e) The Board may review and at its discretion alter the duration of game suspensions.

#### **Minor Penalties**

- (a) For a Minor penalty, any player, except a goaltender, shall be ruled off the ice for two minutes actual playing time, during which time no substitutes shall be permitted.
- (b) If, while a team is short-handed because of one or more Minor or Bench Minor penalties, the opposing team scores a goal, the first of such penalties shall automatically terminate.
- (c) Coincident Minor penalties to both teams do not cause either team to be short-handed. When a goal is scored on a Penalty Shot against a team that is short-handed by reason of a Minor or Bench Minor penalty, no player of the short-handed team shall return to the ice with the scoring of the goal.
- (d) When a player is assessed both a Minor and Major penalty at the same time, the Major penalty shall be served first. The same principle will apply when a player is assessed both a Minor and Match penalty at the same time. The five-minute time penalty which accompanies the Match penalty is to be served first.
- (f) If a goal is scored against a team that is short-handed because of one or more Minor penalties, the player serving the first Minor penalty shall return to the ice. In the case of a player who has received a double Minor penalty, his first Minor penalty shall be terminated.

- (g) When coincident Minor or coincident Minors of equal duration are imposed against players on each team during the same stoppage of play, immediate substitutions shall be made for those penalties, and such penalties shall not be taken into account for the purpose of the delayed penalty. Any differences in time or total penalty time shall be served by one or more players on the ice at the time of the infraction. Unless they have been ejected from the game, such penalized players shall take their place on the penalty bench and remain there until the first stoppage of play following the expiry of their respective penalties.
- (h) Where at least one Major and/or Match penalty is assessed to each team during the same stoppage of play, the coincident Major/Match penalty rule shall take precedent over the coincident Minor penalty rule.
- (i) Any player incurring a total of three penalties during the same game shall be ejected from the game.

### **Game Ejections and Repeat Offences**

- a) Any player ejected from 3 games based on the three-penalty rule, (Minor Penalties (i)) or other infractions, will be subject to an additional automatic one-game suspension.
- b) Any player ejected from 4 games based on the three-penalty rule, (Minor Penalties (i)) or other infractions, will be subject to an additional automatic two-game suspension.
- c) Any player ejected from 5 games based on the three-penalty rule (Minor Penalties (i)) or other infractions, will be suspended from play indefinitely subject to Board review.

### **Bench Minor Penalties**

- (a) A Bench Minor penalty requires the team against which the penalty is assessed to play a man short for a period of two minutes of actual playing time.
- (b) Whenever a Bench Minor penalty is to be assessed according to the rules, if the player guilty of the actual infraction is identified by the Referee, that player shall serve the penalty except when such identified player is already on the penalty bench serving a penalty. However, if the player is not identified, then the Coach of the penalized team shall designate any player of his/her team on the ice at the time of the infraction to serve the penalty.

### **Major Penalties**

- (a) Any player, goaltender or Team Official incurring a Major penalty shall be assessed a Game Misconduct penalty, shall be ordered to the dressing room for the remainder of the game, and shall be reported for further action. The Coach of the penalized team shall designate any player of his/her team on the ice at the time of the infraction to serve the penalty.
- (b) When coincident Major and/or Match penalties or coincident penalties of equal duration including a Major or a Match are imposed against players on each team during the same stoppage of play, immediate substitutions shall be made for those penalties, and such penalties shall not be taken into account for the purpose of the delayed penalty.

In the case where the penalized players remain in the game, they shall take their place on the penalty bench and shall not leave until the first stoppage of play following the expiry of their respective penalties.

- (c) When the coincident Major/Match penalty rule is applied and there is a differential in the total time penalties, those penalties causing the differential shall be served first in the normal manner and shall be taken into account for the purpose of applying Minor penalties and Delayed penalties. Any time difference or differential in the total time penalties must be served by a player (or players) on the ice at the time of the infraction.
- (d) The Referee in charge shall report any player who incurs a second Major penalty within ten minutes of the game's conclusion.

### **Misconduct Penalties**

- (a) A player, except a goaltender, incurring a Misconduct penalty, shall be ruled off the ice for a period of ten minutes actual playing time. A substitute for the penalized player shall be permitted immediately. A player serving a Misconduct penalty shall remain on the penalty bench until the first stoppage of play following the expiry of his/her penalty.

When a player is assessed a Minor and a Misconduct penalty or a Major and a Misconduct penalty at the same time, the penalized team shall immediately place a substitute player on the bench to serve the Minor or Major penalty. The Misconduct penalty will commence on the termination of the Minor or Major penalty.

- (b) The Referee in charge shall report any player who is assessed a Misconduct penalty within ten minutes of the conclusion of the game.
- (c) Any player who is assessed a second Misconduct penalty in the same game shall automatically be assessed a Game Misconduct penalty.

### **Game Ejection/Game Misconduct Penalties**

- (a) A player incurring a Game Ejection penalty shall be ordered to the dressing room for the remainder of the game.
- (b) A player or team official incurring a Game Misconduct penalty shall be ordered to the dressing room for the remainder of the game and shall be reported for further action. A substitute for the penalized player shall be permitted immediately.
- (c) Any player or team official who is assessed a Game Misconduct penalty in the last period of regular time, or any time in overtime, or at the conclusion of the game and prior to the player or team official entering his dressing room, shall automatically be suspended for a minimum of the next regular league/play-off game. A total of ten minutes shall be charged in the records against the penalized player for a Game Misconduct.

### **Gross Misconduct Penalties**

- (a) Any player or team official incurring a Gross Misconduct penalty shall be ordered to the dressing room for the remainder of the game and shall be reported for further action. A substitute for the penalized player shall be permitted immediately.
- (b) Gross Misconduct penalties shall be assessed where a person conducts him/herself in such a manner as to make a travesty of the game.
- (c) Any player or team official who is assessed a Gross Misconduct penalty in the last period of regular time, or any time in overtime, or at the conclusion of the game and prior to the player or team official entering his dressing room, shall automatically be suspended for a minimum of the next regular league/play-off game. A total of ten minutes shall be charged in the records against the penalized player for a Gross Misconduct.

### **Match Penalties**

- (a) Any player or team official incurring a Match penalty shall be ordered to the dressing room immediately, for the balance of the game, and will not be permitted to take part in any further games until his/her case has been dealt with by the League.
- (b) In every instance where a Match penalty has been assessed, the offending player's team shall be required to send a player to the penalty box for five minutes. The player who serves the five minutes must have been on the ice at the time of the infraction. Where an offending player has been assessed penalties in addition to the Match penalty, those penalties will be served by the same player who serves the five minute penalty. This section would not apply in the case of the coincident Major or Match penalty rule.

Note: Referees are required to report all Match penalties and the surrounding circumstances to the League immediately following the game involved. THIS IS IMPORTANT.

### **Penalty Shot**

- (a) Any infraction of the rules which calls for a Penalty Shot shall result in the following:
- (b) The Referee shall identify the player designated by him/her or selected by the team entitled to take the shot (as appropriate), and shall then place the puck on the centre face-off spot and the player taking the shot will, on instruction of the Referee, play the puck from there and shall attempt to score on the goaltender. The puck must be kept in motion towards the opponents' goal line and once it is shot the play is to be considered complete. No goal can be scored on a rebound of any kind and any time the puck crosses the goal line, the shot shall be considered complete.
- (c) The goaltender must remain in his/her goal crease until the designated player touches the puck at centre ice, and in the event of a violation of this rule, the player designated or selected to take the shot shall be entitled to take the shot over again.

The goaltender may attempt to stop the shot in any manner except by throwing his/her stick or any other object, or deliberately dislodging the goal, in which case a Goal shall be awarded.

Note 1: No player other than the goaltender is permitted to tend goal during a Penalty Shot.

- (d) In cases where a Penalty Shot has been awarded under the following rules:
- Protective Equipment (deliberate removal of helmet or facial protector during a breakaway)
  - Delay of Game (Goaltender deliberately dislodging the goal during a breakaway)
  - Throwing Stick (at puck or puck carrier)
  - Tripping (fouling from behind), and
  - Leaving the Players or Penalty Bench (ineligible player),

the Referee shall designate the player who has been fouled as the player who shall take the Penalty Shot.

