

Metropolitan Yeshiva High School Hockey League Rules

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Under the auspices of the Board of Jewish Education of Greater New York

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Introduction

Who We Are

The Metropolitan Yeshiva High School Hockey League was founded in 1979. Today it functions under the auspices of the Board of Jewish Education of Greater New York.

The MYHSHL plays a unique brand of floor hockey, the style and rules of which have evolved considerably over the years. Although its standards are roughly those of ice hockey there are several important distinctions as detailed in the Rule Book to follow.

Moreover, the norms of the league are dictated by two fundamental considerations which should constantly be borne in mind by all participants -- players, coaches, officials and spectators.

First, the MYHSHL is an association of Jewish, religious, private schools. It demands that the teachings of faith and morality take precedence over all other considerations. We are not myopic utopians. Perfection in this area will forever remain beyond our grasp. However, it is this standard towards which we aspire.

Second, the MYHSHL is committed to traditional norms of sportsmanship. Widespread acceptance of contrary behavior in professional or other levels and venues of sport are of no concern to us.

Our participants are to be as dedicated to respect for opponents and officials as they are to the competitive spirit.

The spirit of true sportsmanship will remain alive in our league to the degree that we are all relentlessly committed to its realization.

Official's Code of Behavior

The official carries the primary responsibility to see that the MYHSHL standards are adhered to. He must observe the following general principles:

- An official must devote time, thought and study to the rules of the MYHSHL.
- An official must work with fellow officials and the league administration in a spirit of cooperation.
- An official's loyalty is to the rules and standards of the MYHSHL.
- An official must avoid any personal or ego involvement in the events he is officiating.
- An official must uphold the honor and dignity of his position at all time in his dealings with players, coaches, spectators, school administrators and league officials.
- An official will be prepared both physically and mentally for all games.
- An official will dress according to league requirements and maintain a proper appearance during games as is befitting the dignity of the contest.

It is expected that all officials will realize that their conduct will influence the attitude that participants and spectators will take toward the league in general.

Official's Dress

The dignity of the official demands that he dress in an appropriate manner.

All officials of the MYHSHL must wear a long sleeved hockey official's jersey. Under this jersey must be worn a white crew neck t-shirt. Referees must, in addition, wear an orange arm band.

Referees and linesmen must wear black trousers.

It is expected that referees wear black shoes and socks.

All officials must bring to every game a hockey whistle and a spare. It is recommended that the whistle have a rubber mouth tip.

Official's Demeanor

It is absolutely imperative that officials be prompt. They are to arrive no later than twenty minutes before game time. Pre-game responsibilities of the officials are outlined in the rules, Section 4, Rule 3.

It is expected that officials render their decisions in a firm yet courteous style. A polite and dignified person can be very strict and exacting. Tact, cheerfulness and good manners will elicit the same qualities from coaches and players.

Officials should studiously avoid any impression of favoritism. They may greet but should not socialize with players or coaches. Any discussions before or during the game should take place in the presence of representatives of both teams.

Players should be addressed by number rather than by name. Coaches and captains should be referred to as such.

Officials should work together. They should never imply by word or gesture less than total support for each others' decisions.

Quick and clear decisions are important in order to create confidence. Many decisions may be questioned. Delay in making a call causes everyone to doubt the official's control of the game.

Yet, it is imperative that haste not yield improper decisions. At times reflection is needed to adequately assess a situation.

It is undignified for an official to overly dramatize his calls. The official should be in control but never seek to call attention to himself.

An official must never argue with a player or a coach and must under no circumstances lose his temper.

Speed and positioning can avoid many embarrassing situations. All officials must make every effort to be where they should be on the playing surface at all times.

It is important that all officials as well as players and coaches familiarize themselves with this Rule Book. By so doing needless arguments and confusion will be eliminated.

We suggest in particular that one's attention be given to Section 6, Rule 35, where the league's standards of sportsmanship, which are somewhat more exacting than in other hockey leagues, are spelled out.

Coaches and Captains

Teams are led by their coaches and captains. The conduct of a team is largely a reflection of the attitude, as conveyed in word and deed, of its leaders.

It is the responsibility of coaches and captains to inspire their teams, yet, without violating basic decency and the ideals of sportsmanship.

Particularly during the heat of a game, one's ability to behave properly is put to the severest test. It is there that coaches and captains who maintain their dignity bring honor upon themselves, their teams and their schools.

The decisions of game officials are not to be disputed. Captains may ask, in a polite fashion, for a clarification of an official's ruling.

Coaches are to serve as role models for the young men entrusted to their care. A coach is under no circumstances to angrily berate officials. Such behavior is a primary ingredient in the exacerbation of tempers which leads to unfortunate behavior by players. Coaches are to maintain a calm demeanor when dealing with officials throughout the game.

It is totally unacceptable for a coach or a captain to scream criticisms of an official from the bench. Such actions will be penalized.

In general, the code of true sportsmen requires that an athletic defeat not be blamed upon officials but upon oneself. It is demeaning to the dignity of the league and all those participating in it to have coaches suggest either publicly or privately to their players that certain officials are out to defeat them. Besides being ludicrous, these wild accusations, encourage young people to place the blame for their own failings on others.

It is hoped that all coaches will remember that this is a yeshiva league. Foul language, even in the confines of the lockerroom, represents a rejection of the very purpose of the MYHSHL. Coaches should not speak in this manner nor tolerate those who do.

On the positive side, if *mincha* or *ma'ariv* is being recited before or after a game, it is appropriate that coaches join these services and see to it that their players do so also.

In general, it is the job of coaches and captains to see to it that all players regard victory as secondary to the behavior exhibited in the attempt to achieve it.

Section I - Playing Surface

The Playing Surface

Rule 1. Floor hockey shall be played on gym floors hereafter called the playing surface.

Dimensions and Playing Conditions

Rule 2. a. The playing surface shall be surrounded on four side by "boards" which may consist of gym walls (provided they are padded in a manner not interfering with the flow of play) and/or standing partitions of at least 36 inches in height.

Note: Temporary pads must be firmly secured to the wall.

b. The boards shall be arranged so that they be smooth, immediately adjacent to each other and free of any object that may cause injury to players.

All protective netting, screens or gear used to secure the boards shall be fastened so as to face away from the playing surface.

Goal Posts and Nets

Rule 3. a. Goal posts shall be of approved design and material -- Mylec, model number 805. The goal posts are to extend vertically 4 feet above the playing surface and set apart 4 and 1/2 feet measured from the inside of the posts. A cross bar of the same material as the goal posts shall extend from the top of one post to the top of the other.

b. The nets are to be firmly secured to the floor with suitable tape in such a manner as to remain stationary during the progress of the game. There shall be no tears or holes in the net which would permit the puck to pass through.

c. A water bottle may not be attached to or rest on the top of the net. It may be placed inside the net in a rear corner.

Goal Crease

Rule 4. a. In front of each goal a crease shall be marked in paint or with tape.

b. The size of the crease shall be 6 feet wide by 3 and 1/2 feet long.

c. The goal crease shall include all the space outlined by the crease lines and extending vertically 4 feet to the top of the goal frame.

Division of Playing Surface

Rule 5. The area between the two goals shall be divided by a center line into two parts. The portion of the playing surface in which the goal is situated shall be called the defending zone of the team defending that goal and the farthest from the defending goal shall be known as the attacking zone.

Face-Off Spots

Rule 6. a. In addition to a center floor face-off spot, the officials shall designate before the start of each game the four face-off spots which will serve as the stationary face-off spots throughout the game. As much as is possible these spots shall be based upon existing markings, be they hockey markings or any other lines.

b. The location of the end face-off spots shall be at least fifteen feet from the goal line and no less than 7 feet from the side boards.

c. The location of the high face off spots shall be half the distance between the end face-off spot and the center line while being no less than 7 feet from the side boards.

Signal and Timing Devices

Rule 7. a. A suitable sound device, such as a buzzer, horn or whistle must be provided for the use of the timekeeper.

b. It is advisable that a visible electric clock be used to keep the spectators, players and game officials accurately informed of the time of the game. Where this is impossible the game and penalty time shall be communicated to coaches or captain upon request during play stoppages.

c. Time showing on the game clock shall be time remaining to be played.

Goalkeeper's Privileged Area

Rule 8. The goalkeeper's privileged area is an area bounded in the rear by the goal line, in front by an imaginary line connecting the lower face-off spots and on the sides by imaginary lines to the goal line.

Game Conditions and Referee's Responsibilities

Rule 9. a. Playing conditions as detailed above are the responsibility of the home team. The referee shall not commence play until these conditions adhere to the standards enumerated.

b. The home team is to be penalized with a bench minor penalty if at game time any of the above standards have not been complied with. There will be separate penalties assessed for each infraction.

Section II - Teams

Composition of Team

Rule 1. a. A team shall be composed of five players one of whom may wear goalkeeper's equipment.

b. Each player and each goalkeeper in the lineup shall wear an individual identifying number of at least eight inches in height.

c. All players of each team shall dress uniformly with matching jerseys and pants.

