

TABLE OF CONTENTS

REFEREE SECTION

1.	Section 1	Pregame and General Instruction	1
2.	Section 2	Team-Related Rules	
	a.	Rule 1 Bench Areas	
	b.	Rule 2 Captains	
	c.	Rule 3 Players in Uniform	
	d.	Rule 4 Sticks	
	e.	Rule 5 Protective Equipment	
3.	Section 3	Game Play	
	a.	Rule 1 Time of Game	
	b.	Rule 2 Goals and Assists	3
	c.	Rule 3 Change of Players	
	d.	Rule 4 Injured Players	4
	e.	Rule 5 Face-offs	
	f.	Rule 6 Off-Sides	5
	g.	Rule 7 Out of Bounds	6
	h.	Rule 8 Body-Checking	
	i.	Rule 9 Regular Season Overtime	
	j.	Rule 10 Playoff Overtime	
4.	Section 4	General Penalty Information	
	a.	Rule 1 Timing	7
	b.	Rule 2 Calling of Penalties	
	c.	Rule 3 Goalie Penalties	8
	d.	Rule 4 Penalty Shot	
	e.	Rule 5 Summary of Basic Penalties	9
		i. Boarding	
		ii. Butt-Ending	
		iii. Charging	
		iv. Checking from Behind	
		v. Cross Checking	
		vi. Diving	
		vii. Elbowing	
		viii. Head-Butting	
		ix. Holding	
		x. Holding the Stick	
		xi. Hooking	
		xii. Interference	10
		xiii. Kicking/Kneeing	
		xiv. Roughing	
		xv. Slashing	
		xvi. Spearing	
		xvii. Throwing a Stick	
		xviii. Tripping	
	f.	Rule 6 Leaving the Players' or Penalty Bench	
5.	Section 5	In-Game Infractions and Additional Penalties	11
	a.	Rule 1 Handling ball with Hands	
	b.	Rule 2 High Sticks	
	c.	Rule 3 Kicking the Ball	
	d.	Rule 4 Delaying the Game	12
	e.	Rule 5 Falling on Ball	
	f.	Rule 6 Broken Stick	
6.	Section 6	Improper Conduct	
	a.	Rule 1 Abusive Conduct	13
	b.	Rule 2 Attempt to Injure	
	c.	Rule 3 Fighting	

ADMINISTRATIVE SECTION

1.	Section 1	Pregame and General Instruction	14
	a.	Rule 1 General	
	b.	Rule 2 Home Team Requirements	
2.	Section 2	Court Setup	
	a.	Rule 1 Goalpost and Nets	
	b.	Rule 2 Goal Crease	
	c.	Rule 3 Playing Surface	
	d.	Rule 4 Players Benches	
	e.	Rule 5 Penalty Bench	15
3.	Section 3	Game Play	
	a.	Rule 1 Time of Game	
	b.	Rule 2 Signal and Timing Device	
	c.	Rule 3 Regular Season Overtime	
	d.	Rule 4 Playoff Overtime	16
4.	Section 4	Team Members	
	a.	Rule 1 Composition of Team	
	b.	Rule 2 Captains	
	c.	Rule 3 Players in Uniform	
5.	Section 5	Game Equipment	17
	a.	Rule 1 Ball	
	b.	Rule 2 Sticks	
	c.	Rule 3 Protective Equipment	
6.	Section 6	Standings and Statistics	
	a.	Rule 1 League Standings	
	b.	Rule 2 Goals and Assists	
7.	Section 7	Disciplinary Matters	
	a.	Rule 1 Major Penalties	
	b.	Rule 2 Abusive Conduct	
	c.	Rule 3 Attempt to Injure	18
	d.	Rule 4 Fighting	
	e.	Rule 5 Leaving the Players' or Penalty Bench	

REFEREE SECTION

Section 1 Pregame and General Instruction

- A) All referees shall wear black trousers and official sweaters and possess a whistle.
- B) Before each game the referee has the responsibility to make sure that the home team has provided somebody who is CPR certified as well as ascertain that a school administrator is present.
- C) The goal must be reinforced to the floor so that there will be no delay during, nor interfere with the flow of the game.
- D) The goal crease must be in place for the start of the game. If the crease is not ready for game time, the home team will have to put down the crease before the start and will start the game with a penalty for delay of game. This rule must be enforced at the beginning of the game. The visiting team will be advised not to stop warm ups and will be allowed to use the side of the floor not being taped.
- E) The centerline is considered to be part of the zone in which the ball is located.
- F) That half in which the goal is situated is the "DEFENDING ZONE" of the Team defending that goal; and the half farthest from the defended goal is the "ATTACKING ZONE".
- G) Should a referee accidentally receive an injury which incapacitates him from discharging his duties while play is in progress, the game shall be automatically stopped. If the referee is unable to continue, the game shall continue using the one referee system.
- H) The referees shall have general supervision of the game and shall have full control of all game officials and players during the game, including stoppages; and in case of any dispute, their decision shall be final.

Section 2 Team-Related Rules

Rule 1 Bench Areas

- A) During a game Coaches and Managers are restricted to the length of the player benches.
- B) A team official who remains on the playing surface after being warned by the referee shall receive a bench minor penalty.

Rule 2 Captains

- A) A Captain or Captains and/or Assistant Captains shall have the privilege of discussing with the referee any questions relating to interpretation of rules which may arise during the progress of a game. He shall wear the letter "C" or "A" in a conspicuous position on the front of his sweater.
- B) Any captain or player who comes off the bench and makes any protest or intervention with the officials for any purpose shall be assessed a minor penalty for unsportsmanlike conduct. Should this protest continue, he may be assessed a misconduct penalty, and if it further continues, a game misconduct penalty shall be warranted.
- C) 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.

Rule 3 Players in Uniform

- A) Both teams must have the minimum required members dressed to play in order for the game to begin. If either team is missing the required number of participants at the time that the referees deem the game is to begin, the game will not be played and the offending team will be assessed a forfeit and a loss in the standings, with the non-offending team earning a victory.
- B) If a goal is scored when an ineligible player is on the court, the goal will be disallowed. The ineligible player will be removed from the game.
- C) Each team shall be allowed one goalie on the court at one time. The goalie may be removed and another player substituted at any stoppage of play during the game. Such substitute shall not be permitted the privileges of the goalie.
- D) The goalie may not wear leg pads that exceed 12" in width when on the leg of the goalie. A coach may challenge the size of the leg pads during any stoppage of the game. If measured and are wider than 12", the goalie will be removed from the game, and the offending team will receive a penalty for delay of game. The goalie will be replaced with a goalie whose leg pads are of regulation size. The offending goalie may return to the game once he has regulation sized leg pads. The game will not be stopped to allow for the offending goalie to change his leg pads unless his team does not have a replacement goalie. If there is no replacement goalie available the team will also be assessed a second delay of game penalty. If there are no replacement pads the team must forfeit the game. If however, the measurement is actually 12" or less the team that called for the measurement will be assessed with the minor penalty.