- (e) If by reason of injury, the player designated by the Referee to take the Penalty Shot is unable to do so or again if the player fouled is not identifiable, the Penalty Shot shall then be taken by a player who was on the ice at the time of the infraction, and is selected by the Coach of the non-offending team and his/her selection reported to the Referee.
- (f) In cases where a Penalty Shot has been awarded under the following rules:
- Delay of Game
  - Falling on the Puck (in the goal crease) and,
  - Handling the Puck (in the goal crease),
- the Penalty Shot may be taken by a player selected by the Coach of the non-offending team and his/her selection reported to the Referee. This player must be on the ice at the time of the infraction.
- (g) Should the player in respect to whom a Penalty Shot has been awarded, him/herself commit a foul in connection with the same play or circumstances after the Penalty Shot has been awarded, he/she shall first be permitted to take the Shot before being sent to the penalty bench to serve the penalty, provided the penalty assessed was not a Game Ejection, Game Misconduct, Gross Misconduct or Match penalty.
- (h) If at the time a Penalty Shot is awarded, the goaltender of the penalized team has been removed from the ice to substitute another player, the goaltender shall be allowed to return to the ice before the Penalty Shot is taken.
- (i) While the Penalty Shot is being taken, players of both sides shall withdraw to the sides of the rink and beyond the centre red line.
- (j) If, while the Penalty Shot is being taken, any player of the opposing team shall have by some action interfered with or distracted the player taking the Penalty Shot, and because of such action the shot should have failed, a second attempt shall be permitted and the Referee shall assess a Misconduct penalty to the player. If the interference is from a team official, a Game Misconduct penalty shall be assessed.
- (k) If a goal is scored from the Penalty Shot, the puck shall be faced-off at centre ice in the usual way. If the goal is not scored, the puck shall be faced-off at either end zone face-off spot in which the Penalty Shot was attempted.
- (l) Should a goal be scored from a Penalty Shot, a further penalty to the offending player shall not be applied unless the offense for which the Penalty Shot was awarded was such as to incur a Major or Match penalty, in which case the penalty prescribed for the particular offense shall be assessed. If the offense for which the Penalty Shot was awarded was such as would normally incur a Minor penalty, then regardless of

whether the Penalty Shot results in a goal or not, no further Minor penalty shall be served.

- (m) A measurement of the stick of the player designated to take the Penalty Shot may be requested before the shot is taken, as if it were a normal play. Should the stick prove illegal, the offending team shall be denied the Penalty Shot and no further penalty shall be imposed. Should the measurement prove the stick to be legal, the Penalty Shot shall be taken in the normal manner and the penalty for an “unsustained request for a measurement” shall be assessed whether the Penalty Shot is successful or not.
- (n) If the foul upon which the Penalty Shot is based occurs during actual playing time, the Penalty Shot shall be awarded and taken immediately in the usual manner notwithstanding any delay occasioned by a slow whistle by the Referee to permit the play to be completed, which delay results in the expiry of the regular playing time in any period.
- (o) The time required for the taking of a Penalty Shot shall not be included in the regular playing time or any overtime.

### **Awarded Goals**

- (a) A “Goal” will be awarded to the attacking team when the opposing team has taken their goaltender off the ice and an attacking player has possession and control of the puck on a breakaway in the neutral or attacking zone without a defending player between himself and the opposing goal and:
  - (1) he is interfered with by an opposing player who has illegally entered the game or,
  - (2) a stick or any other object is thrown by a player on the defending team or,
  - (3) the puck carrier is fouled from behind and prevented from having a clear shot on the open goal or,
  - (4) any member of the defending team including the team officials, whether on the players’ bench or penalty bench, interferes by means of his body, stick or any other object with the puck or the puck carrier.
- (b) A Goal will be awarded to the attacking team when the opposing team has taken their goaltender off the ice and when a shot has been taken (control no longer applies) and a defending player picks up the puck with his hand from the goal crease or **intentionally** falls on or covers the puck in the crease with his hand, thereby preventing an obvious and imminent goal.
- (c) A Goal will be awarded when the goaltender is removed from the ice and he, or any teammate, has deliberately piled snow or any other obstacle at or near his net, or has deliberately dislodged the net from its moorings, when any such action has prevented a goal from being scored.

### **Goaltender Penalties**

- (a) No goaltender shall be sent to the penalty bench for an infraction which incurs a Minor, Major or Misconduct penalty. Instead, such a penalty shall be served by any player of his/her team who was on the ice at the time of the infraction. Such player shall be designated by the Coach of the penalized team.
- (b) An alternate goaltender may replace a regular goaltender who has been ejected from the game or has been assessed a Game Misconduct, Gross Misconduct or a Match penalty. In the event there is no alternate goaltender recorded on the playing line-up,

the regular goaltender's place may be taken by any player on the Game Report designated by the Coach of the penalized team. Such substitute will be allowed reasonable time to put on the full goaltender's equipment.

- (c) When a goaltender leaves his/her goal crease during a fight, he/she shall be assessed a Minor penalty, plus any other penalties he/she incurs.
- (d) When a goaltender leaves his/her goal crease to join in a fight, act as a peacemaker, or take part in another fight, during the same stoppage of play, he/she shall receive a Game Misconduct penalty, plus any other penalties he/she incurs.
- (e) If a goaltender intentionally participates in the play in any manner when she is beyond the centre red line, he/she shall be assessed a Minor penalty.
- (f) A Minor penalty shall be assessed a goaltender who, after catching the puck, drop kicks the puck. If injury results, a Major penalty and a Game Misconduct penalty shall be assessed.

### **Delayed Penalties**

- (a) If a third player of any team shall be penalized while two players of the same team are serving penalties, the penalty time of the third player shall not commence until the penalty time of one of the two penalized players has elapsed. Nevertheless, the third player penalized must at once proceed to the penalty bench, but shall be replaced on the ice by a substitute until such time as the penalty time of the penalized player shall commence.
- (b) When a team has three players serving penalties at the same time and while due to the delayed penalty rule a substitute for the third player is on the ice, none of the three penalized players on the penalty bench may return to the ice until play has been stopped. When the play has been stopped, the player whose full penalty has expired may return to the play.
- (c) When the penalties to the player or players have expired and the penalized team is entitled to more than four players on the ice, the Referee shall permit the penalized players to return to the ice in the order of the expiry of their penalties.
- (d) In cases where Minor penalties are assessed at the same time to more than one player from the same team, those penalties shall be served in order of occurrence.
- (e) When a Major penalty and a Minor penalty are assessed at the same time against two different players of the same team, the Timekeeper shall record the Minor as being the first penalty assessed.

### **Calling of Penalties**

- (a) If a player on the team in possession of the puck commits an infraction of the rules which would call for a Match, Major, Misconduct, Bench Minor or Minor penalty, the Referee shall blow his/her whistle immediately and give the penalty(ies) to the deserving player(s). The resulting face-off shall be where the play was stopped, unless the stoppage occurred in the offending player's attacking zone, in which case the face-off is brought out to the neutral zone.
- (b) If a player on the team not in possession of the puck commits an infraction of a rule which would call for a Match, Major, Misconduct, Bench Minor or Minor penalty, the Referee shall signal the penalty by extending his/her arm straight up. The Referee

shall blow his/her whistle and stop play immediately when the offending team gains possession and control of the puck.