Captain of Team

Rule 2. a. A captain shall be appointed by each team and he alone shall have the privilege of discussing with the referee any questions relating to interpretation of rules that may arise during the progress of a game. The captain may not dispute a judgment decision of the referee. He shall wear the letter "C" in a conspicuous position on the front of his jersey.

b. In addition, if a captain is not on the playing surface an alternate captain shall be accorded the privileges of the captain. Alternate captains shall wear the letter "A" on the front of their jersey. Teams may designate any number of players as captains and alternates provided the total number does not exceed four. However, only one lettered player may speak to the referee at any given time.

c. In any eventuality where neither a captain or alternate is on the playing surface, the captain may, upon being invited to do so by the referee, have the privilege of leaving the bench to discuss any point relating to the interpretation of rules. A complaint about a penalty is not a matter "relating to the interpretation of the rules" and a minor penalty shall be imposed against any captain or other player making such a complaint.

d. The referee and official scorer shall be advised before the start of each game of the name of any players who will be acting as captain or alternates but will not be wearing the designated letter on their jersey.

e. A goalkeeper shall not be entitled to exercise the privileges of captain or alternate.

f. Captains, alternates and coaches are to be present when the referee issues his pre-game instructions. In the event the national anthem is played, it is to be played after this meeting.

Players in Uniform

Rule 3 a. Two weeks before the beginning of each season the coach of each team shall submit a list of his roster to the commissioner. This list may not exceed twenty three players and must include at least two goalkeepers.

b. Up until forty five days after the commencement of the season a team may add players to their roster provided the number not exceed twenty three. Players will not be eligible to play unless the league has been notified beforehand.

b. Each team shall be allowed one goalkeeper on the playing surface at one time. The goalkeeper may be removed and another player substituted at any time. Such substitute shall not be permitted the privileges of the goalkeeper.

c. Each team shall have on its bench at least one substitute goalkeeper who shall at all times be fully dressed and equipped to play. A team that starts a game with less than two dressed goalkeepers shall be assessed a minor penalty.

e. Only players listed on the roster are allowed to participate in the pre-game warm-up.

c. If at any time during a game it is discovered that a non-rostered player is participating the penalty shall be an unsportsmanlike conduct major to the offending team. If any goal is scored while the offending player is in the game that goal will be nullified. If, after the game, it is determined by the proper administrative authorities that the violation was deliberate the game shall be forfeited.

Starting Line-up

Rule 4. a. Before the start of the game the referee shall request from the coach of the visiting team his starting line-up. Thereafter the coach of the home team having been informed of the visiting team's starting line-up is to advise the referee of his own starting line-up. No change in the starting line-up of either team is then to be permitted until the game has begun. For an infraction of the above rule a bench minor shall be imposed on the offending team.

b. After any stoppage of play, the visiting team shall promptly place a line-up on the floor ready for play and no substitution shall be made thereafter until the puck is dropped. The home team may wait until the visiting team's players are on the playing surface before making their substitutions. If there is any undue delay by either team in changing lines the referee shall order the offending team or teams to take their positions immediately and shall permit no further changes.

c. Teams shall be on the playing surface promptly at the start of each period. Violation of this rule shall result in a minor penalty to the offending team. The home team shall not be required to take the floor until the visiting team will have done so.

Change of Players

Rule 5. a. Players may be changed at any time from the player's bench provided that the player or players leaving the playing surface are at the player's bench and out of the play before any change is made.

b. If, in the course of making a substitution, either player entering or leaving the game deliberately plays the puck or makes physical contact with an opposing player while the retiring player is on the playing surface a bench minor penalty for "too many men" shall be called. If, in the course of the substitution, either the player entering the game or the player retiring is struck accidentally by the puck or makes accidental contact with an opponent no penalty will be called.

c. A player serving a penalty must proceed at the conclusion of his penalty by way of the playing surface to his team's bench and may not go directly to his team's bench via the stands. For any violation of this rule a bench minor penalty shall be imposed on the offending team.

d. Any player intentionally leaving the penalty box before the completion of his penalty will be assessed a major penalty and a game misconduct. Another player shall serve the major penalty in addition to the time remaining on the original penalty.

e. When a penalized player returns to the play or a substitute enters the game he shall under all circumstances become immediately eligible to play the puck unless otherwise stated in these rules.

f. However, if a team begins play with less than the allowable amount of players then any subsequent player entering the game shall not be eligible to join play in the attacking zone until he has first returned to the defending zone. The penalty for this infraction is an unsportsmanlike conduct minor.

Note: This does not include a player who is returning from the penalty area.

g. If at any time a team plays with too many men a bench minor penalty shall be imposed on the offending team.

h. If an extra player from the bench or the penalty box tries to prevent a breakaway an unsportsmanlike conduct major, a game misconduct and a penalty shot will be assessed.

i. A goalkeeper may request a one minute warm-up when entering a game for the first time. That goalkeeper must then remain on the playing surface until the next stoppage of play unless the replacement goalkeeper is injured during the warm-up.

Injured Players

Rule 6. a. When a team does not have a substitute in goalkeeper's equipment and they are required to place a player in said equipment, then, the procedure shall be as follows: 1) If the team only has one goalkeeper in uniform then the team will be charged with one time out and a delay of game penalty; 2) If the team began the game with two or more goalkeepers and now, due to injury, have none left, they will be allowed a reasonable amount of time to suit-up a player, who may then request a one minute warm-up.

b. If a penalized player has been injured, the individual may proceed to the dressing room without taking a seat on the penalty bench. If the injured penalty player receives a minor and/ or

major penalty and/or misconduct, a substitute player shall be placed immediately on the penalty bench and shall serve the penalty without change. The penalized player who has been injured and replaced on the penalty bench shall not be eligible to play until the penalty has expired.

c. In the case where it is obvious that a player has sustained a serious injury any official on the playing surface should immediately blow the whistle and stop play.

d. When a player has sustained a non-serious injury play shall not be stopped until the injured player's team has secured possession of the puck. If the player's team is in possession of the puck at the time of the injury, play shall be stopped immediately unless that team is in a scoring position.

e. When there is a stoppage of play due to an injury to a player other than the goalkeeper, the injured player must leave the playing surface until the completion of the ensuing face-off. For violation of this rule a minor penalty will be imposed on the offending player.

Section III - Equipment

Sticks

Rule 1. a. Sticks must be made of wood, plastic or a combination of wood and aluminum or fiberglass. They must not have any projections. Adhesive tape of any color may be wrapped around the stick at any place for the purpose of reinforcement or to improve control of the puck.

b. No stick may exceed 63 inches in length from the heel to the end of the shaft nor more than 12 1/2 inches from the heel to the end of the blade. The blade of the stick shall not be more than 3 inches or less than 2 inches wide at any point. All edges of the blade shall be beveled.

The curvature of the blade of all sticks shall be restricted in such a way that the distance of a perpendicular line measured from a straight line drawn from the base of the heel to the base of the toe and the point of maximum curvature shall not exceed one inch.

c. The blade of the goalkeeper's stick shall not exceed 3 1/2 inches in width at any point except at the heel where it must not exceed 4 1/2 inches in width, nor shall it exceed 15 1/2 inches in length from the heel to the end of the blade. The widened portion of the goalkeeper's stick shall not extend more than 26 inches from the heel and shall not exceed 3 1/2 inches in width.

d. A minor penalty and a misconduct penalty shall be assessed on any player or goalkeeper who uses a stick not conforming to this rule.

e. When a formal complaint is made by the captain of a team about the dimensions of any stick which infraction is the basis of his complaint. The referee shall then make the necessary measurements immediately. Measurements of a challenged stick are to be made at the first stoppage of play (or during the stoppage of play when the challenge is made). If a player's stick is found to be illegal, the penalty begins immediately. If a player's stick is found to be legal, the challenging team will be assessed a bench minor penalty.

If a goal is scored with an illegal stick and the stick is found to be illegal, the goal is allowed and the penalty is assessed and begins immediately.

If a player refuses to hand over his stick or breaks or has his stick broken intentionally or changes the stick before a measurement can be made, the player will be assessed a major penalty and a game misconduct.

Note: It is the responsibility of the referee to provide a current copy of the MYHSHL Rules and a tape measure (6-foot minimum) at the scorekeeper's table.

f. A minor penalty shall be assessed to a player or a goalkeeper who participates in play while in possession of more than one stick, except that no penalty will be assessed to a player who is struck accidentally by the puck while carrying a replacement stick to a teammate.

Goalkeeper's Equipment

Rule 2. a. With the exception of stick, glove and blocker, all the equipment worn by the goalkeeper must be constructed solely for the purpose of protecting the head or the body. No garment or other object that would provide undue assistance in keeping goal may be worn.

b. The goalkeeper's leg pads shall not exceed 12 inches in width.

c. The goalkeeper's blocker shall not exceed 9 inches in width or 17 inches in length at any point. The maximum length of the catching glove shall not exceed 17 inches.

d. The procedure for a challenge to goalkeeper equipment is identical to that for any other equipment challenge. (See above Rule 2-e.)