- E) There is no penalty if a team does not have a 2nd goalie suited up at the start of the game. There will be a minor penalty assessed if the first goalie has to be replaced for any reason and extra time has to be taken to suit up another goalie.
- F) If all goalies are incapacitated, that Team shall be entitled to dress and play any available player who is eligible. No delay shall be permitted in taking his position in the goal, and he shall be permitted a two-minute warm-up. However, the warm-up is not permitted in the event a goalie is substituted for a penalty shot.
- G) In the event where multiple goalies are injured in quick succession, and a replacement needs to be dressed, the new goalie shall be provided with a reasonable amount of time to get dressed, in addition to a two-minute warm-up.

Rule 4 Sticks

- A) The blade of the stick shall not be less than 2 inches (2") and no more than 3 inches (3") in width. There is no restriction on the curvature of the blade.
- B) A request for a stick measurement shall be limited to one request per team during the course of any stoppage in play. When a formal complaint is made by the captain or alternate captain of a team, against the dimensions of any stick, the referee shall take the stick and make the necessary measurements immediately. If the complaint is sustained then a minor penalty shall be assessed to the player whose stick does not conform to the rule. If the complaint is not sustained, a bench minor penalty shall be imposed against the complaining club.
- C) If a goal is scored with a stick that is deemed illegal then the goal will be allowed and the player using the stick will serve a minor penalty.

Rule 5 Protective Equipment

- A) All players are required to wear gloves and cup when on the court. All protective equipment, except gloves, headgear and goalies' leg guards must be worn under the uniform. For violation of this rule, after warning by the referee, a minor penalty shall be imposed. Players including the goalie violating this rule shall not be permitted to participate in the game until such equipment has been corrected or removed.
- B) All players are required to wear a helmet with a full face guard. Should a player's helmet become dislodged, the helmet must be immediately retrieved and replaced on said player's head. Failure to comply with this rule will result in a minor penalty. Alternatively, if the player who lost a helmet is close enough to the bench to complete a legal line change, as per Section 3 Rule 3A below, and doing so would not involve running through the play or put said player in a dangerous situation, the player may retreat to the bench without being penalized.
- C) If, in the discretion of the referee, a player has been placed in a dangerous position, such as one where injury is likely to occur, as a result of loss of a helmet, the referee may blow the play dead and allow the player to recover his helmet without removal from the floor.
- D) A player will not be penalized if he takes his helmet off after a stoppage of play unless by the helmet being removed causes a delay of game. If the helmet is removed to taunt another player, coach or referee, a penalty will be assessed.
- E) When a goalie has lost his helmet, glove or blocker the play shall be stopped immediately to allow the goalie the opportunity to regain his equipment.
- F) Any goalie who intentionally removes any equipment during play shall be assessed a minor penalty. If the goalie intentionally removes his equipment while the opposing player is on a breakaway, a penalty shot shall be awarded.

Section 3 Game Play

Rule 1 Time of Game

- A) A game will consist of three twelve-minute periods. The team scoring the greater number of goals at the end of regulation, shall be declared the winner and will be awarded two points in the league standings.
- B) After each period there will be a five minute intermission and the two teams will be permitted to go to their respective dressing rooms. After 4 minutes the referee will give each team a one minute warning. If a team takes an excessive amount of time before returning to the court to resume the game the referee can assess a bench minor penalty for delay of game.
- C) After the first period the teams will switch the goals which they defend and will not switch back until the first whistle after the midway point of the third period.
- D) If a player takes a penalty while his team is losing by three or more goals with 1:30 or less left in the game, the referee may, at their discretion, bring an end to the game

- E) In the event that a team is ahead by a substantial amount of goals, the coach of the losing team can make a request that the clock continue to run during stoppages of play, pending approval of the other coach. The clock would be stopped when the goalies switch sides at the midway point of the third period.
- F) Each team shall be permitted to take two time outs during a game, but only one in a period. The time outs will last sixty seconds. All players with the exception of any penalized player are permitted to go to their respective benches.
- G) Any coach or any player as designated by the coach will indicate to the referee, during a stoppage of play, that the team is exercising its option to use a time out.
- H) A team may save a time out to be used during overtime however; no additional time outs will be given out in overtime.
- I) During a time out no warm-up involving a ball shall be permitted, even if it is for a goalie or replacement goalie. If after a warning this continues the referee shall assess a delay of game minor to the offending team.

Rule 2 Goals and Assists

- A) A goal shall be scored when the ball is put between the goal posts by the stick of a player of the attacking side, from in front and below the crossbar, and entirely across a red line the width of the diameter of the goal posts drawn on the floor from one goal post to the other with the goal frame in its proper position.
- B) A goal shall be scored if the ball 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 ball shall be credited with the goal but no assist shall be awarded.
- C) A goal cannot be scored by an attacking player who deliberately bats the ball with any part of his body across the goal line. A goal cannot be scored where an attacking player bats the ball and it is deflected off any player or goalie into the net.
- D) If an attacking player has the ball deflect into the net, off his foot or body, in any manner, the goal shall be allowed. The player who deflected the ball shall be credited with the goal. The goal shall not be allowed if the ball has been intentionally kicked with his foot, using a distinct kicking motion, and subsequently enters the net.
- E) If the ball enters the net as a result of being deflected directly into the net off a referee, the goal shall not be allowed.
- F) No goal may be awarded (or disallowed) once the ball has been dropped and play has resumed following the first stoppage of play after the potential goal.
- G) Any goal scored, other than as covered by the Official Rules, shall not be allowed.