- (c) The play is not considered completed until the offending team gains possession and control of the puck. The resulting face-off shall be where the play was stopped, unless during the period of the delayed penalty call against the side not in possession, the side in possession ices the puck, shoots the puck from its own zone so that it goes out of bounds or is unplayable, or commits an off-side pass over the centre red line, then the face-off following the stoppage of play shall take place at the face-off spot in the neutral zone nearest the defending blue line of the team shooting the puck. If the penalty to be assessed is a Minor penalty and a goal is scored on the play by the non-offending side, the Minor penalty shall not be assessed, but OTHER Minor, Bench Minor, Major, Match and Misconduct penalties shall be assessed in the normal manner, regardless of a goal being scored.
- (d) If after the Referee has signalled a penalty, but before the whistle has been blown, a member of the non-offending team shall put the puck in his/her own net in any manner through no contact by the offending team, the goal shall be allowed and the penalty signalled shall be assessed in the normal manner.
- (e) If the Referee signals a Minor or Bench Minor penalty(ies) against a team that is shorthanded by reason of one or more Minor or Bench Minor penalties, and a goal is scored by the non-offending side before the whistle is blown, the goal shall be allowed and the player who is serving the first Minor or Bench Minor penalty will return to the ice, while the signalled penalty(ies) shall be assessed and served in the normal manner.
- (f) If further infractions are committed by the same offending player, either before or after the Referee blows his/her whistle, that player shall serve the penalties consecutively.
- (g) The Referee has the right to stop play immediately in the case of a Match penalty. The resulting face-off will be where the play was stopped, unless the stoppage occurred in the offending player's attacking zone, in which case the face-off is brought out to the neutral zone.

## SECTION FOUR - PLAYING RULES

### **Harassment of Officials, Unsportsmanlike Conduct/Misconduct**

Team officials shall be responsible for their conduct and that of their players at all times. They must endeavor to prevent disorderly conduct before, during or after the game, on or off the ice and any place in the rink. The Referee may assess penalties to any team officials for failure to do so and shall report full details of the incident to the League.

- (a) A Minor penalty shall be assessed to any player or team official who challenges or disputes the rulings of any official during the game or who displays unsportsmanlike conduct. If a player or goaltender persists, she shall be assessed a Misconduct penalty and any further disputes will result in a Game Misconduct penalty being assessed to the offending player or goaltender. If a team official persists, she shall immediately be assessed a Game Misconduct penalty.

A Referee is not required to assess a Minor penalty under this rule before assessing the Misconduct or Game Misconduct, but may assess either of these penalties initially.

- (b) A Misconduct penalty shall be assessed on any player who:
- i. uses obscene, profane or abusive language or gestures to any person.
  - ii. persists in disputing or shows disrespect for the ruling of any official.
  - iii. intentionally knocks or shoots the puck out of reach of an official who is retrieving it.
- (c) A player who, after receiving a Misconduct penalty, persists in any of the actions of (b) above, shall be assessed a Game Misconduct penalty.
- (d) Note: In the case of a team official, a Bench Minor penalty shall be assessed instead of a Misconduct penalty. A team official after receiving a Bench Minor penalty would receive a Game Misconduct penalty if the actions continue. A Referee is not required to assess a Bench Minor penalty under this rule before assessing a Game Misconduct penalty.
- (e) If the Referee is unable to identify the person responsible for the use of obscene, profane or abusive language, a Bench Minor penalty shall be assessed the offending team.
- (f) A Misconduct penalty shall be assessed any player who does not proceed immediately and directly to the penalty bench when he/she has been penalized. Where the penalized player causes any delay by returning for his/her equipment (gloves, sticks, etc...), the Misconduct penalty shall apply. The equipment shall be delivered to him/her on the penalty bench by a player of his/her team on the ice at the time of the infraction.  
Note: It shall be necessary to place a substitute on the penalty bench. Such substitute may return to the ice as soon as the Misconduct penalty to the offending player commences.
- (g) A Misconduct penalty shall be assessed any player who, after one warning by the Referee, persists in any course of conduct (including threatening and abusive

language or gestures or similar actions) designed to incite an opponent into incurring a penalty.

- (h) Any player or team official who engages in verbal taunts, insults or intimidation based on discriminatory grounds (race, ethnicity, religion, gender, sexual orientation, language) shall be assessed a Game Misconduct penalty.

Notwithstanding the above, at the discretion of the Referee, a Gross Misconduct penalty may be assessed for any infraction to any player or team official.

Note: Officials must complete a game report and report to the League any penalty incurred under this section.

- (i) A Misconduct penalty shall be assessed any player or players who, except for taking his/her position on the penalty bench, enters or remains in the Referee's crease while the Referee is reporting to or consulting with any game official.
- (j) Where a team official has been assessed a Game Misconduct penalty under this rule, the Referee shall report the individual in full detail to the League, who may assess further penalties.
- (k) A Bench Minor penalty shall be assessed a team where any player or team official on the bench protests an official's ruling through verbal or physical gestures that may be considered disrespectful in any way, or who bangs the boards or ice surface with a stick or any other object in protest of the ruling.

Note: When the penalty is assessed against a player on the penalty bench, another player from the ice must serve the Bench Minor penalty.

- (l) When the player on the ice commits the infraction described in (i), the Unsportsmanlike Conduct penalty shall be assessed.

### **Adjustment of Equipment**

- (a) A Minor penalty shall be assessed any player who delays the game for adjustment of any equipment.
- (b) The onus of maintaining equipment in proper condition shall be upon the player. If adjustments are required, the player must leave the ice and play shall continue uninterrupted, using a substitute.
- (c) A goaltender may not delay the game unnecessarily to adjust his equipment, during a stoppage of play, unless he has received permission from the Referee and remains in the goal area. If a goaltender goes to the players' bench to adjust any equipment he shall retire from the ice and his place shall be taken by the alternate goaltender and no warm-up will be permitted.
- (d) However, this would only apply where an alternate goaltender is dressed. The alternate goaltender must remain in the game until play resumes. For a violation of this rule, a Minor penalty for Delay of Game shall be assessed.

Note: A goaltender may not go to the players's bench at any time during a stoppage of play unless he is being replaced by a substitute

### **Attempt to Injure or Deliberate Injury**

- (a) A Match penalty shall be assessed any player or team official who deliberately attempts to or deliberately injures an opponent, official, team official or spectator in any manner.
- (b) A Match penalty shall be assessed any player or team official who head-butts or attempts to headbutt an opponent with force or who injures an opponent with this action. A double Minor penalty shall be assessed any player who head-butts or attempts to head-butt an opponent but no injury results. A double Minor penalty and a Gross Misconduct shall be assessed any team official who head-butts or attempts to head-butt an opponent but no injury results.
- (c) A player who attempts to kick or deliberately kicks an opponent shall be assessed a Match penalty.
- (d) A player who pulls an opponent's hair or who grabs the facial protector, helmet, or chin strap of an opponent and uses this to gain an advantage or to inflict punishment or injury shall be assessed a Match penalty. A player who grabs an opponent's hair, facial protector, helmet or chin strap, but does not use it to gain an advantage or to inflict punishment or injury shall be assessed a Minor penalty or at the discretion of the referee a Major and a Game Misconduct penalty.
- (e) A Match penalty shall be assessed any player who uses his/her facial protector as a weapon.
- (f) A Match penalty shall be assessed any player or team official who deliberately butt-ends or deliberately attempts to butt-end an opponent by jabbing him/her forcefully with the butt-end of the stick, or who injures an opponent by any butt-ending action. At the discretion of the Referee, a double Minor penalty shall be assessed to any player who attempts to butt-end an opponent with the butt-end of his/her stick. A double Minor penalty and a Gross Misconduct shall be assessed to any team official who attempts to butt-end an opponent with the butt-end of his/her stick.
- (g) A Match penalty shall be assessed any player or team official who deliberately spears or deliberately attempts to spear an opponent by jabbing his/her forcefully with the toe of the blade of the stick, or who injures an opponent by any spearing action.
- (h) A double Minor penalty shall be assessed any player who pokes or jabs or attempts to jab an opposing player with the toe of the blade of the stick. A double Minor penalty and a Gross Misconduct shall be assessed any team official who pokes or jabs or attempts to jab an opposing player with the toe of the blade of the stick.
- (i) A Match penalty shall be assessed any player who deliberately attempts to or deliberately injures an opponent with a slash, high stick or cross-check.
- (j) A Minor penalty for slashing will be imposed on a player who jabs the back of another players leg with the spear end of his blade, or who uses the spear end of his blade in any manner which in the Referee's opinion does not warrant a double Minor penalty or Match penalty for spearing.

### **Boarding and Body Checking**

- (a) A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who, in the opinion of the Referee, intentionally body checks, bumps, shoves or pushes any opposing player. If a player is injured, a Major penalty and a Game Misconduct penalty must be assessed.