Protective Equipment

Rule 3. a. All protective equipment, except gloves, helmets and goalkeeper's leg guards, must be worn under the uniform. A glove from which all or part of the palm has been removed or cut to permit the use of a bare hand shall be considered illegal equipment. Players shall not be permitted to participate in the game until their equipment has been corrected or removed. Second offense by the same player in the same game constitutes a misconduct penalty. Third offense by the same player in the same game constitutes a game misconduct.

b. It is compulsory for all player's, including goalkeepers to wear hockey helmets and full face masks. Any player, excluding the goalkeepers, whose helmet and/or face mask has come off during play, must replace the helmet and/or face mask immediately or go to the player's bench. A player not conforming to this rule shall be assessed a minor penalty. If a goalkeeper's mask and/or helmet is displaced, there shall be an immediate whistle.

c. A minor penalty will be imposed upon any player who plays without a fastened chin strap.

Dangerous Equipment

Rule 4. a. The use of pads or protectors made of metal, or of any other material likely to cause injury to a player is prohibited.

b. Shoulder pads are prohibited. Special exemptions to this rule may be granted by the league in case of injury.

c. The wearing of jewelry during a game is prohibited. A minor penalty shall be imposed on a player who wears jewelry while playing.

Puck

Rule 5. The official puck shall be the Mylec All Weather Puck.

Note: The home team shall provide three pucks to the referee at the beginning of the game.

Measurement and Challenge of Equipment

Rule 6. A request for measurement of any equipment covered in Rules 1, 2 and 3 shall be limited to one request by each team and involve only one player during the course of any stoppage of play.

Section IV - Officials

Appointment of Officials

Rule 1. a. All games shall be officiated by a referee and a linesman. Off-floor officials shall include a game timekeeper and an official scorer. All off-floor officials shall be provided by the home team unless otherwise specified by the league. All officials shall conduct the game in accordance with the official rules of the MYHSHL.

b. The referee and the linesman should arrive on the playing surface at least fifteen minutes before game time and are to remain on the floor at the conclusion of each period until both teams have proceeded to their dressing rooms. They are to be dressed in an official hockey sweater with black trousers. They shall come equipped with a whistle and a tape measure or ruler and a copy of the official MYHSHL playing rules.

c. Should the referee be unable to perform his duties the linesman shall serve as referee and he shall appoint someone else to serve as linesman. Should the linesman be unable to perform his duties the referee shall appoint someone else to serve as linesman.

d. If one of the officials accidentally leaves the playing surface or receives an injury that incapacitates the individual from discharging the duties of the job while the game is in progress, the game shall be stopped immediately by the remaining official, unless one of the teams has the puck in scoring position, in which case the play shall be allowed to be completed. If it is obvious that the sustained injury is of a serious nature, play shall be stopped immediately.

Referee

Rule 2. a. The referee shall order the teams on the floor two minutes before the start of the game and the commencement of each period.

b. It shall be his duty to see to it that all players are properly dressed and that the approved regulation equipment is in use at all times during the game.

c. The referee shall have general supervision of the game and shall have full control of all game officials and players during the game including stoppages. In case of any dispute his decision shall at all times be final.

d. The referee shall, before starting the time, see that the appointed game timekeeper and scorer are in the proper location and ensure that the game clock is in order.

e. It shall be his duty to impose such penalties as prescribed in the rules for infractions thereof and his shall be the final decision in matters of disputed goals. The referee may consult with the linesman before making this decision.

f. The referee shall announce to the official scorer all goals and assists legally scored, as well as penalties, and for what infractions such penalties are assessed. However, the final decisor in matters of scoring shall be the scorekeeper at each game, subject to league review.

g. If the conditions among the players and/or spectators become unsatisfactory during the course of the game, the referee may stop the game at any time. The matter will then be investigated. If, in the opinion of the league, the problem might have been rectified by the home team and they did not do so, then the game shall be declared forfeited by the home team.

h. However, if the game could not be continued due to factors beyond the control of the home team, then if two periods will have been completed the game's result shall stand. If two periods were not completed then the game will be continued from the point of its abandonment at such time and place set by the league.

Linesman

Rule 3. a. The linesman shall determine infractions of the rules concerning off-sides.

b. He shall conduct all face-offs except those beginning a period or following a goal.

c. The linesman shall stop play:

1. For any infraction of the rules concerning off-side play.

2. When he deems a player has sustained a serious injury.

3. When the goal has become dislodged.

4. For any infraction of the rules concerning face-offs.

5. When the puck has been deliberately hand passed to a teammate in the attacking zone or from the defending zone to the attacking zone.

6. When the puck is struck with a stick above the height of four feet.

7. When the puck is out of the playing area.

8. When a goal has been scored that has not been observed by the referee.

d. The linesman may stop play and asses a minor penalty for:

1. Too many men on the playing surface.

2. Articles thrown on the playing surface from the player's bench or penalty bench.

3. Receiving a stick illegally from the player's bench or any stick from the penalty bench.

4. Delay of game by deliberately dislodging the goal.

e. The linesman must report upon completion of play any circumstances pertaining to:

1. Attempts to injure. (See Section 6, Rule 2)

1. Bench minor penalties.

2. Interference with a goalkeeper when a goal has been scored.

f. The linesman shall give to the referee his interpretation of any incident that may have taken place during the game.

Official Scorer

Rule 4. a. Before the start of the game, the official scorer shall obtain from the coaches of both teams a list of eligible players and the starting lineup of each team. This information shall be made known to the opposing team's coach before the start of play, either personally or through the referee as outlined above.

The official scorer shall secure the names of captains and alternates from the coach at the time the lineups are collected and will so indicate by placing the letter "C" or "A" opposite their names on the scoresheet.

b. The official scorer shall keep a record of the goals scored and who scored them. He shall also indicate those players on the lists who actually have taken part in the game. The official scorer shall record the time of entry into the game of any substitute goalkeeper. The official scorer shall also note when the goalkeeper has been removed and if a goal is scored when the goalkeeper has been removed. This scoresheet shall be presented to the referee for his signature after the completion of the game.

Game Timekeeper

Rule 5. a. The game timekeeper shall signal the referee and the competing teams for the start of the game and each succeeding period and the referee shall start the play promptly. To assist in assuring the prompt return to the playing surface of the teams and the officials, the game timekeeper shall give a preliminary warning via buzzer two minutes before the start of each period.

b. If the facility is not equipped with a buzzer, horn or siren, or if such a device fails to function the game timekeeper shall signal the end of each period by blowing a whistle.

c. In the event of any dispute regarding time, the matter shall be referred to the referee for adjustment. The referee's adjustment shall be final.

Instant Replay

Rule 7. a. During games video tape may not be used to clarify any matter whatsoever.

b. However, this does not preclude the use of video tape after the game in assessing disciplinary issues or statistical matters.

Section V - Penalties

Penalties

Rule 1. Penalties shall be actual playing time and shall be divided into the following categories:

- a. Minor penalties
- b. Bench minor penalties
- c. Major penalties
- d. Misconduct penalties
- e. Game misconduct
- f. Penalty shot

Minor Penalties

Rule 2. a. For a minor penalty, any player, other than a goalkeeper shall be ruled off the playing surface for one and one half minutes, during which time no substitution shall be permitted.

b. A bench minor penalty involves the removal from the playing surface of one player of the offending team for a period of one and one half minutes. Any player except the goalkeeper of that team may be designated to serve the penalty by the coach through the playing captain, and such player shall proceed to the penalty area promptly and serve the penalty as if the minor was imposed upon him.

c. If the opposing team scores a goal while a team is short-handed by one or more minor or bench minor penalties, the short-handed team shall be permitted to replace immediately on the playing surface the player whose minor or bench minor caused the team to be short-handed, except when the goal is scored on a penalty shot.

Note: Short-handed means that the team must be below the numerical strength of its opponent on the playing surface at the time the goal is scored. The minor or bench minor penalty that terminates automatically is the one that causes the team scored against to be short-handed. Thus, coincidental penalties to both teams do not cause either side to be short-handed.

d. If the referee signals an additional minor penalty(s) against a team that already is short-handed because of one or more minor or bench minor penalties previously imposed, and a goal is scored by the non-offending team before the whistle is blown, the goal shall be allowed, the delayed penalty(s) shall be assessed, and the minor penalty already being served that caused the team to be short-handed first shall terminate.

e. When two minor penalties are called on a player at the same time and the opposing team scores a goal before the expiration of the first minor, the remaining time on the first minor is eliminated and the time on the second minor immediately begins. When the minor penalties of two players of the same team terminate at the same time, the captain of that team shall designate to the referee which of the players will return to the playing surface first and the referee will instruct the timekeeper accordingly.

f. When a player receives a major penalty and a minor penalty at the same time, the major penalty shall be served first by the penalized player.

g. When coincidental minor or major penalties are called on up to two players of each team, those penalties shall be served without substitution.

Major Penalty

Rule 3. a. For the first major penalty in any one game, the offender shall be ruled off the playing surface for three and one half minutes during which time no substitution shall be permitted.