Rule 3 Change of Players

- A) Players may be changed at any time from the players' bench provided that the player or players leaving the court shall be within five feet (5') of his players' bench and out of the play before the change is made.
- B) If while changing, either the player entering the game or the player retiring from the playing surface plays the ball with his stick, feet, or hands then "too many men on the floor" will be called. If during the change, either the player entering the play or the player retiring is struck by the ball accidentally while near the bench, the play will not be stopped and no penalty will be called.
- C) During the play, any player retiring, whether injured or not, from the court must do so at the players' bench and not through any other exit leading from the court or a bench minor penalty shall be imposed.
- D) When a goalie leaves his goal area and proceeds to his players' bench for the purpose of substituting another player, the skater cannot enter the playing surface before the goalie is within five feet (5') of the bench. If the substitution is made prematurely, the official shall stop the play immediately unless the non-offending team has possession of the ball in which event the stoppage will be delayed until the ball changes hands. There shall be no time penalty to the team making the premature substitution, but the resulting face-off will take place at the center floor face-off spot when play is stopped beyond the center red line. When play is stopped prior to the center red line, the resulting face-off shall be conducted at the point where the play was stopped.
- E) During play a goalie may only be substituted by a regular player. If a goalie attempts to change goalies 'on the fly' the team shall be assessed a bench minor.
- F) During a stoppage when a goalie is replaced no warm-up shots or time to stretch shall be permitted. If a team attempts to warm up a new goalie the referee will give them a warning, if after the warning the warm-up continues the team shall be assessed a minor penalty for delay of game.

- G) Following the stoppage of play, the visiting Team shall promptly place a line-up on the court ready for play and no substitution shall be made from that time until play has been resumed. The home team may then make any desired substitution.
- H) If there is any undue delay by either team in changing players, the referee shall order the offending team or teams to take their positions immediately and not permit any further player changes.
- I) Any attempt by either team to make a change after the referee's signal, attempt to place too many men on the floor for the subsequent line change, or attempt to make additional personnel changes, shall not be permitted and the referee will send the players who have attempted to change back to their players' bench.
- J) Players who are slow getting to the face-off location or attempt to stall or use unnecessary action that delays the game or who are in an off-side position for the ensuing face-off will be warned once in the game by the referee. This warning will also be given to the offending team's coach. Any subsequent violation shall result in a bench minor penalty for delay of game being assessed to the offending Team. However in the last 2 minutes of regulation time and anytime in the overtime period(s), this rule is not applicable. The referee shall give the teams a reasonable amount of time to set up for the ensuing face-off.

Rule 4 Injured Players

- A) If a goalie is injured or becomes ill, he must be ready to resume play immediately or be replaced by a substitute goalie.
- B) If a penalized player is injured, he may proceed to the dressing room. If the injured player receives a minor penalty, the penalized Team will put a substitute player on the penalty bench, who will serve the penalty until the injured player is able to return to the game. He would replace his teammate on the penalty bench at the next stoppage of play. If the injured player receives a major penalty, the penalized Team will put a substitute player on the penalty bench before the penalty expires and no other replacement for the penalized player shall be permitted to enter the game except from the penalty bench. For violation of this rule, a bench minor penalty shall be imposed.
- C) When a player is injured so that he cannot continue play or go to his bench, the play shall not be stopped until the injured player's Team has secured possession of the ball; if the player's team is in possession of the ball at the time of injury, play shall be stopped immediately unless his team is in a scoring position. In the case where it is obvious that a player has sustained a serious injury, the referee and may stop the play immediately.
- D) When play has been stopped by the referee due to an injured player such player must be substituted for immediately (except goalie). This injured player cannot return to the court until play has resumed.
- E) If when the attacking Team has control of the ball in its attacking zone, play is stopped by reason of any injury to a player of the defending Team, the ensuing face-off shall take place at one of the defending Team's end zone face-off spots.
- F) If when the attacking Team has control of the ball in its attacking zone, play is stopped by reason of any injury to a player of the attacking Team, the ensuing face-off shall be brought out of the zone to a high face-off spot of the team for whom the whistle blew.
- G) If any player is obviously bleeding play shall be immediately stopped and the injured player shall be ruled off the playing surface. Such player shall not be permitted to return to play until the bleeding has stopped and the abrasion is covered.

Rule 5 Face-offs

- A) Conduct of any face-off commences when the Official designates the place of the face-off and he takes up his position to drop the ball. As soon as the line change procedure has been completed the Referee shall blow his whistle. This will signal to both Teams that they have no more than five (5) seconds to line up for the ensuing face-off. At the end of five (5) seconds the Referee will drop the ball even if one of the teams does not have a player taking the face-off.
- B) If any of the following occurs then the offending player will be ejected from the face-off circle:
 - a. One or both players refrain from placing their stick on the court
 - b. Any player has encroached into the face-off circle
 - c. Any player makes physical contact with an opponent
- C) A second violation of any of the provisions of sub-section (B) hereof by the same Team during the same face-off shall be penalized with a bench minor penalty for delay of game to the offending Team.
- D) In the last two (2) minutes of regulation time or anytime in overtime, the Referee will still blow his whistle to initiate the face-off, but the five (5) second time limit will not be enforced, however, players must abide by the verbal directions given by the Referee in his attempt to conduct a fast and fair face-off.
- E) Players facing-off will stand squarely facing their opponent's end of the gym, their sticks are not allowed to touch the face-off circle and the blade of their sticks must be on the court.

- F) No other player shall be allowed to enter the face-off circle. All players must stand on side on all face-offs. Players on the attacking team (exclusive of the faceoff man) must establish their position first and then the defending team may counter and hold their position until the ball is dropped.
- G) In the conduct of any face-off anywhere on the playing surface, no player facing-off shall make any physical contact with his opponent's body by means of his own body or by his stick except in the course of playing the ball after the face-off has been completed.
- H) When stoppage occurs between the end face-off spots and near end of the rink, the ball shall be faced-off at the end face-off spot on the side where the stoppage occurs unless otherwise expressly provided by these Rules.
- I) When a goal is illegally scored as a result of a ball being deflected directly off an Official anywhere in the defending zone, the resulting face-off shall be made at the end face-off spot in the defending zone.
- J) When the game is stopped for any reason not specifically covered in the Official Rules, the ball must be faced-off where it was last played. For an inadvertent whistle, not including where the ball is frozen by the goalie, the faceoff will take place at center-court.
- K) When the ball is being dropped by the official, it MUST touch the floor before being touched by a player. If the ball inadvertently touches a player's stick before it hits the ground, the referee, at his discretion may stop play and perform the faceoff again. If, the referee deems that a player has intentionally touched the ball prior to it hitting the ground, the referee shall stop play and remove the offender from the faceoff circle. If a particular player persists in such illegal manner over the course of the game, the referee may, at his discretion, penalize said player for delaying the game.
- L) Hands are not to be used in taking a faceoff. If a hand is used by a player a minor penalty for delay of game shall be assessed.
- M) When a ball is shot or cleared and deflects off the ceiling and either lands in the crease, hits the goalie or ends up in the goal, the whistle should be blown, goal shall not be allowed and faceoff will be dropped deep in the zone closest to the goalie.
- N) Where players from both teams abstain from playing the ball, the referee shall, in their discretion, give a reasonable time for the ball to be played. If the referee deems that too much time has passed, the play may be blown dead as a "dead-ball whistle". Regardless of the circumstances that led up to it, with the exception of a delayed penalty, the face-off will occur at the NEAREST face-off circle.
- O) If, in the discretion of the referee, a player is delaying a faceoff from proceeding by tying a shoe, the referee may remove the player from the floor for the faceoff. In the event that a time-out is taken by either team, the player shall be allowed to return to the floor for the subsequent faceoff, provided that they do not cause any further delay. In the event that a player has been asked to leave the floor by the official, but refuses to do so, a delay of game penalty shall be assessed. This rule does not prohibit a player from tying a shoe, however, it must be done so as to not cause a delay to the restart of the game.