When the offensive player is skating towards the defensive player, the defending player may not hit the offensive player by going in the opposite direction to that player. The body contact must be as a result of the movement of the offensive player. There must be no action where the offensive player is pushed, checked or shoved into the boards. Where, in the opinion of the Referee, accidental contact has taken place, no penalty shall be assessed.

### **Broken Sticks**

- (a) A player or goaltender without a stick may participate in the game. A player or goaltender whose stick has been broken must drop the broken portions to the ice immediately. A Minor penalty shall be assessed for an infraction of this rule.  
Note: When a player discards the broken portions of a stick by tossing them to the side of the rink (not over the boards) in such a way that they do not interfere with play or opposing players, no penalty shall be assessed.
- (b) A player who has lost or broken his/her stick may only receive another stick at his/her own players' bench or be handed one from a teammate on the ice, and may not receive a stick thrown on the ice from any part of the rink. A Minor penalty shall be assessed for an infraction of this rule.  
Note: A player tendered a stick from the bench (players' or penalty) thrown on the ice, who does not pick up the stick, will not receive a penalty. The person responsible for throwing the stick will receive a penalty, as covered in rules applying to Interference.
- (c) A goaltender who breaks or loses his/her stick may use a stick of a player handed to him/her by a player until the next stoppage of play. In this case the players' stick will not be considered an illegal stick. A goaltender may not continue to play with a broken stick of any kind.
- (d) A goaltender may receive a stick from a teammate without proceeding to his/her player's bench providing the stick is handed to him/her. A goaltender receiving a stick illegally shall be assessed a Minor penalty.
- (e) A goaltender may not go to the players' bench during a stoppage of play for a replacement of his/her stick, but must receive his/her stick from a teammate. For a violation of this section, a Minor penalty for Delay of Game shall be assessed the goaltender.

### **Charging**

- (a) A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any player who runs or jumps into or charges an opponent. If injury results, a Major penalty and a Game Misconduct penalty shall be assessed.  
Note: If more than two steps or strides are taken, it shall be considered a charge.
- (b) A Major penalty and a Game Misconduct penalty shall be assessed any player who charges a goaltender while the goaltender is within his/her crease or who injures an opponent as a result of a charge.  
Note: A goaltender is not "fair game" just because he/she is outside the goal crease

area. A penalty for interference (Minor or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty) or charging (Minor or, at the discretion of the Referee, Major penalty and a Game Misconduct penalty) shall be called where an opposing player makes unnecessary contact with a goaltender. Likewise, Referees should be alert to penalize goaltenders for tripping, slashing, or spearing in the vicinity of the goal.

### **Checking from Behind**

- (a) A Minor penalty and a Game Misconduct penalty or a Major penalty and a Game Misconduct penalty at the discretion of the Referee, based on the degree of violence of the impact; shall be assessed any player who intentionally pushes, body checks, or hits an opposing player from behind, anywhere on the ice. If a player is injured, a Major penalty and a Game Misconduct penalty must be assessed. A Match penalty could also be assessed under this rule.
- (b) Where a player is high stucked, cross-checked, bodychecked, pushed, hit or propelled in any manner from behind into the boards or goal net, in such a way that the player is unable to protect or defend him/herself, a Match penalty shall be assessed.  
Note: Referees are instructed not to substitute other penalties when a player is checked from behind in any manner. This rule must be strictly enforced.

### **Checking to the Head**

- (a) A Minor and a Misconduct penalty, or a Major and a Game Misconduct penalty, at the discretion of the Referee based on the degree of violence of impact, shall be assessed to any player who checks an opponent to the head area in any manner.
- (b) A Major and a Game Misconduct penalty, or a Match penalty shall be assessed any player who injures an opponent by Checking to the Head.
- (c) A Match penalty shall be assessed any player who deliberately attempts to injure or deliberately injures an opponent by Checking to the Head.  
*Note:* Referees are instructed not to substitute other penalties when a player is Checked to the Head with significant impact.

### **Cross-Checking**

- (a) A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who cross-checks an opponent.
- (b) Any player who strikes an opponent above the normal height of his shoulders with a cross-check shall incur a Major penalty and a Game Misconduct penalty, whether or not injury results.
- (c) A Major penalty and a Game Misconduct penalty shall be assessed any player who cross-checks a goaltender while he/she is in his crease.
- (d) A Major penalty and a Game Misconduct penalty shall be assessed any player who injures an opponent as a result of a cross-check.
- (e) A Match penalty shall be assessed any player who deliberately injures an opponent with a cross-check.

### **Delay of Game**

- (a) A Bench Minor penalty shall be assessed a team that, in the opinion of the Referee, is deliberately delaying the game in any manner. A Minor penalty shall be assessed to any goaltender who shoots or bats the puck out of the playing surface with his/her stick.

Note 1: When the goaltender shoots the puck directly out of the playing surface where there is no glass, such as at the players' bench or penalty bench, or if the puck touches the glass or deflects off a player or official, no penalty shall be assessed.

Note 2: This penalty will also be assessed to any player or goaltender who shoots the puck out of the playing surface with his/her stick during a stoppage of play.

Note 3: Referees must be strict in enforcing the rules where a team is deliberately stalling, freezing the puck, shooting the puck out of the playing surface, the goaltender holding the puck or throwing it out of the playing surface, or the team committing a "SERIES of ICING", thereby forcing a face-off.

- (b) Any player who leaves his/her players' bench to deliver instructions to their teammates and does not remain on the ice as a substitute, will be assessed a Minor penalty.
- (c) Any deliberate action by a defending player, including the goaltender, in their defending zone which results in the goal net being knocked from its position, shall constitute an act of deliberate delay of game. If this action occurs in the last two minutes of regular playing time, or any time in overtime, a Penalty Shot shall be awarded against the offending team and the Minor penalty shall not be served.
- (d) A Penalty Shot shall be awarded should the goaltender, by deliberate action, dislodge the goal net from its position when a player is on a breakaway in the neutral zone or attacking zone.
- (e) If in the last two minutes of regular playing time, or anytime in overtime, a team is penalized for any of the following infractions, a Penalty Shot shall be awarded against the offending team: Deliberate Illegal Substitution, Protective Equipment, Deliberately Knocking the Goal Net from its Position, Refusing to Start Play.  
Note: In overtime, a Penalty Shot shall be assessed under this rule, except in the case of Refusing to Start Play, in which case a Penalty Shot and a Major Penalty shall be assessed.
- (f) A Bench Minor penalty shall be imposed upon any team which, after a warning by the Referee, fails to place the correct number of players on the ice and commence play.

### **Elbowing and Kneeing**

- (a) A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who fouls an opponent in any manner with his elbow or knee.
- (b) A Major penalty and a Game Misconduct penalty shall be assessed any player who injures an opponent by elbowing or kneeling.

### **Face-offs**

- (a) A face-off shall take place when the Referee or Linesmen drops the puck on the ice between the sticks of the players facing-off. The players taking the face-off shall

stand squarely facing their opponents' end of the rink, approximately one stick length apart with the full blade of the sticks flat on the ice. All other players on both teams must be at least 4.57m (15 ft.) from the players taking the face-off and they must be on-side. When the face-off takes place at any of the faceoff spots in the end zones, the players taking part in the face-off shall take their positions so that they will stand squarely facing their opponents' end of the rink, and clear of the face-off restraining lines. The sticks of both players facing-off shall have the toe of the blade touching within the designated white area and the player of the Visiting Team shall place his/her stick within the designated white area first. All other players on the ice must position themselves and their sticks on side. If a player, other than the player taking the face-off, moves offside, makes physical contact with an opponent or encroaches on the face-off circle prior to the dropping of the puck, then the offending team's player taking the faceoff shall be ejected from the face-off.