When a major penalty or a double minor is imposed upon a goalkeeper, the time penalty shall be served by the goalkeeper. However, a substitute player in goalkeeper's equipment shall be allowed in the game replacing some other player. Another player without goalkeeper's equipment shall go the penalty bench with the goalkeeper and shall go on the playing surface in place of the penalized goalkeeper when the penalty time has expired. The penalized goalkeeper shall not go on the playing surface until the teammate with the goalkeeper's equipment has left the playing surface during a stoppage of play.

b. For the second major penalty in the same game to the same player, or for a major penalty for butt-ending, cross-checking, fisticuffs, head butting, high-sticking, hitting from behind, intentional illegal entry into the game, intentionally knocking or shooting the puck out of the reach of an official trying to retrieve it, interference with spectators, obscene words or gestures to an official, persistent dispute of an official's ruling, refusal to hand over a stick for measurement, slashing or spearing, he shall be assessed a game misconduct. However, a substitute shall replace him on the penalty bench for three and one half minutes.

Misconduct Penalties

Rule 4. a. For any misconduct penalty the offending player, including a goalkeeper, shall be ruled off the playing surface for six minutes. However, a substitute is permitted to replace that player immediately. A player whose misconduct penalty has expired shall remain in the penalty area until the next stoppage of play.

A misconduct penalty is assessed when:

1. A player uses inappropriate language in an attempt to influence an official;

2. A player shows disrespect for a referee by disputing decisions after being cautioned to cease doing so, or by not going directly to the penalty area;

3. A player who remains in the proximity of the referee when the latter is reporting to or conferring with any other game official including the linesman, timekeeper or scorer.
4. A player who uses obscene language anywhere on the playing surface.
5. A player who after initial warning continues to wear illegal equipment.

If a minor and/or major penalty is imposed on the same player in addition to the misconduct penalty, the misconduct penalty is to be served in addition to the minor and/or major penalty. However, a substitute must enter the penalty area along with the player receiving the misconduct penalty. The substitute may enter the game when the time penalty has elapsed but the offending player must remain in the penalty area until the expiration of both penalties. If no other penalty has been imposed in addition to the misconduct penalty, a substitution may be made immediately.

b. A game misconduct may be assessed when the referee determines that to preserve the sportsmanlike atmosphere of a specific game, a player, coach, manager or any other team personnel should be removed from that game for its duration. A substitute is permitted to replace the offending player immediately. The offending player, coach or non-playing persons must leave the bench and playing surface immediately and may not communicate or contact team personnel in any manner until the contest is completed.

c. If, after the assessment of a misconduct penalty, a player persists in any course of conduct for which he was previously assessed a misconduct penalty, he shall be assessed a game misconduct penalty.

Penalty Shot

Rule 5. a. The procedure for a penalty shot shall be as follows: The referee shall place the puck on the center face-off spot and the player taking the shot will, after the instruction of the referee, play the puck from there and attempt to score on the goalkeeper. Once the player taking the shot has touched the puck, it must be kept in motion towards the opponents goal line. When the puck is shot the play shall 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. Only a goalkeeper or a substitute goalkeeper, as designated in the official scoresheet, may defend against a penalty shot.

b. The goalkeeper must remain in the crease until the player taking the penalty shot has touched the puck. The goalkeeper shall remain in the goalkeeper's privileged area until the completion of the play. In the event of violation of this rule or any foul committed by the goalkeeper, the referee shall allow the shot to be taken, and, if the shot fails, the referee shall permit the penalty shot to be taken again. The goalkeeper may attempt to stop the shot in any manner except by throwing the stick or any other object, in which case a goal shall be awarded.

c. When a penalty shot is awarded due to illegal entry into the game under (Section 6, Rule 26-e), removing the helmet and/or face-mask in order to stop play, or if a defending player other than

the goalkeeper falls on or picks up the puck in the crease, the captain of the non-offending team shall designate any player who is not serving a penalty at that time to take the penalty shot. Such selection shall be reported to the referee and may not be changed.

When a penalty shot is awarded due to under (Section 6, Rule 41) interference and fouling from behind, the referee shall designate the player who has been fouled as the player who shall take the penalty shot.

When a penalty shot is awarded under (Section 6, Rule 9, g-h) during the course of a breakaway, a goalkeeper or player deliberately displaces the net or a goalkeeper deliberately removes the helmet and/or face-mask the penalty shot shall be taken by the player last in possession of the puck.

d. If the player designated to take the penalty shot commits a foul in connection with the same play or circumstances, either before or after the penalty shot has been awarded, the player shall not be permitted to take the penalty shot before going to the penalty box. In that case, the penalty shot will be taken by a player selected by the captain of the non-offending team from the players who are on the floor at that time. Such selection shall be reported to the referee and cannot be changed.

If, at the time the penalty shot is awarded, the goalkeeper of the penalized team has been removed from the playing surface in order to substitute another player, the goalkeeper shall be permitted to return to play before the penalty shot is taken.

e. While the penalty shot is being taken, players of both teams shall withdraw to the sides of the playing surface on the half of the gym away from the goal.

f. If any player of the opposing team distracts the player taking a penalty shot the referee shall impose a misconduct penalty on the offending player and if the original shot has failed a second penalty shot shall be attempted.

g. If a goal is scored from a penalty shot, the puck shall be faced off at the center face-off spot in the usual manner. If a goal is not scored, the puck shall be faced-off at one of the end face-off spots in the zone in which the penalty shot was attempted.

h. Should a goal be scored from a penalty shot, a further penalty to the offending player shall not be applied unless the offense for which the penalty shot was awarded was such as to incur a major, misconduct or game misconduct penalty, in which case the penalty prescribed for the particular offense shall be imposed.

If the offense for which the penalty shot was awarded was such as would normally incur a minor penalty, then regardless of whether the penalty shot results in a goal or not, no further minor penalty shall be served.

i. 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 even if a slow whistle permitting the play to be completed results in the expiration of the period.

The time required for the penalty shot shall not be included in the regular playing time or any overtime.

Goalkeeper's Penalties

Rule 7. a. A goalkeeper shall not be sent to the penalty bench for an offense which incurs a minor penalty. Instead the captain of the offending team shall designate another member of the team who was on the playing surface when the offense was committed to serve the penalty, and such substitute shall not be changed.

b. If a goalkeeper incurs a double minor, major or misconduct penalty, the individual shall serve the time penalty; but a substitute player in goalkeeper's equipment shall be allowed in the game replacing some other player. Another player without goalkeeper's equipment shall go on the playing surface in place of the penalized goalkeeper when the penalty time has expired. The penalized goalkeeper may not go on the playing surface until a teammate with goalkeeper's equipment has left the playing surface during a stoppage of play.

c. If a goalkeeper, in goalkeeper's equipment participates in the play in any manner while beyond the center line, a minor penalty shall be imposed on him. However, the goalkeeper may proceed without participating in the play to the player's bench if it is beyond the center line.

d. Within the rectangular area bounded in the rear by the goal line, in front by an imaginary line connecting the special spots and on the sides by imaginary lines from the special spots to the goal line, the goalkeeper has certain privileges. When outside of this area, however, the goalkeeper must play the puck in the same manner and is subject to the same penalties as other players.

e. A minor penalty shall be imposed on a goalkeeper who, when located entirely outside the boundaries of the privileged area, deliberately falls on or gathers the puck into his body or who holds or places the puck against any part of the goal or against the boards.

Delayed Penalties

Rule 8. a. If a player is penalized while two players of the individual's team are serving penalties, the penalty time of the third player shall not begin until the penalty time of one of the other two players has elapsed. The third player penalized must proceed at once to the penalty area, but may be replaced by a substitute until the penalty time of the penalized player begins. If the third player penalized with a minor penalty is a goalkeeper, the captain of the offending shall designate another member of the team who is on the playing surface when the offense was committed to serve the goalkeeper's minor penalty.

b. When any team has three players serving penalties at the same time and, because of the delayed penalty rule, a substitute for the third offender is on the playing surface, none of the three penalized players in the penalty area may return to the playing surface until play is stopped. When play is stopped, the player(s) whose full penalty has expired may return to the play.

c. In the case of delayed penalties, the referee shall instruct the penalty timekeeper that players or their substitutes whose penalties have expired only shall be allowed to return to the playing surface when there is a stoppage of play.

When the penalties of two players of the same team will expire at the same time, the captain of that team will designate to the referee who will return to the playing surface first and the referee will instruct the timekeeper accordingly.

Calling of Penalties

Rule 9. a. If an infraction of the rules calling for a minor, major, misconduct or game misconduct penalty is committed by a player of the side in possession of the puck, the appropriate official shall blow the whistle immediately and the referee will assess the penalties.

The resulting face-off shall be made at the place where the play was stopped unless the stoppage occur in the attacking zone of the player penalized, in which case the face-off shall be made at the nearest face-off spot in the defending zone.

b. If an infraction of the rules calling for a minor or a major penalty, is committed by a player of the team not in possession of the puck, the referee shall signal the calling of a penalty and immediately upon completion of the play by the team in possession, blow the whistle and the penalty will be assessed by the referee.

If the whistle will have been blown while the puck is in the defending zone of the penalized team the face-off shall be made at the spot where the play was stopped. However, if the whistle will have been blown while the puck is in the attacking zone of the penalized team the face-off shall be made at the nearest face-off spot in the defending zone.