Rule 6 Off-Sides

- A) Players of the attacking Team must not precede the ball into the attacking zone.
- B) The position of the player's feet and not that of his stick shall be the determining factor in all instances in deciding an off-side. A player is off-side when both feet are completely over the outer edge of the centerline.
- C) A player is on-side when either of his feet are in contact with, or on his own side of the line, at the instant the ball completely crosses the outer edge of that line regardless of the position of his stick. However, a player actually controlling the ball who shall cross the line ahead of the ball shall not be considered "off-side," provided he had possession and control of the ball prior to his feet crossing the line.
- D) If while an off-side call is delayed, the Referee shall drop his arm to nullify the off-side violation and allow play to continue if:
 - a. All players of the offending Team clear the zone at the same instant (feet contact with the centerline) permitting the attacking players to re-enter the attacking zone, or
 - b. The defending Team passes or carries the ball out of their zone.
- E) If the attacking Team does not clear the attacking zone, play shall be stopped for the off-side violation if any attacking player touches the ball or if the attacking team shoots or plays the ball "on-goal". If the ball enters the defending team's goal by way of any shot or clear attempt of the offending team during a delayed off-side, the goal is disallowed. The face-off will be in appropriate face-off spot in the defending zone of the offending Team.
- F) If while during an off-side, the ball is played by the defending team and enters the defending team's goal through means not caused by any touching or pressure by the offending team, the goal shall be allowed.

- G) If in the opinion of the Referee, an intentional off-side play has been made, the ball shall be faced-off at the end face-off spot in the defending zone of the offending Team. An intentional off-side is one which is made for the purpose of securing a stoppage of play. Further, No territorial advantage shall be gained for an offside play. If a team shoots or passes the ball offside from deep in their defensive zone the face-off shall be deep in the zone.
- H) Any other play, unless expressly stated under these rules will continue unaffected by the off-side status. Any act that results in a faceoff occurring in the defending zone will stand, regardless of the off-side status of the off-side team.
- I) If a player legally carries or passes the ball back into his defensive zone while a player of the opposing Team is in such defensive zone, the off-side shall be ignored and play permitted to continue.

Rule 7 Out of Bounds

- A) When the ball goes outside of the playing area, changes directions off the ceiling or strikes any part of a basketball hoop the referee will immediately blow the whistle and the ensuing face-off shall be in the closest face-off circle to the spot where the ball was shot or deflected from. If the attacking team is responsible for causing the ball to go out of play the ensuing face-off shall take place at the nearest designated face-off circle outside of the offending team's attacking zone.
- B) If, while the ball is still in play, a whistle is caused by the ball making contact with a body part or equipment of a player on the bench that protrudes over the boards, play shall be stopped. If the player or equipment protrude from the bench of the player last directing the ball, the faceoff shall occur at the face-off circle behind where the ball was last legally touched. If the player or equipment protrudes from the bench of the opposing team, the face-off shall occur at the nearest faceoff circle within the opposing team's zone from where the ball was last legally touched. If, in the referee's discretion, the ball would have entered either team bench whether or not the contact had taken place, this rule will not apply and the faceoff shall occur as if no illegal touching has taken place.
- C) When the ball becomes lodged in the netting on the outside of either goal making it unplayable the referee shall stop the play and it will be deemed out of play. The ball may be played off the netting of the goal by either team, if however after three seconds the ball remains on the goal netting the ball will be considered out of play and the referee will blow his whistle.
- D) Should the goalie use his stick or glove to freeze the ball on the back of the net or a defending player block an attacking player from playing the ball off the back of the net, the face-off shall take place in the nearest end zone face circle.
- E) If the ball comes to rest on top of the goal frame, the play shall be stopped immediately.
- F) A minor penalty shall be assessed to a goalie who intentionally drops the ball on the goal netting to cause a stoppage of play.
- G) Play shall not be stopped if the ball strikes an official anywhere on the rink. If the ball deflects off the official who is past the center line and back into the attacking zone it will be deemed as offside. If the ball is deflected off an official and out of play the ensuing face-off will take place at the nearest face-off circle to where the official was struck.
- H) Should the referee lose sight of the ball at any time during the play he shall stop play immediately and the face-off shall take place at the nearest designated face-off spot to the stoppage, unless otherwise provided for in the rules.
- I) If a ball is shot off the goal post or crossbar, the subsequent face-off will remain in the end zone where the ball went out of play.

Rule 8 Regular Season Overtime

- A) If at the end of three periods the score is tied, the teams will then have an additional overtime period of five minutes, with the team scoring first declared the winner. Each team will play with three players and one goalie. If no team scores after the five minute overtime then a tie will be awarded.
- B) There will be a one minute rest between regulation and overtime, and the teams will defend the same goal that they defended to start the game. A penalized player may not leave the penalty bench during this one minute break. If he leaves the penalty bench the referee will immediately return him to the penalty bench but he will not receive any additional penalty.
- C) A team is allowed to pull their goalie during overtime in favor of an additional player. Should that team lose the game during the time in which the goalie has been removed it would forfeit the automatic point gained for the tie at the end of regulation. In overtime, once the goalie has been removed for an extra attacker whether or not because of a delayed penalty the goalie must wait for a stoppage to return to the goal. If he attempts to return to the net during play a bench minor shall be assessed.
- D) If two penalties are assessed to one team either before or during overtime then the numerical strength of the non-offending team will be four resulting in a four on two. At the stoppage immediately following the termination of the first penalty the team on the power play will have a numerical strength of three

creating a three on two. At no point during the game shall a team have less than two players and a goalie on the floor.