- (b) In the conduct of a face-off anywhere on the playing surface, no player facing-off shall make any physical contact with his/her opponent's body by means of his/her own body or by his/her stick, except in the course of playing the puck, after the face-off has been completed. For a violation of this rule, the Referee shall assess a Minor penalty or penalties on the player(s) whose action(s) caused the physical contact. Note: "Conduct of a face-off" commences when the Referee designates the place of the face-off and he/she or the Linesman takes his/her position to drop the puck
- (c) If a player facing-off fails to take his/her proper position immediately when directed by the Referee or Linesman, the official may order him/her replaced at the face-off by any player on the ice. 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 will make a team short-handed.
- (d) A team committing a second violation of any of the provisions of Section (a) during the same face-off may be assessed a Minor penalty for "face-off violation" by the Referee.
- (e) When an infringement of a rule has been committed or a stoppage of play has been caused by an attacking player in his/her attacking zone, the ensuing face-off shall be in the neutral zone at the nearest face-off spot. Note: This includes a stoppage of play caused by a player of the attacking side shooting the puck on the back of the defending teams' net without any intervening action by the defending team.
- (f) When an infringement of any rule has been committed by players of both teams, the ensuing face-off shall be at the place where stoppage of play occurred, unless otherwise stated in the rules.
- (g) All face-offs in the neutral zone shall be conducted at the designated face-off spots as dictated by reason for the stoppage of play, or on a line parallel to the side boards from one end zone face-off spot to the other end zone spot. When a stoppage of play occurs between the end zone face-off spots and the nearest end of the rink, the face-off shall be the nearest end zone face-off spot, unless otherwise stated in the rules.
- (h) When any stoppage of play in the end zone is caused by the goaltender, the ensuing face-off shall take place at either end zone face-off spot regardless of the location of the puck when play was stopped.

- (i) When a goal is illegally scored as a result of the puck being deflected off the Referee or Linesman DIRECTLY into the net, the face-off shall take place at the nearest end-zone face-off spot.
- (j) When one or both defensemen, point players or any player coming from the players' or penalty bench of the attacking team, enter deeply into the attacking zone (the top of the circle being the limit) when a gathering is taking place following a stoppage of play, the ensuing face-off shall take place at the nearest face-off spot in the neutral zone, near the blue line of the defending team.

### **Falling on the Puck**

- (a) A Minor penalty shall be assessed any player except a goaltender, who deliberately falls on or gathers the puck into his body by any means, while standing or lying on the Ice.
- (b) A Minor penalty shall be assessed any goaltender who, while outside his crease, deliberately falls on or gathers the puck into his body, or holds or places the puck against any part of the goal, thus delaying the game unnecessarily.
- (c) A Penalty Shot shall be awarded against the offending team when a defending player (except the goaltender) deliberately falls on the puck, holds or gathers the puck into his body in any manner, or picks up the puck with his hand, while the puck is within his goal crease. No other penalty shall be assessed.

Note 1: If the goaltender has been removed from the ice, then a goal is awarded.

Note 2: This 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.

### **Fighting and Roughing**

- (a) A Major penalty and a Game Misconduct penalty shall be assessed any player who fights.
- (b) A player who is identified by the Referee as being the instigator, or the aggressor in a fight shall be assessed a Minor penalty, in addition to any other penalties he/she may incur.
- (c) A Minor penalty shall be assessed any player who, having been struck, shall retaliate with a blow or attempted blow. Should such a player continue to retaliate, she shall be assessed a Major penalty and a Game Misconduct penalty.
- (d) Any player who does not retaliate after being struck will not be assessed a penalty under this section, but may be assessed a penalty for a violation of other rules.
- (e) Any player wearing a ring or rings, tape or any other material on his/her hands, who becomes involved in a fight and who uses such to gain an advantage or to inflict punishment and/or injury, shall be assessed a Match penalty in addition to any other penalties she may incur.

Note: The foregoing sections shall also apply to goaltenders.

- (f) When a fight occurs, all other players except the goaltender shall immediately retire to the front of their respective benches or to a neutral zone (should the fight occur in front of a players' bench) designated by the Referee and remain there until the Referee calls them back to resume play. The goaltenders must stay in their goal creases or proceed to a neutral zone designated by the Referee.

- (g) Any player(s) refusing to do so after being instructed by the Referee shall be assessed a Misconduct penalty, plus any other penalty she (they) may incur.
- (h) A Major penalty and a Game Misconduct penalty shall be assessed any player who is involved in fighting with another player off the playing surface.
- (i) Any player joining in a fight, acting as a peacemaker or taking part in another fight during the same stoppage of play, will be assessed a Game Misconduct penalty plus any other penalty the offender incurs under the rules.
- (j) Any player or team official who becomes involved in a fight with a team official shall be assessed a Gross Misconduct penalty. This does not eliminate the possibility of further penalties being assessed for such an infraction.
- (k) A Minor penalty shall be assessed to any player who, in the Referee's judgement, is guilty of unnecessary rough play. Only when injury results from an infraction to this rule may a Major penalty be assessed.  
 Note 1: If the penalty assessed is for an infraction after the whistle, "Roughing after the Whistle" shall be recorded.  
 Note 2: The Major penalty for roughing is not to be confused with and utilized in lieu of the Major Penalty and a Game Misconduct Penalty for fighting.
- (l) A Minor penalty or, at the discretion of the Referee, a Major and a Game Misconduct penalty shall be assessed any player who, in the Referee's judgment, makes deliberate physical contact with an opponent after the whistle.

### **Goals and Assists**

- (a) A goal shall be scored when the entire puck has legally passed between the goal posts, below the cross bar and completely across the goal line. Following any goal, the Referee will resume play by conducting a face-off at the centre ice spot.
- (b) A goal shall be scored if the puck is put into the goal in any manner by a player of the defending team. The player of the attacking team who last played the puck shall be credited with the goal, but no assist shall be given.
- (c) A goal shall NOT be allowed if the puck has been directed into the net as a result of a distinct kicking motion by an attacking player, or after being kicked, the puck deflects off any player or stick into the net.
- (d) If the shot of an attacking player has been deflected into the goal by striking the stick, skates or any part of the body of an attacking player, the goal shall be allowed and the player off whom the puck deflected shall be credited with the goal and the player making the shot shall be credited with the assist. The goal shall not be allowed if the puck is deliberately directed into the net by any part of the body of an attacking player other than his skate.
- (e) If a goal is scored as the result of a puck deflecting directly into the goal off the person or skates of an official, the goal shall not be allowed.
- (f) Should a player propel the puck into the goal crease of the opposing team and the puck becomes loose and available to an attacking player, the puck shall be considered in the crease legally and any goal scored on this play shall be a legal goal.
- (g) Each goal and assist shall count one point in the scoring records. Not more than two assists shall be credited on any one goal.
- (h) Any goal scored, other than as covered by the Official Rules, shall not be allowed.

### **Handling the Puck**

- (a) Play shall immediately be stopped and a Minor penalty shall be assessed any player except a goaltender who closes his/her hand on the puck and, while so doing, gains an advantage on his/her opponents. When a player simply closes his/her hand on the puck and immediately drops it to the ice, without gaining or attempting to gain an advantage by this action, play shall be allowed to continue.
- (b) A Minor penalty shall be assessed a goaltender who deliberately holds the puck and in the opinion of the Referee, is causing an unnecessary stoppage in play.  
Note: Where the puck is thrown towards an opponent's goal by the goaltender and it is received by an opponent, the Referee shall allow play to continue. However if a teammate receives the puck, play shall be stopped.
- (c) A Minor penalty shall be assessed any player (except the goaltender) who, while play is in progress, picks up the puck with his/her hand. If a player of the defending team (except the goaltender) picks up the puck from the ice while it is in his/her team's goal crease, the play shall be stopped and a Penalty Shot shall be awarded to the non-offending team.
- (d) A player shall be permitted to stop or "bat" a puck in the air with his/her open hand, or to push it along the ice with his/her hand and play shall not be stopped, unless the player has directed the puck to a teammate in the neutral or attacking zone. When this occurs play shall be stopped and the puck faced-off at the spot where the offense occurred, unless the offending team gains a territorial advantage, then the face-off shall be where the stoppage of play occurred, unless otherwise covered in the rules. Play shall not be stopped for any hand pass by players in their own defending zone.
- (e) A goal shall not be allowed if the puck has been batted with the hand or any part of the body by the attacking player into the net or, after being batted, the puck deflects off any player or stick into the net.