If the penalty or penalties to be imposed are minor penalties and a goal is scored on the play by the non-offending team, the first minor penalty shall not be imposed. However, all other minor, major, misconduct or game misconduct penalties shall be imposed in the normal manner, regardless of whether a goal is scored. If any other fouls are committed on the same play or after the appropriate official has stopped play, the offending players shall be penalized.

If a double minor penalty was to be imposed, one and one half minutes of the appropriate penalty will be assessed to the offending player.

Note 1: "Completion of the play by the team in possession" means that the puck must have come into the possession and control of an opposing player or goalkeeper or have been frozen. This does not mean a rebound off the goalkeeper, the goal or the boards or any incidental contact with the body or equipment of an opposing player.

Note 2: If, after the referee has signaled a penalty (but before the whistle has been blown) the puck enters the goal of the non-offending team as the direct result of the action of a player of that team, the goal shall be allowed and the penalty signaled shall be assessed in the normal manner.

Note 3: If, when a team is shorthanded by virtue of one or more minor or bench minor penalties, the referee signals a further minor penalty or penalties against the shorthanded team and a goal is scored by the non-offending team before the whistle is blown, then the goal shall be allowed.

The penalty or penalties signaled shall be assessed and the first of the minor penalties already being served shall terminate.

c. The referee shall use a "delayed whistle" when a foul is committed against the team in possession of the puck, thereby postponing the stoppage of play until the offending team shall have possession and control of the puck

Supplementary Discipline

Rule 10. The proper disciplinary authority may, at the conclusion of the game, and at its discretion, investigate any incident that occurs in connection with any game, and may assess additional suspensions for any offense committed before during or after the game by a player, coach or non-playing personnel, independent of whether such offense has been penalized by the referee or linesman.

Section VI - Playing Rules

Adjustment to Clothing and Equipment

Rule 1. a. Play shall not be stopped nor the game delayed for adjustment to clothing, equipment, shoes or sticks.

For infringement of this rule a minor penalty shall be imposed.

b. The onus of maintaining clothing and equipment in proper condition shall be upon the player. If adjustments are required the player shall retire from the playing surface and play shall continue without interruption, with a substitute.

c. No unnecessary delay shall be permitted for the repair or adjustment of a goalkeeper's equipment. If major adjustments are required, the goalkeeper will retire from the playing surface and the individual's place will be taken by the substitute goalkeeper immediately. A referee may allow for minor delays.

For an infraction of this rule by a goalkeeper, a minor penalty shall be imposed.

Attempt to Injure

Rule 2. A major penalty and a game misconduct shall be imposed on any player who deliberately attempts to injure or injures an opponent, official, coach or any other non-playing person in any manner.

Boarding

Rule 3. A minor or a major penalty, at the discretion of the referee, based upon the severity of impact with the boards, shall be assessed to any player who checks an opponent in such a manner that causes him to be thrown violently into the boards.

Broken Stick

Rule 4. a. A player without a stick may participate in the game. A player whose stick has broken may participate in the game provided the individual drops the broken stick. A minor penalty shall be imposed for an infraction of this rule.

Note: A broken stick is one that, in the opinion of the referee is unfit for normal play. A stick with a chipped or cracked blade shall not be considered a broken stick, provided such blade is entirely covered with tape and there are no projecting parts.

b. A goalkeeper may continue to play with a broken stick until a stoppage of play or until he has been legally provided with a stick.

c. A player whose stick is broken may not receive a stick thrown onto the playing surface from any part of the gym but must obtain a stick at the player's bench or be handed one by a teammate not serving a penalty. A minor penalty shall be imposed for infraction of this rule.

Note: A player to whom a stick has been thrown from the player's bench or penalty area, who does not pick up the stick, will not receive a penalty. The person throwing the stick will receive the penalty.

d. A goalkeeper whose stick is broken may not receive a stick thrown onto the playing surface from any part of the gym but may receive a stick from a teammate without proceeding to the player's bench. A minor penalty shall be imposed for infraction of this rule.

Butt-Ending

Rule 5. a. A butt-end is where a player uses the shaft of the stick above the upper hand to jab an opposing player. An attempt to butt-end is where a player makes a butt-end gesture but no contact is made.

b. A double-minor penalty shall be imposed on a player who attempts to butt-end an opponent.

c. A major penalty and a game misconduct shall be imposed on a player who butt-ends an opponent.

Charging

Rule 6. a. A minor or a major penalty shall be imposed on a player who runs or jumps into an opponent in any manner.

Note 1: If more than two steps are taken, it shall be considered a charge.

b. A goalkeeper may not be checked within his privileged area in any manner whatsoever.

Checking from Behind

Rule 7. a. Any player who cross-checks or charges from behind an opponent who is unaware of the impending hit and is thereby unable to defend himself, shall be assessed a major and a game misconduct.

Note: When a player intentionally turns his body to create contact with his back, no penalty shall be assessed.

Contact After the Whistle

Rule 8. a. A minor or a major penalty at the discretion of the referee shall be imposed, on a player who makes physical contact with an opponent, including the goalkeeper, anywhere on the playing surface after the whistle has been blown if the player had sufficient time after the whistle to avoid such contact.

b. A minor or a major penalty shall be imposed, at the discretion of the referee, upon any player who pushes, shoves or grabs an opponent after the whistle has been blown.

Cross-Checking

Rule 9. a. A minor or a major penalty, at the discretion of the referee, shall be imposed on a player who cross-checks an opponent

Note: A cross-check is defined as a check delivered by extending the arms with both hands on the stick and making contact with the opponent.

b. When a major penalty is assessed for cross-checking a game misconduct penalty shall be imposed on the offending player.

Delaying the Game

Rule 10. a. The puck must be kept in motion at all times. It is in keeping with the spirit of the game that it proceed at a steady pace. All players who attempt to impede this pace will be assessed a minor penalty.

b. A minor penalty shall be imposed on any player or goalkeeper who delays the game by deliberately shooting, batting, kicking or throwing the puck outside the playing area.

Note: This rule will also apply when a player deliberately shoots or bats the puck outside the playing surface during a stoppage of play.

c. A minor penalty shall be assessed on any player (including a goalkeeper) who deliberately holds (freezes) the puck against the boards, goal net or floor with the stick, foot or any other part of the body for the purpose of delaying the game.

d. There shall not be a whistle for a stalled puck along the boards unless a player unintentionally falls on the puck. However, the referee may stop play along the boards if allowing play to continue leads to unnecessary contact surrounding the puck.

e. A minor penalty shall be assessed on any player (including the goalkeeper) who delays the game by deliberately displacing the net from its normal position. The appropriate official shall stop play immediately when a net has been displaced.

Note: If a player or goalkeeper for the defending team deliberately displaces the goal, and if, in the opinion of the referee, the puck would have entered the goal would the net not have been displaced then a goal will be awarded.

f. A minor penalty shall be assessed to any goalkeeper who deliberately removes his helmet and/or face mask during the play.

g. If by reason of insufficient time in the regular playing time or by reason of penalties already imposed, the minor penalty assessed to a player for displacing the net or to a goalkeeper for deliberately removing his helmet and/or face mask cannot be served in its entirety within the regulation playing time or at any time in overtime, a penalty shot shall be awarded against the offending team.

h. If the goal post is deliberately displaced by a goalkeeper or player or if the goalkeeper deliberately removes his helmet during the course of a breakaway, a penalty shot shall be awarded to the non-offending team, which shall be taken by the player last in possession of the puck.

Note: A player with a breakaway is defined as a player, in control of the puck with no opposition between him and the opposing goal, with a reasonable scoring opportunity.

i. A bench minor penalty shall be imposed on any team that, after a warning to its captain by the referee, fails to place the correct number of players on the playing surface to commence play and thereby causes a delay by making additional substitutions, by persisting in having its players offside or in other manner to cause a delay.

j. A minor penalty shall be assessed on any player who intentionally drops his gloves and/or stick, adjusts his equipment or clothing, ties his shoes, confers with players, coaches or others in an obvious attempt to delay the game.

Elbowing

Rule 11. A minor or a major penalty shall be assessed on any player who forces his elbow or forearm into an opponent.

Face Masks

Rule 12. a. A major penalty shall be imposed on any player who grasps the face mask of an opponent.

b. Intentional placement or pushing of an open hand on the face mask shall be ruled a minor penalty.

Face-Offs

Rule 13. a. The puck shall be faced-off by an official dropping the puck on the playing surface between the sticks of the opposing players. Players facing off will stand squarely facing their opponents end of the gym approximately one stick blade length apart with the blades of their sticks on the floor.

b. The visiting player shall place his stick within the designated area first followed immediately by the home player.

No other player shall be allowed to come within 5 feet of the player's facing off. All players must stand on side at the time of the face-off.

If a violation occurs the face-off shall be conducted again.

c. If after warning by the referee or linesman, either of the players fails to take his proper position for the face-off promptly, the official shall be entitled to face-off the puck notwithstanding such default.

d. During any face-off anywhere on the playing surface, players facing-off shall not make any physical contact with the opponent's body by means of the individual's own body or stick, except in the course of playing the puck after the face-off has been completed.