Rule 9 Playoff Overtime

- A) If at the end of three periods of a playoff game the score remains tied then both teams shall return to their dressing room and a full intermission.
- B) Overtime will be played in 12 minutes periods and each team will play at a regular numerical strength of four on four. The team scoring the first goal in overtime shall be declared the winner of the game.
- C) After each overtime period the teams will return to their dressing room for a full intermission.
- D) In the first overtime period the teams will defend the goal which they defended at the start of the game. Each additional period of overtime the teams will then switch which goal they defend, and at no point during an overtime period will the teams switch the goal in which they defend.

Section 4 General Penalty Information

Rule 1 Timing

- A) MINOR- any player, other than a goalie, shall sit for 1:30
- B) BENCH MINOR-removal from the court of one player of the team for 1:30. Any player except a goalie of the Team may be designated to serve the penalty by the coach for the duration.
- C) DOUBLE MINOR- any player, other than a goalie, shall sit for two successive penalties of 1:30 each. In the event that the non-offending team scores a goal during the first 1:30 penalty period, the second 1:30 penalty period shall begin immediately thereafter. In the event that the non-offending team scores a goal during the second 1:30 penalty period, regardless of if a goal was scored during the first 1:30 penalty period, the second penalty will end and the penalized player will be eligible for return to the floor.
- D) MAJOR- the offender, except the goalie, shall sit for 3:30, creating a loss of manpower, except where coincidental majors against both teams are assessed. The referee is required to report all major penalties to the league immediately following the game.
- E) MISCONDUCT- players, except the goalie, shall be ruled off the court for a period of six (6) minutes each. A substitute player is permitted to immediately replace a player serving a misconduct penalty. The referee is required to report all misconduct penalties to the league immediately following the game.
- F) GAME MISCONDUCT- suspension of a player for the balance of the game but a substitute is permitted to replace the player removed. The referee is required to report all game misconduct penalties to the league immediately following the game.
- G) If while a team is "short-handed" by one or more minor penalties, the opposing team scores a goal, except by penalty shot, the penalty with the least amount of time remaining automatically ends. When there are multiple penalties committed by the same team the minor penalty with the least amount of time on the clock shall always be terminated first.
- H) When coincidental major penalties are imposed against players of both teams, the penalized players shall all take their places on the penalty benches and such penalized players shall not leave the penalty benches until the first stoppage of play following the expiration of their respective penalties.
- I) When one player receives a major penalty and a minor penalty at the same time, the major penalty shall be served first.
- J) When ONE minor penalty is assessed to ONE player of EACH Team at the same stoppage in play, these penalties will be served without substitution provided there are no other penalties in effect and visible on the penalty clocks. Both teams will therefore play three players plus a goalie against three players plus a goalie for the duration of the minor penalties.
- K) If a third player of any team shall be penalized while two players of the same Team are serving penalties, the penalty time of the third player shall not commence until the penalty time of one of the two players already penalized has elapsed. Nevertheless, the third player penalized must at once proceed to the penalty bench but may be replaced by a substitute until such time as the penalty time of the penalized player shall commence.

Rule 2 Calling of Penalties

- A) Should an infraction of the rules which would call for a minor, major, misconduct or game misconduct be committed by a player of the side in possession of the ball, the referee shall immediately blow his whistle and penalize the offending player.
- B) Should the team not in possession of the ball, the referee will raise his arm to signal the delayed calling of a penalty. When the team to be penalized gains control of the ball, the referee will blow his whistle to stop play and impose the penalty on the offending player.

- C) The subsequent face-off shall occur at the deep faceoff spot of the offending team's defending zone, unless the penalty occurs following a goal.
- D) If the penalty to be imposed is a minor penalty and a goal is scored on the play by the non-offending side, the minor penalty shall not be imposed but major penalties shall be imposed in the normal manner regardless of whether or not a goal is scored.
- E) If when a team is "short-handed" by reason of one or more minor or bench minor penalties, the referee signals a further minor penalty or penalties against the "short-handed" team and a goal is scored by the non-offending side 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 automatically terminate.
- F) "Completion of the play by the team in possession" in this rule means that the ball must have come into the possession and control of an opposing player or has been "frozen". This does not mean a rebound off the goalie, the goal or the boards, or any accidental contact with the body or equipment of an opposing player. "Control of the ball" means the act of possessing or propelling the ball with the stick, hand or feet.
- G) If after the referee has signaled a penalty but before the whistle has been blown, the ball shall enter the goal of the non-offending team as the direct result of a player of that team, the goal shall be allowed and the penalty signaled shall be imposed in the normal manner. No goal may be scored by the offending team during the delayed calling of a penalty unless the non-offending team puts it directly into their own net.

Rule 3 Goalie Penalties

- A) A goalie shall not serve a minor, major or misconduct penalty, but instead, another member, designated by the coach will do so.
- B) Should a goalie incur a game misconduct penalty, his place will then be taken by a member of his own club, or by a regular substitute goalie who is available, and such player will be allowed the goalie's full equipment.
- C) A minor penalty shall be imposed on a goalie who leaves the immediate vicinity of his crease toward an altercation.
- D) If a goalie participates in the play in any manner when he is beyond the centerline, a minor penalty shall be imposed upon him.

Rule 4 Penalty Shot

- A) A "PENALTY SHOT" shall be taken as follows: The referee shall place the ball on the center face-off spot and the player taking the shot will, on the instruction of the referee, play the ball from there. The ball must be kept in motion towards the opponent's goal line and once it is shot, the play shall be considered complete. No goal can be scored on a rebound of any kind (an exception being the ball off the goal post, then the goalie and then directly into the goal), and any time the ball crosses the goal line, the shot shall be considered complete. Only a player designated as a goalie or alternate goalie may defend against the penalty shot.
- B) The goalie must remain in his crease until the player taking the penalty shot has touched the ball and in the event of violation of this Rule or any foul committed by a goalie, the referee shall allow the shot to be taken and if the shot fails, he shall permit the penalty shot to be taken over again. The goalie may attempt to stop the shot in any manner except by throwing his stick or any object, in which case a goal shall be awarded.
- C) In order to award a penalty shot:
 - a. The infraction must have taken place in the opponent's half of the court, i.e. over the center line.
 - b. The infraction must have been committed from behind.
 - c. The player in possession and control (or, in the judgment of the referee, clearly would have obtained possession and control of the ball) must have been denied a reasonable chance to score (getting a shot off does not necessarily disqualify the play from allowing a penalty shot).
 - d. The player in possession and control (or, in the judgment of the referee, clearly would have obtained possession and control of the ball) must have had no opposing player between himself and the goalie.
- D) In cases where a penalty shot has been awarded under the following rules: deliberately displacing goal post, falling on the ball in the crease, picking up the ball from the crease area, the penalty shot shall be taken by a player selected by the captain of the non-offending team from the players on the floor at the time when the foul was committed. Such selection shall be reported to the referee and cannot be changed.