### **Harassment of Officials, Unsportsmanlike Conduct/Misconduct**

- (a) A Minor penalty shall be imposed on a player who attempts to draw a penalty by his actions of "diving".  
Note 1: Use the unsportsmanlike conduct signal and have the infraction announced as "unsportsmanlike conduct for diving."  
Note 2: In a situation in which an original penalty is being called, hooking for example, and the opposing player embellishes the infraction by diving, a Minor penalty for hooking and a Minor penalty for unsportsmanlike conduct for diving may be assessed at the same time.

### **High Sticks**

- (a) The carrying of sticks above the normal height of the shoulder of the opponent is prohibited. A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who checks or intimidates an opponent while carrying his stick above the shoulder of his opponent. If injury results, a Major penalty and a Game Misconduct penalty shall be assessed.
- (b) A player who contacts an opponent above the normal height of his shoulders with a high stick shall be assessed a Minor penalty or, at the discretion of the Referee, a

Major penalty and a Game Misconduct penalty. If injury results, a Major penalty and a Game Misconduct penalty shall be assessed.

- (c) A Match penalty shall be assessed any player who deliberately attempts to injure or deliberately injures an opponent with a high stick.
- (d) Contacting the puck above the normal height of the shoulders with the stick is prohibited and when it occurs, play shall be stopped and the ensuing face-off shall be at the spot where the offense occurred, unless:
  - a player of the non-offending team obtains possession and control of the puck, in which case play shall continue,
  - player of the offending side shall bat the puck into his own goal, in which case the goal shall be allowed,
  - the offending team gains a territorial advantage, then the face-off shall be where the stoppage of play occurred, unless otherwise stated in the rules
- (e) A goal scored from a high stick shall not be allowed, except when such a goal is scored by a player of the defending team into his own goal.

### **Holding**

- (a) A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who holds an opponent with his/her hands, stick or in any other manner. If the penalty assessed is for holding the stick, a Minor penalty for “holding the stick” shall be recorded and announced.
- (b) A Major penalty and a Game Misconduct penalty shall be assessed any player who injures an opponent by “holding”.

### **Hooking**

- (a) A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who impedes or seeks to impede the progress of an opponent by “hooking” with his/her stick.
- (b) A Major penalty and a Game Misconduct penalty shall be assessed any player who injures an opponent by “hooking”.
- (c) A Minor penalty or at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who impedes or seeks to impede the progress of an opponent by “hooking” or “butt-end hooking” with his/her stick.

### **Icing the Puck**

- (a) Icing the puck is completed the instant the puck crosses the goal line, and the Referee or Linesman shall immediately blow his/her whistle, stopping play. If the puck shall have entered the goal, the icing shall not be called and a goal shall be allowed. For the purpose of this rule, the centre red line will divide the ice into halves. Should any player of a team, equal or superior in numerical strength to the opposing team, shoot, “bat” or deflect the puck from his/her own half of the ice, beyond the goal line of the opposing team, play shall be stopped and the puck faced-off at the end zone face-off spot of the offending team.
- (b) If during the play, the puck shall have entered the net of the opposing team, the goal shall be allowed, except if the puck has been batted with the hand into the opposing net. Any contact with the puck over the centre red line, with the puck continuing

down over the goal line, nullifies “icing” the puck.

Note 1: If during the period of a delayed whistle due to a foul by a player of the side NOT in possession of the puck, the side in possession “ices” the puck, the faceoff following the stoppage of play shall take place in the neutral zone near the defending team blue line of the team “icing” the puck.

Note 2: A team shall not be considered below the numerical strength of its opponent by reason of a penalized player remaining in the penalty box after his/her penalty has expired.

Note 3: When the puck is shot and rebounds from the body or stick of an opponent in his/her own half of the ice and crosses the goal line of the player shooting, it shall NOT be considered as “icing”.

- (c) “Icing the puck” shall not be called if a team is below the numerical strength of the opposing team at the instant the puck is shot.
- (d) Play shall continue and the “icing the puck” infraction shall not be called if it is caused directly from either player taking the face-off.
- (e) If, in the opinion of the Referee or Linesmen, a player of the opposing team, except the goaltender, is able to play the puck before it crosses the goal line, but has not done so, the play shall continue and the “icing the puck” rule shall not apply.
- (f) The “icing the puck” infraction shall not be called and play shall continue when:
  - 1. the puck has touched any part of an opposing player, his/her stick, or skates, or
  - 2. the puck has touched the goaltender, his/her skates, or stick at any time before crossing the goal line.
- (g) If the Referee or Linesmen shall have erred in calling an “icing the puck” infraction under any conditions, the face-off shall take place at the centre ice face-off spot.

### **Interference/Protection of the Goaltender**

- (a) A Minor penalty for interference or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who:
  - 1. interferes with or impedes the progress of an opponent who is not in possession of the puck, or
  - 2. deliberately knocks a stick out of an opponent’s hand, or
  - 3. prevents an opponent who has lost or dropped his stick from regaining possession of it.

*Note 1:* The last player to touch the puck - other than the goaltender - shall be considered the player in possession.

*Note 2:* Often the action and movement of the attacking player causes the interference, since the defending players are entitled to “stand their ground” or “shadow” the attacking players. Players of the side in possession of the puck shall not be allowed to “run” deliberate interference for the puck carrier.

- (b) A Minor penalty for interference with the goaltender shall be imposed on a player who, by means of his stick or his body, interferes with or impedes the movements of the goaltender by actual physical contact. The penalty should be announced as “Interference with the goaltender”.

*Note:* A goaltender is not “fair game” just because he is outside the goal crease. A penalty for interference (Minor or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty) or charging (Minor or, at the discretion of the Referee, Major penalty and a Game Misconduct penalty) shall be called where an opposing player makes unnecessary contact with the goaltender. Likewise, Referees should be alert to penalize goaltenders for tripping, slashing, or spearing in the vicinity of the goal. Unless the puck is in the goal crease area, a player of the attacking side may not stand in the goal crease. If the puck should enter the net while such conditions prevail the goal shall not be allowed. If an attacking player has physically interfered with the goaltender, prior to or during the scoring of the goal, the goal will be disallowed and a penalty for “interference with the goaltender” will be assessed and announced. The ensuing face-off shall be taken in the neutral zone, at the face-off spot nearest the attacking zone of the offending team.

- (c) If a player of the attacking team has been physically interfered with by the actions of any defending player so as to cause him to be in the goal crease and the puck should enter the net while the player so interfered with is still in the goal crease, the goal shall be allowed. A Minor penalty shall be assessed to an attacking player, who while his team has possession of the puck, is interfered with by a defending player, but fails to attempt to avoid making contact with the goaltender. In addition, if a goal is scored it shall be disallowed. A Minor penalty shall be imposed on an attacking player, not in possession of the puck, who is tripped or caused to fall and fails to attempt to avoid contact with the goaltender whether he is in or out of his crease. A Minor penalty shall be imposed on any attacking player, who makes deliberate contact with a goaltender whether in or out of the goal crease. At the discretion of the Referee a Major penalty and a Game Misconduct penalty may be imposed under Charging or Cross-checking. In the event that a goaltender has been pushed into the net together with the puck after making a stop, the goal will be disallowed. If applicable, the appropriate penalties will be assessed.
- (d) Where a stick or any object is thrown on the ice from the players’ or penalty bench or where a player on the ice is interfered with by an opposing player or team official on the players’ or penalty bench, (whether or not play is in progress), a Bench Minor penalty shall be assessed to that team if the Referee is unable to identify the person responsible, except as covered in Awarded Goals and Tripping. If a goal is scored, no Bench Minor penalty would be assessed.
- (e) Where a stick or any object is thrown on the ice from the players’ or penalty bench or where a player on the ice is interfered with by an opposing player or team official on the players’ or penalty bench (whether or not play is in progress) and the Referee is able to identify the person responsible; that person shall be assessed a Bench Minor penalty and a Game Misconduct penalty. When Awarded Goals or Tripping are applied, the Bench Minor penalty would not apply but the Game Misconduct penalty would.
- (f) A Major penalty and a Game Misconduct penalty shall be assessed any player who injures an opponent by “interference”.
- (g) A Minor penalty shall be assessed a goaltender who deliberately piles up snow or other obstacles at or near his net which, in the Referee’s opinion, would tend to prevent a goal from being scored.