For violation of this rule, referee shall impose a minor penalty or penalties on the player(s) whose action(s) caused the physical contact.

Note: A face-off begins when the official designates the place of the face-off and takes his position to drop the puck.

e. If a player facing-off fails to take the proper position immediately when directed to do so by the official, the official may order the individual replaced for that face-off by any teammate then on the playing surface.

No substitution of players shall be permitted until the face-off has been completed and play has been resumed, except when a penalty is imposed that will affect the playing strength of either team.

f. A second violation of any of the provisions of Rule 13a above by the same team during the same face-off shall be penalized with a minor penalty to the player who commits the second violation.

g. The puck shall be faced-off at the center face-off spot at the start of each period and overtime period, and after a goal is scored.

h. When an infringement of a rule has been committed or a stoppage of play has been caused by any player of the attacking team in the attacking zone, the ensuing face-off shall be made in the defending zone at the nearest face-off spot.

Note 1: This includes a stoppage of play caused by a player of the attacking team shooting the puck onto the back of the defending team's net without any intervening action by the defending team. A deflection off the goalkeeper will be deemed an intervening action.

Note 2: This includes the stoppage of play caused by a player of the attacking team when the net accidentally becomes dislodged.

i. When an infringement of a rule has been committed by players of both teams resulting in the stoppage, the face-off will be made at the point the puck was when the stoppage occurred.

j. When a stoppage occurs between the end face-off spots and the end of the playing surface, the puck shall be faced-off at the end face-off spot nearest to where the stoppage occurred, unless otherwise expressly provided in these rules.

k. When a goal is scored illegally as a result of a puck being deflected directly from an official anywhere in the defending zone, the resulting face-off shall be at the end face-off spot in the defending zone.

l. If the goal net is dislodged accidentally by a defending player, the face-off shall be at the end face-off spot.

m. If the puck strikes an overhead obstruction, the ensuing face-off is a last play face-off.

Note 1: The purpose of this rule is to prevent continued play after redirection of the puck. If the puck strikes an overhead obstruction but continues unimpaired, in the same direction, play shall continue. However, a goal may not be scored directly after striking an overhead obstruction.

Note 2: If the stoppage of play is caused by an attacking player in the individual's attacking zone, the face-off shall be in the nearest face-off spot in the defending zone.

n. No face-off shall be made within 7 feet of the goal or side boards.

o. If an official mistakenly stops play the face-off is at the center spot.

p. When the game is stopped for any reason not specifically covered in the official rules, the puck must be faced-off where it was last played.

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

r. Following a stoppage of play, should one or both defensemen who are the point players or any player coming from the bench of the attacking team, enter into the attacking zone beyond the imaginary line linking face-off spots, the ensuing face-off shall take place in the defending zone at the nearest face-off spot.

Falling on the Puck

Rule 14. a. A minor penalty shall be assessed on a player other than the goalkeeper who deliberately falls on or gathers the puck into his body.

Note: Any player who drops to his knees to block a shot should not be penalized if the puck is shot under the individual or becomes lodged in clothing or equipment.

b. No defending player, except the goalkeeper, will be permitted to fall on the puck or hold the puck or gather in the puck into the body or hands when the puck is within the goal crease.

For infringement of this rule, play shall be stopped immediately and a penalty shot shall be assessed against the offending team.

c. A minor penalty shall be imposed on a goalkeeper who, when he is in his own goal crease, deliberately falls on or gathers the puck into his body unless he is actually being pressured by an opponent.

d. A minor penalty shall be imposed on a goalkeeper who places the puck against the top of the goal net.

e. The goalkeeper is not allowed to freeze the puck if it has been shot, passed or cleared from the defending zone to the attacking zone by an opponent, unless in the opinion of the referee he was unable to control the puck until an attacking player was upon him.

Fisticuffs

Rule 15. a. A player who starts fighting or attempts to punch an opponent shall be assessed a major penalty and a game misconduct under Section 6, Rule 2.

b. A player who does not retaliate after being struck will not be assessed a penalty.

c. When an altercation occurs on the playing surface, all nonparticipating players, excluding goalkeepers, must proceed immediately and directly to their respective players' bench. Goalkeepers must remain in the immediate vicinity of their goal crease. For a violation of this rule, a minor penalty shall be assessed to every offending player or goalkeeper.

Goals and Assists

Rule 16. a. A goal shall be scored when the puck shall be put between the goal posts, by the stick of the player of the attacking side, from in front and below the crossbar, and entirely across the line, approximately the width of the diameter of the goal posts, drawn on the playing surface from one goal post to the other with the goal frame in its proper position.

b. A goal cannot be scored by an attacking player who deliberately bats the puck with any part of his body across the goal line. A goal cannot be scored when an attacking player bats the puck with any part of his body and it is deflected by any player or goalkeeper into the net.

c. If the puck is deflected into the goal from the shot of an attacking player by striking any part of the person of the same side, the goal shall be allowed. The player who deflected the puck shall be credited with scoring the goal.

d. A goal shall not be allowed if the puck has been intentionally kicked, using a distinct kicking motion, and subsequently enters the net.

e. A goal shall not be allowed if the puck has been thrown or otherwise deliberately directed into the goal by any means other than a stick.

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

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

h. Should a player propel the puck into the opponent's goal crease and the puck should become loose and available to another player of the attacking side, a goal scored on the play shall be legal.

i. A goal shall be credited in the scoring records to a player who shall have propelled the puck into the opponent's goal. Each goal shall count one point in the player's record.

j. When a player scores a goal, an assist shall be credited to the player or players taking part in the play immediately preceding the goal, but no more than two assists can be given on any goal. Each assist shall count one point in the player's record.

Note: The definition of "taking part in the play" shall be one of the following: 1) The players (up to two) who touched the puck before the goal was scored. 2) The players (up to two) who touched the puck before the goal was scored, even if the puck was touched by a defending player, provided such contact with the puck did not significantly alter its direction from one attacking player to the other. 3) The player whose shot on goal, after being saved by the goalkeeper and remaining in play, was immediately shot into the goal by another player. In this case there shall be no second assist awarded.

k. Only one point can be credited to any one player on a goal.

l. It is the responsibility of the official scorer to be the final arbiter of goals and assists.

Handling the Puck

Rule 17. a. If a player, except a goalkeeper, closes his hand on the puck, the play shall be stopped and a minor penalty shall be imposed upon him.

b. A goalkeeper who holds the puck with his hands for longer than three seconds shall be given a minor penalty unless he is actually being pressured by an opponent.

c. A goalkeeper who throws the puck towards the opponent's end of the playing surface shall be assessed a minor penalty.

d. A goalkeeper must not drop the puck into his equipment or on top of the goal net or pin the puck to the outside of the goal net or do anything which in the opinion of the referee causes a stoppage of play.

Note: It is the purpose of this rule to keep the puck in play continuously and any action taken by the goalkeeper which causes an unnecessary stoppage must be penalized without warning.

e. A minor penalty shall be imposed on a player, except the goalkeeper, who, while play is in progress, picks the puck up off the playing surface with his hand.

If a player, except a goalkeeper, while play is in progress, picks the puck up with his hand in the goal crease area, the play shall be stopped immediately and a penalty shot shall be awarded to the non-offending team.

f. A player shall be permitted to stop or bat a puck in the air with his open hand, or push it along the playing surface with his hand. The play shall not be stopped, unless in the opinion of the official, he has directed the puck to a teammate in any zone other than the defending zone, in which case the play shall be stopped and the puck faced-off in the defending zone at the nearest face-off spot.

Note: Play will not be stopped for any hand pass by players in the defensive zone where such pass is initiated and completed in that zone.

Head Butting

Rule 18. a. A major and a game misconduct shall be imposed on a player who attempts to or actually head-butts an opponent.

High Sticks

Rule 19. a. A high stick is one in which the stick is carried above the height of four feet. A player shall not be penalized for accidental stick contact with an opponent if the act is committed as a normal follow through of a shooting motion.

b. Any other contact made by a stick to an opponent above the height of 4 feet, even if incidental, is prohibited and a minor penalty shall be imposed.

c. Any significant contact made by a player who carries or holds any part of his stick above four feet to an opponent, whether accidental or careless, shall be assessed a double minor penalty.

d. Any attempt by a player to strike an opponent with a stick above the height of four feet (regardless of whether contact is actually made) is to be assessed a major and a game misconduct.

e. An apparent goal scored by an attacking player who strikes the puck with his stick carried above the height of the crossbar of the goal frame (which is 4 feet) shall not be allowed and the ensuing face-off shall come in the defending zone at the nearest face-off spot.

A goal scored by a defending player who strikes the puck with his stick above the height of the crossbar of the goal frame shall be allowed.

f. Batting the puck above the height of four feet with a stick is prohibited. When the puck is struck with a high stick and subsequently comes into the possession of a teammate, there shall be a whistle. If the recipient of the puck is in the attacking zone the face-off shall come to the nearest face-off spot in the defending zone. If the recipient of the puck is in the defending zone

and deeper in said zone than the passer the face-off shall be at the spot of the puck's reception. If the recipient of the puck is in the defending zone and ahead of the passer the face-off shall come at the point of the origin of the pass. Play shall continue if a puck hit by a high stick has been batted to an opponent in which case the referee shall give the "washout" sign.

h. When either team is below the numerical strength of its opponent and a player of the team of greater numerical strength causes a stoppage of play by striking the puck above the height of four feet, the resulting face-off shall be made at the nearest end face-off spot adjacent to the goal of the team causing the stoppage.