- E) Should the player in respect to whom a penalty shot has been awarded himself commit a foul in connection with the same play or circumstances, either before or after the penalty shot has been awarded, be designated to take the shot, he shall first be permitted to do so before being sent to the penalty bench to serve the penalty except when such penalty is for a game misconduct in which case the penalty shot shall be taken by a player selected by the captain of the non-offending team from the players on the floor at the time when the foul was committed.
- F) While the penalty shot is being taken, players of both sides shall withdraw to the sides of the rink and in front of their own player's bench. If, while the penalty shot is being taken, any player of the opposing team shall have by some action interfered with or distracted the player taking the shot and, because of such action, the shot should have failed, a second attempt shall be permitted and the referee shall impose a misconduct penalty on the player so interfering or distracting.
- G) If a goal is scored from a penalty shot, the ball shall be faced-off at center floor. If a goal is not scored, the ball shall be faced-off at either of the end face-off spots in the zone in which the penalty shot was tried.
- H) If the offense for which the penalty shot was awarded was such as to 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. If the offense for which the penalty shot was awarded was such as to incur a double minor penalty, or where the offending team is assessed an additional minor penalty on the same play in which a penalty shot was awarded, the first minor penalty is not assessed since the penalty shot was awarded to restore the lost scoring opportunity. The second minor penalty would be assessed and served regardless of whether the penalty shot results in a goal or not.
- I) The time required for the taking of a penalty shot shall not be included in the regular playing time or overtime.

Rule 5 Summary of Basic Penalties

- A) Boarding – Any player who intentionally body checks an opponent causing him to be violently thrown into the boards.
 - a. Any player who causes an injury as a result of boarding will be assessed a major plus a game misconduct.
- B) Butt-Ending – A major penalty shall be assessed to any player who uses the butt end of the stick to jab his opponent.
- C) Charging – Anytime a player runs or jumps into an opponent. When there are more than two steps taken before any contact it is considered charging.
- D) Checking- A minor or major penalty, at the discretion of the Referee, shall be imposed on any player who intentionally body-checks an opponent with or without the ball.
 - a. Incidental contact will be permitted that is defined as: Contact that occurs between opponents during the normal process of playing the ball, provided that there is no overt hip, shoulder or arm contact to physically force the opponent off the ball.
- E) Checking from Behind – A player who intentionally checks an opponent from behind while he is not aware of the impending check, into the boards or goal, and therefore not giving him a chance to protect himself.
- F) Cross Checking – When a player checks an opponent while both hands are on his stick and his arms are extended toward his opponent
- G) Diving- Any player or goalie who blatantly dives, embellishes a fall or a reaction or who feigns an injury.
- H) Elbowing – When a player extends his elbow and uses it to hit his opponent.
- I) Head-Butting – a major penalty plus a game misconduct shall be assessed to any player who attempts to head-butt another player, whether or not contact was made.
- J) Holding – Any action by a player or goalie that impedes on the progress of another. This includes using arms, legs, or hands to hold another player.
 - a. If however, a player already has body position he may use his body to block his opponent to maintain his position.
 - b. If a player holds onto the face mask of an opponent he will be assessed a major penalty plus a game misconduct.
- K) Holding the Stick – Anytime a player holds onto the stick of an opponent.
- L) Hooking – When a player restrains another using his stick.
- M) Interference – when a player impedes on or interferes with the progress of an opponent without the ball. A player who is standing still does not have to move to allow an opponent a path to the ball, but he is not allowed to move in such a way as to block or set a pick on an opponent. This includes:
 - a. Blocking or preventing a player from fore-checking the man with the ball.
 - b. Shifting the path taken to the ball so that the player intentionally interferes with an opponent is not permissible.

- i. When two players are running to gain possession of the ball a player may block his opponent as long as they are both moving in the same direction toward the ball,
 - c. Intentionally causes an opponent who is not in possession with to ball to be offside.
 - d. Placing a stick on one side of a forward held by one hand and the "free hand" around the ball carrier's body on the other side so as to give the player no path to move
 - e. Deliberately knocking a stick out of the hands of an opponent.
 - f. Preventing an opponent in any way from retrieving a stick or any other piece of equipment which has been dropped.
 - g. Shooting any equipment, stick, broken stick or any other debris toward the player in possession of the ball, whether or not the object comes into contact with the player.
 - h. Impeding the movement of a goalie, with a stick or body, provided that the player has the ability to avoid making contact with the goaltender.
 - i. If the attacking player has been pushed into the goalie by a defender play shall continue.
- N) Kicking/Kneeing – a player who kicks or knees another player shall receive a major penalty plus a game misconduct.
 - a. If the player unintentionally kicks another in an attempt to free the ball no penalty shall be assessed.
- O) Roughing –any player who uses unnecessary roughness against an opponent.
 - a. Any player who uses his glove to hit an opponent while attempting to play a loose ball shall be assessed a roughing minor.
- P) Slashing – Anytime a player swings his stick at an opponent in a manner that rises above a normal stick check and contact is made. This includes
 - a. Any forceful chop on an opponent's stick.
 - b. Swinging a stick in a wild or dangerous manner with the intention of intimidating an opponent.
- Q) Spearing – When a player stabs an opponent using the stick blade he shall be assessed a major penalty and a game misconduct. If a player attempts to spear another player but does not make contact he shall be assessed a double minor.
- R) Throwing a Stick – When a player throws his stick or any other object toward the ball or ball carrier and thereby prevents a shot or pass
 - a. play will continue until the offending team touches the ball.
 - i. If the infraction occurs in the defensive zone, the attacking team will be awarded a penalty shot.
 - ii. If the goalie is pulled and the player would have had a clear shot at the empty net that was or may have been impeded by the object thrown a goal will be awarded to the attacking team.
- S) Tripping – Any player or goalie who causes his opponent to trip and fall using his stick, arm, knee, foot, hand or elbow. Any player who shall dive onto the floor and causes his opponent to fall shall be assessed a tripping penalty unless he
 - a. Dove to block a shot.
 - b. Makes contact with the ball first and subsequently trips the opponent in doing so with the same movement.