**Interference by Spectators**

- (a) The Referee shall stop play if a player is being held or interfered with by a spectator, unless that player's team is in possession of the puck and in scoring position at the time. In this case, play shall be allowed to be completed before the stoppage. In any case, the face-off shall be where the stoppage took place, unless otherwise stated in the rules.
- (b) The Referee shall stop play if any objects are thrown on the playing surface which interfere with the progress of the play. When the play resumes, the face-off shall be where the stoppage took place, unless otherwise stated in the rules.

**Kick Shot**

- (a) A Minor penalty shall be assessed any player except the goaltender who uses a kick shot during the game.

**Kicking the Puck**

- (a) Kicking the puck shall be permitted in all zones. This action can not result in a goal being scored.

**Leaving the Players' or Penalty Bench**

- (a) No player may leave the players' bench or penalty bench at any time during a fight on the ice, or for the purpose of starting a fight. Substitutions made prior to the fight shall be permitted, provided the players so substituting do not enter the fight.
- (b) For a violation of (a) a double Minor penalty shall be imposed on the player of the team who was the first to leave the players' or penalty bench during a fight. If players of both teams leave their respective benches at the same time, the first identifiable player of each team to do so, shall incur a double Minor penalty. A Game Misconduct penalty shall also be imposed on any player penalized under this section, plus any other penalties he may incur. Refer to Section (d).
- (c) Any player (other than those dealt with under Section (b) who leaves his players' or penalty bench during a fight and is assessed a Minor, Major or Misconduct penalty for his actions, shall also incur an automatic Game Misconduct penalty, in addition to any other penalties he may incur. This includes a player leaving the penalty bench, for which he is to be assessed a Minor penalty in addition to the Game Misconduct penalty. Such player would not have to be the first player to leave a bench.

*Note 1:* A maximum of 5 players per team may be assessed Game Misconducts for violations of Sections (b) and (c) of this rule during a stoppage of play. The maximum of 5 players shall include any players penalized under Rule 59 - Fighting and Roughing.

*Note 2:* Where one team has been clearly identified as the first to leave the bench and the Referee has assessed the 5 player maximum Game Misconducts, then in this situation a sixth player on one team may be assessed a Game Misconduct penalty under this section. This sixth player must be the player who left the bench first.

*Note 3:* Referees must record in detail on the Official Game Report or separate Penalty Report Form, any bench clearing incidents.

- (d) A penalized player may not leave the penalty bench (whether or not play is in progress), except at the end of the period or on the expiration of his penalty. A Minor penalty shall be assessed for a violation of this rule, including the situations dealt with under Sections (b) and (c) of this rule. However, in the case of a player returning to the ice before his time has expired through an error of the Penalty Timekeeper, he is to serve only his unexpired time.
- (e) When a player on a breakaway in the neutral or attacking zone is interfered with by a player of the opposing team who illegally entered the game, or by a player or team official on the players' or penalty bench, the Referee shall award a Penalty Shot to the non-offending team.
- (f) Any team official who gets on the ice after the start of the game, without the permission of the Referee, shall be assessed, at the discretion of the Referee, a Bench Minor or a Game Misconduct penalty. If a Game Misconduct penalty is assessed, the team official shall be ordered to the dressing room for the remainder of the game and the Referee shall submit a report in full detail to the President, who may assess further penalties.
- (g) If a penalized player returns to the ice from the penalty bench before his penalty has expired, (either by his own error or the error of the Penalty Timekeeper), any goal scored by his own team while he is illegally on the ice shall not be allowed. All penalties assessed either team shall be served as regular penalties.
- (h) If a player shall illegally enter the game from his own players' bench, any goal scored by his own team while he is illegally on the ice shall not be allowed. All penalties assessed either team shall be served as regular penalties.

### **Physical Abuse of Officials**

- (a) Any player or team official who intentionally touches, holds or pushes a Referee, Linesman or Off-ice Official before, during or after a game shall be assessed a Match penalty and shall be reported to the Board by the Referee.
- (b) Any player or team official who deliberately strikes, trips or body checks a Referee, Linesman or Off-ice Official before, during or after a game shall be assessed a Match penalty and shall be reported to the President by the Referee. Such player or team official may be suspended for one year or more.
- (c) Any player or team official who threatens or attempts to strike a Referee, Linesman or any Off-ice Official before, during or after a game shall be assessed a Match penalty and shall be reported to the President by the Referee.

### **Off-sides**

- (a) Players of the attacking team must not precede the puck into the attacking zone.  
*Note 1:* If a pass deflects off a defending player, his skates or his stick, causing an attacking player to precede the puck into the attacking zone, the off-side rule shall apply.  
*Note 2:* A player actually propelling the puck who shall cross the line ahead of the puck, shall not be considered off-side, providing he is actually in possession and control of the puck with one skate in the neutral zone before crossing the blue line.

- (b) For violation of this rule, play shall be stopped and the face-off shall be in the neutral zone at the face-off spot nearest the attacking zone of the offending team or at the origin of the attempted pass, as covered by the rules.
- (c) The position of the player's 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 outer edge of the determining centre red line or blue line involved in the play.
- Note 1:* A player is on-side when either of his skates are in physical contact with, or on his own side of the line at the instant the puck completely crosses the outer edge of that line, regardless of the position of his stick.
- Note 2:* It should be noted that while the position of the player's skates is what determines whether a player is off-side, the question of an off-side never arises until the puck has completely crossed the outer edge of the line at which the decision is to be made.
- (d) If a player legally carries or passes the puck from the neutral zone 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 shall continue.
- (e) If an attacking player(s) precedes the puck that is shot, passed or deflected into the attacking zone by a teammate, or deflected into the attacking zone by a defending player; but a defending player is able to play the puck, the Linesman shall signal a delayed off-side. The Linesman shall drop his arm to nullify the off-side violation and allow play to continue if:
- the defending team passes or carries the puck into the neutral zone, or
  - all attacking players in the attacking zone (at the time the puck crosses the blue line) clear the attacking zone by making skate contact with the blue line.
- (f) If the puck is shot on goal, during a delayed off-side, the play shall be allowed to continue under the normal clearing the zone rules. Should the puck enter the net in this situation, either directly or off the goaltender, or a player or official on the ice, the goal shall not be allowed as the original shot was off-side. If any attacking player touches the puck or attempts to gain possession of a loose puck while the puck is still in the attacking zone, the Linesman shall stop play.
- Note:* The attacking zone must be completely clear of attacking players before a delayed off-side can be nullified with the puck still in the attacking zone.
- (g) If, in the opinion of the Referee or Linesmen, an intentional off-side play has been made, the puck shall be faced-off at the end zone face-off spot in the defending zone of the offending team.

### **Passes and Off-side Passes**

NOTE: TNC Hockey is not using red line offsides in any division at this time.

- (a) The puck may be passed by any player to a player of the same team within any one of the three zones into which the ice is divided. The puck may not be passed by a player in one zone to a player of the same team in another zone, except by any player on the defending team who may make and take forward passes from his/her own defending zone up to the centre red line without incurring an off-side penalty. This forward pass must be completed by the receiving player who is legally on-side at the centre red line

or a player who is preceded by the puck across the centre red line, otherwise play shall be stopped and the faceoff shall be at the point from which the pass was made. The puck may be passed backward toward his/her own goal by any player in one zone to another player of the same team in another zone.

- (b) A pass shall be considered to have been completed if the puck so passed contacts any part of the stick, body or skate of a player on the same team.
- (c) A player anywhere in his/her own half of the rink is eligible to receive a forward pass from a teammate, provided she is on-side at the centre red line, and she may also play the puck passed into the attacking half of the ice, provided the puck precedes the player completing the pass over the centre red line.
- (d) If an attacking player passes the puck backwards towards his/her own goal from the attacking zone, an opponent may play the puck regardless of whether or not she (the opponent) was in the same zone at the time the puck was passed.
- (e) If a Referee or Linesman shall have erred in calling an off-side pass infraction, the face-off shall take place at the centre face-off spot.

Note: The position of the puck, and not the position of the player's skates, is the determining factor in deciding from which zone the pass was made. Example: A player standing just inside his/her defending blue line, but in possession of the puck which is just over the blue line, makes a pass to a teammate who is over the centre red line. In this situation, the pass is legal, as the puck is in the neutral zone, which automatically eliminates the red line off-side.