Holding

Rule 20. a. A minor penalty shall be imposed on any player who holds an opponent with hands or stick or in any other way.

b. A minor penalty shall be imposed on any player who closes the hand(s) or arm(s) around an opponents stick.

c. A minor penalty shall be imposed on any player who swats or attempts to swat the stick out of the hands of an opponent.

Note: It is permitted to lift or to press down the stick of an opponent for the purpose of obtaining the puck. However, it is deemed holding when a player presses down on an opponent's stick in order to prevent an opponent from obtaining the puck.

Hooking

Rule 21. A minor penalty is to be imposed on a player who impedes the progress of an opponent with his stick.

Note: When a player is impeding the progress of another in such a way that there is only stick-to-stick contact, such action is not to be penalized as hooking.

Illegal Puck

Rule 22. If at any time while play is in progress, a puck other than the one legally in play shall appear on the playing surface, the play shall not be stopped, but shall continue with the legal puck until the play then in progress is completed by change of possession.

Interference

Rule 23. a. A minor penalty shall be imposed on a player who interferes with or impedes the progress of an opponent who is not in possession of the puck.

Note: The last player to touch the puck, other than the goalkeeper, shall be considered the player in possession. The player deemed in possession of the puck may be legally impeded, provided the obstruction is rendered immediately following his loss of possession

b. A minor penalty shall be imposed on a player who shall cause an opponent who is not in possession of the puck to be forced off-side, causing a stoppage of play.

c. A minor penalty shall be imposed on any player who deliberately knocks a stick out of an opponent's hand or who prevents an opponent who has dropped his stick or any other piece of equipment from regaining possession of it by shooting, kicking or pushing it away or by any other means.

d. A minor penalty is to be imposed on any player who shoots, kicks or pushes, or in any other manner moves an abandoned or broken stick or other equipment or debris towards an opponent.

e. A minor penalty is to be imposed on any player who waves his arms in front of the goalkeeper in a manner that could cause him to be distracted.

Interference by/with Spectators

Rule 24. a. In the event of a player being held or interfered with by a spectator, the referee or linesman shall blow the whistle and play shall be stopped. If the team being interfered with is in possession of the puck. The play shall be allowed to be completed before blowing the whistle and the puck shall be faced-off where the play was stopped.

Note: The referee shall expel any spectator from the gym who has intentionally interfered with a player.

b. Any player who physically interferes with spectators shall automatically incur a major and a game misconduct.

c. In the event that objects are thrown on the playing surface that interfere with the progress of the game, the referee shall blow the whistle and stop the play and the puck shall be faced-off at the spot where play was stopped.

Kicking the Puck

Rule 25. a. Kicking the puck shall be permitted in all zones. A goal cannot be scored by an attacking player who uses a kicking motion to propel the puck into the net. A goal cannot be scored by an attacking player who kicks a puck that deflects into the net off any player, goalkeeper or official.

b. A goal cannot be scored by an attacking player who kicks any equipment (stick, glove, helmet, etc.) at the puck, causing the puck to cross the goal line.

Kneeing

Rule 26. A minor or major penalty shall be imposed on any player who thrusts his knee into an opponent.

Leaving Players' or Penalty Area

Rule 27. a. Except at the end of each period or at the expiration of a penalty, no player may leave the penalty area at any time.

Note: Penalized players must remain in the penalty area during stoppages of play and time-outs.

b. A penalized player who intentionally leaves the penalty area before the penalty has expired, whether play is in progress or not, shall be assessed a major penalty and a game misconduct.

c. If a player leaves the penalty area before the penalty is served fully the timekeeper shall notify the referee at the next stoppage of play.

d. A player who returns to the playing surface before the penalty time has expired because of an error of the penalty timekeeper is not to serve an additional penalty, but must serve the unexpired time.

e. If a penalized player returns to the playing surface from his own player's bench or the penalty area before his penalty has expired by his own error or the error of the penalty timekeeper, any goal scored by his own team while he is illegally on the playing surface shall be disallowed but all penalties imposed on either team shall be served as regular penalties.

f. If a player in possession of the puck is in such a position as to have no opposition between him and the opposing goalkeeper, and, while in such position, is interfered with by a player of the opposing team who intentionally illegally has entered the game, a referee shall assess a major penalty, award a penalty shot and a game misconduct.

g. If the opposing goalkeeper has been removed and a player throws or shoots any part of a stick or any other object at the puck or puck carrier, or if the puck carrier is fouled from behind,

thereby being prevented from having a clear shot on an open goal, a goal shall be awarded to the attacking team.

If when the opposing goalkeeper has been removed from the playing surface, a player of the side attacking the unattended goal is interfered with by a player who shall have entered the game illegally, the referee shall immediately award a goal to the non-offending team.

h. A minor penalty shall be imposed upon any player who leaves the bench to celebrate a goal or any other event during the game.

i. If a coach or non-player personnel comes on the playing surface without permission of the referee after the start of a period and before that period is concluded the referee shall impose a bench minor penalty against the team.

Off-Sides

Rule 28. a. Players of the attacking team must not proceed the puck into the attacking zone.

b. For violation of this rule play is stopped. If the puck was carried into the attacking zone off-sides then it shall be faced-off in the defending zone at the nearest face-off spot. If the puck was shot or passed into the zone off-sides the face-off shall come at the point the shot or pass originated.

c. The position of a player's feet and not that of his stick shall be the determining factor in all instances in deciding off-sides. A player is off-side when both feet are completely over the outer edge of the center line involved in the play.

d. There shall be no off-sides when the puck will be passed or carried into the defensive zone by the defending team despite the presence of attacking players in that zone.

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

Note 1: An intentional off-sides is one which is made for the purpose of securing a stoppage of play regardless of the reason, whether either team is short-handed.

Note 2: If, while an off-side call is delayed, a player of the offending team deliberately touches the puck to create a stoppage of play, the linesman will signal an intentional off-sides.

f. If a linesman errs in calling an off-side infraction (regardless of whether either team is short-handed) the puck shall be faced-off at the center face-off spot.

g. If an attacking player precedes the puck, which is shot, passed or deflected into the attacking zone, but a defending player is able to play the puck, the linesman shall signal a delayed

off-sides. If a puck is shot on goal however, play shall be stopped immediately for the off-side violation.

The linesman shall drop his arm to nullify the off-sides violation and allow play to continue if the defending team passes or carries the puck out of the attacking zone or all attacking players in the attacking zone clear the attacking zone by making actual contact with the center line.

If the attacking team does not clear the attacking zone, the linesman shall stop play for the off-sides violation if any attacking player touches the puck.

Note 1: The attacking zone must be completely clear of attacking players before a delayed off-sides can be nullified with the puck still in the attacking zone.

Note 2: If, on a delayed off-sides, the team being allowed to leave their zone enters the attacking zone off-sides, the face-off shall come in the current attacking team's defending zone according to the standards of 28.b. above.

Protection of the Goalkeeper

Rule 29. a. A minor penalty for interference shall be imposed on any attacking player who makes deliberate contact with the goalkeeper in his privileged area regardless of whether the goalkeeper is in possession of the puck.

b. Unless the puck is in the crease area, a player of the attacking team may not stand in the goal crease. If the puck should enter the net while such conditions prevail the goal shall not be allowed.

c. If an attacking player has physically interfered with the goalkeeper, prior to or during the scoring of a goal, the goal will be disallowed and a penalty for goalkeeper interference shall be assessed. The ensuing face-off shall be taken at the nearest face-off spot in the defending zone.

d. If a player of the attacking side has been physically interfered with by the action of any defending player so as to cause him to be in the goal crease or to make contact with the goalkeeper and the puck should enter the net while the player so interfered with is still in the goal crease, the goal shall be allowed.

e. A minor penalty shall be assessed to a player who having been interfered with fails to avoid preventable contact with the goalkeeper. In addition, if a goal is scored it shall be disallowed.

f. In the event that a goalkeeper has been pushed into the net together with the puck after making a save, the goal will be disallowed. If applicable, the appropriate penalties shall be assessed.

Puck Out of Bounds or Unplayable

Rule 30. a. When the puck goes out of the playing area at either end or either side of its boundaries after last being touched by a team in its own zone it shall be faced-off at the spot where it was shot or deflected out of play.

If the puck is sent off by a team in the attacking zone opponent's zone it shall be faced-off at the nearest face-off spot in the defending zone.

Note: An exception to this rule may be made under the ground rules of specific playing areas, where a momentary departure of the puck from the playing surface will not result in a stoppage of play, subject to league approval.

b. When the puck becomes lodged in the netting, on top of or on the outside of either goal so as to make it unplayable, the referee shall stop the play and face-off the puck at either of the adjacent face-off spots, unless in the opinion of the referee, the stoppage was caused by the attacking team, in which case the resulting face-off shall be at the nearest face-off spot in the defending zone.