Rule 6 Leaving the Players' or Penalty Bench

- A) A penalized player who leaves the penalty bench before his penalty has expired, whether play is in progress or not, with the exception of intermission, shall incur an additional minor penalty, after serving his unexpired penalty.
- B) If a player leaves the penalty bench before his penalty is fully served, the Penalty Timekeeper shall note the time and signal the Officials who will stop play when the offending player's Team obtains possession of the ball.
- C) In the case of a player returning to the court before his time has expired through an error of the Penalty Timekeeper, he is not to serve an additional penalty, but must serve his unexpired time.
- D) If a player of the attacking side in possession of the ball shall be in such a position as to have no opposition between him and the opposing goalie, and while in such position he shall be interfered with by a player of the opposing side who shall have illegally entered the game, the Referee shall impose a penalty shot against the side to which the offending player belongs.
- E) If the opposing goalie has been removed and a player throws or shoots any part of a stick or any other object at the ball or ball carrier, or if the ball 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 goalie has been removed from the floor, a player of the side attacking the

unattended goal is interfered with by a player who shall have entered the game illegally, a goal will be awarded to the non-offending Team.

- F) If a Coach or Manager gets on the court after the start of a period and before that period is ended, the Referee shall impose a bench minor penalty against the Team should be remain on the floor following warning. The only exception to this rule is to tend to an injured player once the referee has signaled that player requires additional help.
- G) If a player has illegally entered the court from the players' bench or the penalty bench any goal that is scored by his team shall be disallowed, however any penalty imposed on either Team will be served as regular.

Section 5 In-Game Infractions and Additional Penalties

Rule 1 Handling ball with Hands

- A) If a player, except a goalie, closes his hand on the ball, the play shall be stopped and a minor penalty shall be imposed on him. A player shall be permitted to catch the ball out of the air but must immediately place it or knock it down to the floor. If he catches it and moves with it, either to avoid an opponent or to gain a territorial advantage over his opponent, a minor penalty shall be assessed for "closing his hand on the ball". Shifting the body and "windmilling" are not allowed
- B) A goalie must not deliberately hold the ball in any manner which, in the opinion of the Referee, causes a stoppage of play unless he is actually being covered by an opponent.
- C) A goalie must not deliberately drop the ball into his pads or onto the goal net. The object of this entire Rule is to keep the ball in play continuously and any action taken by the goalie who causes an unnecessary stoppage must be penalized without warning.
- D) A player shall be permitted to stop or "bat" a ball in the air with his open hand, or push it along the floor with his hand, and the play shall not be stopped unless he has directed the ball to a teammate in the attacking zone or to the opposing goalie "on-goal" or goes into the opposing goal (the goal will be disallowed. In which case play shall be stopped and the ball shall be faced-off in the nearest face-off circle in the defending zone that does not gain any territorial advantage.
- E) A goal cannot be scored by an attacking player who bats the ball with his hand directly into the net. A goal cannot be scored by an attacking player who bats the ball and it is deflected into the net off any player, goalie, or Official.

Rule 2 High Sticks

- A) A "high stick" is one which is carried above the height of the opponent's shoulders.
- B) Any contact made by a stick on an opponent above the shoulders is prohibited and a minor shall be imposed. If the high stick results in an injury then a double minor shall be assessed even if the high sticking was not intentional. A player is permitted accidental contact on an opponent if the act is committed as a normal windup or follow through of a shooting motion.
- C) An apparent goal scored by an attacking player when any part of his stick makes contact with the ball above the height of the crossbar of the goal frame shall not be allowed. The determining factor is where the ball makes contact with the stick. If the ball makes contact with the stick below the level of the crossbar and enters the goal, this goal shall be allowed.
- D) Batting the ball above the normal height of the shoulders with a stick is prohibited. Play will, however, continue, unless the ball is immediately touched by a teammate, the opposing goalie "on goal" or goes into the opposing goal (the goal will be disallowed). If a territorial advantage is gained by the offending Team, the ensuing face-off will be where the high-stick occurred. If a territorial disadvantage occurs to the offending Team, the ensuing face-off will be where play is stopped.
- E) If a player bats the ball into his own goal via a high stick, the goal shall be allowed.
- F) 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 ball with his stick above the height of his shoulder, the resulting face-off shall be made at one of the end zone face-off spots adjacent to the goal of the Team causing the stoppage.

Rule 3 Kicking the Ball

- A) A goal cannot be scored by an attacking player who uses a distinct kicking motion to propel the ball into the net. A goal cannot be scored by an attacking player who kicks a ball that deflects into the net off the body of any player, goalie or Official.
- B) A kicked ball that deflects off ANY stick (excluding the goalie's stick) shall be ruled a GOOD GOAL.
- C) A goal cannot be scored by an attacking player who kicks any equipment (stick, glove, helmet, etc.) at the ball, causing the ball to cross the goal line.

Rule 4 Delaying the Game

- A) A minor penalty shall be imposed on any player or goalie who delays the game by deliberately shooting or batting the ball with his stick or hand outside the playing area. A goalie who shoots the ball out of play will only be assessed a penalty when the referee deems that the shot is intentional.
- B) Players shall be allowed to bring the ball into the corners and kill time as long as the ball continues to move and a delay does not occur. If the player steps on or holds the ball against the boards to kill time, the player will be issued a minor penalty.
- C) A minor penalty shall be imposed on any player (including the goalie) who delays the game by deliberately displacing a goal post from its normal position. The Referee shall stop play immediately when the offending Team gains possession of the ball. In the event that a goal post is deliberately displaced by a defending player, prior to the ball crossing the goal line between the normal position of the goal posts, the Referee may award a goal at their discretion
- D) If the goal post is deliberately displaced by a goalie or player during the course of a "breakaway", a penalty shot will be awarded to the non-offending Team, which shot shall be taken by the player last in possession of the ball. In order for the goal to be awarded the goal post must have been deliberately displaced by a defending player, the ball must have been shot (or the player must be in the act of shooting) at the goal prior to the goal post being displaced, and it must be determined that the ball would have entered the net between the normal position of the goal posts. If the goalie of the offending team is off the floor during the infraction then a goal shall be awarded to the non-offending team.
- E) A bench minor penalty shall be imposed upon any Team which, after warning by the Referee to its Captain or Alternate Captain to place the correct number of players on the floor and commence play, fails to comply with the Referee's direction and thereby causes any delay by making additional substitutions, by persisting in having its players off-side, or in any other manner.
- F) A minor penalty shall be assessed to any player who picks the ball up off the surface with his glove during play.