#### **Puck Must Be Kept in Motion**

- (a) A team in possession of the puck in its defending zone shall always advance the puck towards the opposing goal, except if prevented from doing so by players of the opposing team. For an infraction of this rule, play shall be stopped and the face-off shall be at either end zone faceoff spot in the defending zone of the offending team.
- (b) A Minor penalty shall be assessed any player who deliberately holds the puck against the boards or any part of the goal in any manner, unless he is being checked by an opponent.

Note: Referees must determine the offending player and enforce these rules quickly.

#### **Puck Out of Bounds or Unplayable**

- (a) When the puck goes outside the playing area or strikes obstacles above the playing surface (with the exception of the side boards, glass or wire netting), play shall be stopped. The resulting face-off shall be where the puck last touched a player, his/her skates or stick, or an official, except when otherwise stated in the rules.
- (b) A Minor penalty shall be assessed any player who delays the game by deliberately shooting, batting or throwing the puck outside the playing surface of the rink. The resulting face-off shall be at the spot where the offense occurred, unless otherwise stated in the rules.
- (c) If the puck is shot on the back of the net and comes off without any delay or, if a player or goaltender knocks the puck off the back of the goal netting without unnecessary delay, play shall continue. If the puck is frozen between opposing players or cannot be removed from the back of the net, the Referee shall stop play and the face-off shall take place at a location covered by the rules.

Note: Existing rules are adequate to deal with the situation regarding play in the attacking zone, but officials should be alerted to move the face-off into the neutral zone in every case where it is the action of the attacking players which has caused the stoppage, even though they may not be actually freezing the puck themselves.

- (d) A Minor penalty shall be assessed a goaltender who deliberately drops or throws the puck on the goal netting to cause a stoppage of play.

### **Puck Out of Sight and Illegal Puck**

- (a) At any time where the Referee loses sight of the puck, play shall be stopped. The resulting face-off shall be at the point where play was stopped, unless otherwise stated in the rules.
- (b) If while play is in progress a puck other than the one legally in play appears, the play shall not be stopped, but shall continue with the legal puck until the play then in progress is completed.

### **Puck Striking Official**

- (a) Play shall not be stopped if the puck touches an official anywhere on the rink, except when the puck is deflected directly off an official into the goal or out of the playing area.

### **Refusing to Start Play**

- (a) If a team is withdrawn from the ice and fails to return and start play, or if being on the ice, fails to start play within TWO MINUTES after being ordered to do so by the Referee, the game or series shall be suspended. The team officials and/or players of the team which are responsible for any of these actions may be suspended for one year or more from the date of the infraction. The Referee shall report full details of the incident to the President. If a team after being ordered to return, does return to start play, then a Major penalty and a Game Misconduct shall be assessed to the Coach for Delay of Game. If this infraction occurs in the last two minutes of regular playing time, or anytime in overtime, a Penalty Shot (in addition to the Major penalty and a Game Misconduct) shall be awarded against the offending team's coach, as stated in rule for Delay of Game.
- (b) The commencement of the two-minute warning and the reason for such warning shall be announced over the public address system, on the instructions of the Referee.
- (c) If a team is withdrawn from the ice or fails to go on the ice, or being on the ice, fails to start play a SECOND TIME within the same game after being ordered to do so by the Referee, the two-minute allowance shall not be granted and the game will be officially suspended. The team officials and/or players of the team which are responsible for any of these actions may be suspended for one year or more from the date of the infraction. The Referee shall report full details of the incident to the League.
- (d) Note: Should the offending team be on the ice surface, the order shall be given in person by the Referee or the Linesman, if directed by the Referee. If the offending team is not on the ice, the Timekeeper, on the instruction of the Referee, will convey the order to the offending team. The order may be given to any player or team official of the offending team.

- (e) If a team fails to present itself at the time and place appointed to play any game, the game shall be awarded to the opposing team, unless such failure is caused by an unavoidable accident or unforeseen contingency. The team official and/or players responsible for any of these actions shall be reported to the League by the Referee, giving full details of the incident.
- (f) A player or team official who refuses to leave the bench or playing area after he has been assessed a Game Misconduct penalty, Gross Misconduct or Match penalty, may be suspended for one year or more from the date of the infraction. The Referee shall report full details of the incident to the League.

### **Slashing**

- (a) A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who impedes or seeks to impede the progress of an opponent by “slashing” with his/her stick.
- (b) A Major penalty and a Game Misconduct penalty will be assessed to any player who injures an opponent with a “slash”.
- (c) A “slashing” penalty shall be assessed any player who swings his/her stick at an opponent (whether out of range or not) without actually striking him/her, or who, on the pretext of playing the puck, makes a wild swing at the puck with the object of intimidating his/her opponent.
- (d) A Match penalty shall be assessed any player who deliberately attempts to injure or deliberately injures an opponent with a slash.

### **Spitting**

- (a) A Match penalty shall be assessed any player or team official who deliberately spits on or at an opponent, official, team official or spectator. The Referee shall report full details of the incident to the League.

### **Start of Game and Periods**

- (a) To start the game, at the beginning of each period (including any overtime periods) and following the scoring of a goal, the Referee shall conduct a face-off at the centre ice spot.
- (b) Home teams shall have the choice of goals to defend at the start of the game.
- (c) At the beginning of each period, only the players taking part in the actual face-off shall be allowed on the ice. All other players not taking part in the face-off shall go directly to their benches. For an infraction of this rule, a Bench Minor penalty for delay of game shall be assessed the offending team.

### **Throwing Stick**

- (a) Where any player of the defending team, including the goaltender, deliberately throws his stick or any part thereof or any other object at the puck or puck carrier in the defending zone, the Referee shall allow the play to be completed and, if a goal is NOT scored, a Penalty Shot shall be awarded to the attacking team. If a goal is scored, the Penalty Shot shall not be awarded.

- (b) A Minor penalty shall be assessed any player who deliberately throws his stick or any part thereof or any other object at the puck or puck carrier in any zone, except when such act has been penalized by the awarding of a Penalty Shot or a Goal.
- (c) A Minor penalty shall be assessed any player who deliberately throws his stick or any part thereof in any zone, but not at the puck or puck carrier.
- (d) A Misconduct penalty shall be assessed any player who deliberately throws a stick or any part thereof or any object, outside the playing area.

### **Tripping**

- (a) A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who trips an opponent. If injury results, a Major penalty and a Game Misconduct penalty shall be assessed.  
*Note:* A penalty shall not be assessed if, in the Referee's opinion, a player is unquestionably hook-checking the puck and obtains possession of it, thereby tripping the puck carrier.
- (b) A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who uses his feet to knock an opponents skates out from under him with a kicking or leg dragging motion from behind ("slew footing").  
*Note:* If a player in the process of falling or sliding along the ice, hits or knocks the puck from his/her opponent's stick prior to making actual body contact, the tripping shall be ignored.
- (c) Where a player uses his/her stick, knee, hand, foot, arm or elbow in any manner or falls or slides along the ice directly in the path of the puck, causing the puck carrier to trip and lose possession of the puck, a penalty shall be assessed.  
*Note:* If a player in the process of falling or sliding along the ice, hits or knocks the puck from his/her opponent's stick prior to making actual body contact, the tripping action shall be ignored.
- (d) When a player in control of the puck on a breakaway in the neutral or attacking zone is tripped or otherwise fouled from behind and thus prevented from having a clear shot on goal, having no other opponent to pass other than the goaltender, a Penalty Shot shall be awarded to the non-offending team. Nevertheless, the Referee shall not stop play until the attacking team has lost control of the puck to the defending team.  
*Note:* "Control of the puck" shall be defined as the act of propelling the puck with the stick, the skate(s) or the glove(s). If, while it is being propelled, the puck shall touch the person, stick or skate of another player or should hit the goal post or go free, the player shall be deemed no longer in control. The intention of this rule is to restore a good scoring opportunity which has been lost by reason of the foul, and therefore, where there is no reasonable scoring chance lost by reason of the foul, a Penalty Shot should not be awarded.