Note: "Caused by the attacking team" includes a player of the attacking team last playing the puck onto the back of or on top of the defending team's net without any intervening action by the defending team. A deflection off the goalkeeper will be deemed an intervening action.

c. Either team may play the puck off the net. However, should the puck remain lodged on the net for more than three seconds, play shall be stopped and the face-off shall take place in the defending zone, at the face-off spot nearest the place where the puck has come to rest. (See previous note for exception.)

d. If the puck comes to rest on the top of the net it shall cause an immediate stoppage of play.

e. A minor penalty shall be imposed on a goalkeeper who deliberately drops the puck on the top of the net to cause a stoppage of play.

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

Puck Out of Sight

Rule 31. Should the puck be out of the sight of the referee, notwithstanding whether it is, in fact, frozen, he shall immediately blow his whistle and stop the play. The face-off shall take place at the point the play was stopped unless otherwise provided for in the rules.

Puck Striking an Official

Rule 32. a. Play shall not be stopped if the puck touches an official anywhere on the playing surface. A puck that deflects back into the defensive zone off an official, will be deemed to be off-side if applicable.

b. When the puck deflects off an official and goes out of play, the ensuing face-off shall take place at the spot where the puck deflected off the official.

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

Refusing to Start Play

Rule 33. If, when both teams are on the playing surface, one team for any reason refuses to play when ordered to do so by the referee, he shall warn the captain to begin play or to resume play. If the team still refuses to play, the referee shall impose a bench minor penalty. Should the offending team still refuse to play the referee shall declare the game be forfeited to the non-offending team.

Roughing

Rule 34. At the discretion of the referee, a minor or a double minor penalty, may be imposed on any player deemed guilty of unnecessary roughness.

Slashing

Rule 35. A minor or a major penalty, at the discretion of the referee, shall be imposed on any player who swings his stick at an opponent, whether contact is made or not.

Note: This rule is to include any player who on the pretext of playing the puck, makes a wild swing at the puck with the purpose of intimidating an opponent.

b. When a major penalty is assessed for slashing a game misconduct penalty shall be imposed on the offending player.

Spearing

Rule 36. a. A double minor penalty will be imposed on a player who stabs at an opponent with the blade of his stick and does not make contact.

b. A major and a game misconduct shall be imposed on a player who spears an opponent.

Sportsmanlike Conduct

Rule 37. a. It is expected that all players, coaches and non-playing personnel will conduct themselves before, during and after games in accordance with Torah standards of behavior and the traditional dignity of sportsmanlike conduct.

b. For violation of these tenets a minor or a major penalty shall be imposed.

c. In accordance with these standards players must always exhibit a respectful demeanor towards the officials. A minor penalty shall be assessed to any player who challenges or disputes the rulings of an official during the game. If the player persists in such a challenge or dispute, he shall be assessed a second minor penalty and a misconduct penalty. Any further dispute will result in a major penalty and a game misconduct.

d. A minor penalty and a misconduct penalty shall be imposed on any player or players who bang the boards or floor with their sticks or other objects at any time, showing disrespect for an official's decision.

e. A minor and a misconduct penalty shall be imposed on any player who uses obscene, profane or abusive language or gestures to any players, coaches, non-playing personnel or spectators. However, should obscene, profane or abusive languages or gestures be used toward an on- floor official a major penalty and a game misconduct shall be imposed.

f. It is inappropriate for players to celebrate goals in an excessive or unsportsmanlike manner. A minor penalty shall be imposed upon any player who takes off his helmet when celebrating a goal or who celebrates a goal by making mocking gestures towards an opponent or the opponent's bench.

g. Any player who intentionally knocks or shoots the puck or any other equipment out of the reach of the official who is retrieving it is to be assessed major penalty and a game misconduct.

h. A minor and misconduct penalty shall be imposed on any player who engages in any course of conduct designed to incite an opponent into incurring a penalty.

i. A bench minor penalty shall be imposed against the offending team if any coach or non-playing personnel uses obscene, profane or abusive language or gesture to any person. In addition, the offender is to be assessed a game misconduct.

j. If any player, coach or non-playing personnel has been ordered out of the game by the referee, he must not sit near the bench area, accompany the team to the lockerroom, nor in anyway communicate or attempt to communicate with his team. For an infraction of this rule a bench minor penalty will be imposed on the team if this rule is violated.

k. A minor penalty shall be imposed on a player who attempts to draw a penalty by feigning being fouled in any manner.

Start of Games and Periods

Rule 38. a. The game shall commence at the time scheduled by a face-off in the center of the playing surface and shall be renewed promptly at the conclusion of each intermission in the same manner.

b. The home team shall start the game defending the goal nearest its own bench. The teams shall change sides at the conclusion of the first period. At the start of the third period teams shall continue to defend the same goal they defended in the second period. At the first stoppage of play at or after six minutes of the third period the teams shall change sides. The face-off after this change of sides shall occur at the same location on the playing surface at which it was to have taken place in the opposite zone. During regular season overtime teams shall continue in the same direction as they have in the third period. In the playoffs they shall change sides before the start of the first extra period and for all periods thereafter.

- c. During the pre-game warm-up and before the commencement of play in any period, each team shall confine its activity to its own end of the playing surface.

Throwing Stick

Rule 39. a. When any member of the defending team, including any player, coach or non-playing personnel throws or shoots any part of a stick or any other object at the puck or puck carrier in their 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 non-offending team. This shot shall be taken by the player designated by the referee as the player fouled.

If, when the opposing goalkeeper has been removed, a member of the defending team, including any player, coach or non-playing personnel deliberately throws or shoots any part of a stick or any other object at the puck or puck carrier, thereby preventing the puck carrier from having a clear shot at an open net, a goal shall be awarded to the attacking side.

Note 1: If the officials are unable to determine the person against whom the offense was committed, the offended team, through the captain, shall designate a player on the playing surface at the time the offense was committed to take the shot.

Note 2: An "open net" is defined as one from which a goalkeeper has been removed for an additional attacking player.

- b. A major penalty shall be imposed on any player who throws his stick or any part thereof or any other object in the direction of the puck in the attacking zone.

Note: When the player discards the broken portion of the stick by tossing it to the side of the playing surface in such a way as will not interfere with play or an opposing player, no penalty will be imposed for so doing.

Tied Game

Rule 40. a. During regular season games, if at the end of three regular twelve minute periods the score shall be tied, the teams will play an additional period of not more than three minutes with the team scoring first declared the winner. If at the end of the overtime period, the score remains tied, each team shall be credited with one point in the league standings.

- b. The overtime period will commence immediately following a two minute rest period during which time the teams will remain on the playing surface.

- c. The teams will not change ends for the overtime period.

Time of Match

Rule 41. a. The time allowed for a game shall be three twelve minute periods of actual play with a rest intermission between periods.

- b. Game time shall begin when the puck is dropped and continue until the whistle is sounded.

- c. Play shall be resumed promptly following each intermission upon the expiration of six minutes from the exit of teams from the playing surface at the completion of the preceding

period. The referee shall notify the teams two minutes before the completion of the intermission period.

c. The team scoring the greatest number of goals during the three periods shall be the winner and shall be credited with two points in the league standings.

d. If any unusual delay occurs within three minutes of the end of the first or second periods, the referee may order the next regular intermission to be taken immediately. The balance of the period will be completed on the resumption of play, with the teams defending the same goals, after which, the teams will change ends and resume play of the ensuing period without delay.

Timeouts

Rule 42. a. Each team shall be permitted two one minute timeouts during the course of the game. These timeouts must be taken during a normal stoppage of play.

b. Any player designated by the coach will indicate to the referee that his team is exercising this option and the referee will report the timeout to the scorekeeper who will note the team and time of the timeout. The timekeeper shall be responsible for signaling the termination of the timeout.

Note 1: All players including goalkeepers on the playing surface at the time of the timeout will be allowed to go to their respective benches. Players in the penalty area are not allowed to join their teams during timeouts.

Note 2: Only one team is allowed a timeout per stoppage and no timeout will be allowed after a reasonable amount of time has elapsed during a normal stoppage of play.

Tripping

Rule 43. a. A minor penalty shall be imposed on any player who shall place his stick or any portion of his body in such a manner that it shall cause his opponent to trip or fall.

Note: If, in the opinion of the referee, a player on a sweep or hook check is unquestionably playing the puck, thereby tripping the puck carrier, no penalty shall be assessed.

b. When a player, in control of the puck on the opponent's side of the center line and having no opponent to pass other than the goalkeeper, is tripped or otherwise fouled from behind, thus preventing a reasonable scoring opportunity, a penalty shot shall be awarded to the non-offending side. Nevertheless, the referee shall not stop play until the attacking side has lost possession of the puck.

c. If, when the opposing goalkeeper has been removed from the playing surface, a player in control of the puck is tripped or otherwise fouled with no opposition between him and the opposing goal, thus preventing a reasonable scoring opportunity, the referee shall immediately stop play and award a goal to the attacking team.