Rule 5 Falling on Ball

- A) A minor penalty shall be imposed on a player other than the goalie who deliberately falls on or gathers the ball into his body. If the player drops to block a shot and the ball becomes lodged under him no penalty shall be assessed, unless he makes an attempt with his hands or body to make the ball unplayable.
- B) A minor penalty shall be imposed on a goalie who, when he is in his own goal crease, deliberately falls on or gathers the ball into his body or who holds or places the ball against any part of the goal in such a manner as to cause a stoppage of play unless he is actually being covered by an opponent. Under pressure the goalie is allowed to reach around the net and cover the ball on the back of the net. If the ball is on the back of the net and the goalie reaches through the net to cover it, he will be called for a delay of game penalty.
- C) If a defending player, except the goalie, falls on the ball, holds the ball, picks up the ball, or gathers the ball into his body or hands while the ball is in the goal crease play shall be stopped immediately and a penalty shot shall be awarded. The determining factor for this rule is where the ball is located when the infraction takes place. If the offending team has replaced their goalie with a regular player then no penalty shot is awarded and instead a goal is automatically awarded to the attacking team.
- D) A minor penalty shall be imposed on any goalie who while outside of the crease, holds, freezes or plays the ball with his stick or body in such a manner as to deliberately cause a stoppage of play. If however a goalie comes out of his crease to "cut down the angle" on a shot and after making the save covers the ball, this shall be legal.

Rule 6 Broken Stick

- A) A player whose stick is broken must drop the stick immediately and may participate in the game provided he drops the broken stick. A minor penalty shall be imposed for an infraction of this Rule.
- B) A goalie may continue to play with a broken stick until a stoppage of play or until he has one legally handed to him by a teammate. The teammate must hand the stick to him. He cannot throw it or slide it to the goalie. For a violation of this rule, a minor penalty for throwing the stick shall be assessed to the offending player (no penalty shall be assessed to the goalie for receiving the stick).
- C) A player who has lost or broken his stick may only receive a stick at his own players' bench or be handed one from a teammate on the court. If a player from the bench throws a stick onto the playing surface he will be assessed a minor penalty.
- D) A minor penalty shall be assessed to a player or goalie who participates in the play while in possession of more than one stick, except that no penalty shall be assessed to a player who is accidentally struck by the ball while carrying a replacement stick to a teammate. The exception to the rule is a player who retrieves a goalie stick. A player retrieving a goalie stick may also be in

possession of his own stick, but must go straight to the goalie and hand the goalie the goalie stick. If the player either plays the ball while holding two sticks or intentionally drops or puts down the goalie stick to rejoin play or go to the bench, the player will be assessed a minor penalty.

Section 6 Improper Conduct

Rule 1 Abusive Conduct

- A) A minor penalty for unsportsmanlike conduct shall be imposed on any player who uses obscene, profane or abusive language to any person. If this conduct persists a game misconduct penalty shall be imposed. A misconduct penalty shall be imposed on any player who intentionally knocks or shoots the ball out of the reach of an Official who is retrieving it or who deliberately throws any equipment out of the playing area.
- B) A minor penalty for unsportsmanlike conduct shall be assessed to any player who challenges or disputes the rulings of any Official during a game. If the player persists in such challenge or dispute, he shall be assessed a misconduct penalty and any further dispute will result in a game misconduct penalty being assessed to the offending player.
- C) A minor penalty for unsportsmanlike conduct shall be assessed to any player or players who bang the boards with their sticks or other objects at any time, or who, in any manner, show disrespect for an Official's decision. If this conduct persists, he shall be assessed a misconduct penalty and if this conduct further persists, a game misconduct shall be imposed. In the event that the Coach or school executive commits an infraction under this Rule, a bench minor penalty shall be imposed.
- D) A bench minor penalty shall be imposed against the offending Team if any player, Coach, or school executive in the vicinity of the players' bench or penalty bench uses any obscene gestures, profane language or throws anything on the court during the progress of the game or during stoppage of play.
- E) A misconduct penalty shall be imposed to anyone who throws or shoots any equipment or other object in the general direction of an Official whether or not the object comes close to making any kind of contact.

Rule 2 Attempt to Injure

- A) A game misconduct shall be imposed on any player who deliberately attempts or who deliberately injures an opponent and the circumstances shall be reported to the Commissioner for further action.

Rule 3 Fighting

- A) There will be a zero tolerance policy toward fighting in the MYHSHL. Any player that is involved in a fight will be given a game misconduct.
- B) Any player who throws a punch even if he is wearing gloves will be given a game misconduct penalty and his team will substitute a player to serve the (3:30) minute major.
- C) A game misconduct penalty, at the discretion of the Referee, shall be imposed on any player or goalie who is the first to intervene in an altercation.
- D) If at any point during an altercation a player leaves the players bench to join an altercation he will be given a game misconduct.

ADMINISTRATIVE SECTION

Section 1 Pregame and General Instruction

Rule 1 General

- A) The referees shall have general supervision of the game and shall have full control of all game officials and players during the game, including stoppages; and in case of any dispute, their decision shall be final.

Rule 2 Home Team Requirements

- A) The home team is required to bring 3 hockey balls to every game.
- B) The home team is responsible to have someone certified in CPR at every game. A school official must also be in attendance at every game.
- C) The home team must have a first aid kit and floor packs available in case of an injury.
- D) The home team and their school official are not permitted to leave the building until visiting team has left.
- E) The home team is responsible for providing the visiting team with a designated private dressing room large enough to fit the visiting team in its entirety.
- F) The home team is responsible for having a score keeper to record all of the goals and penalties during the match. A person must also be provided to manage the electronic clock and scoreboard.

Section 2 Court Setup

Rule 1 Goalpost and Nets

- A) The goal posts shall be of approved design and material, extending vertically forty four inches (44") above the surface of the floor and set 54 inches (54") apart 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. The League recommended goal is the Mylec 812.
- B) There shall be attached to each goal frame a net of approved design made of white nylon cord which shall be draped in such a manner as to prevent the ball coming through the goal, and strung in a manner that will keep the ball in the net.
- C) There should be a line no less than 1 inch (1") wide, extending from goalpost to goalpost on the floor and, shall be known as the "GOAL LINE".

Rule 2 Goal Crease

- A) In front of each goal, a "GOAL CREASE" area shall be marked by a line no less than 1 inch (1").
- B) The goal crease shall be laid out as follows: From one goal post to the other (54") in width and 3 feet (36") in length.
- C) The goal crease area shall include all the space outlined by the crease lines and extending vertically forty four (44") to the level of the top of the goal frame.
- D) The goal crease must be in place for the start of the game. If the crease is not ready for game time, the home team will have to put down the crease before the start and will start the game with a minor penalty for delay of game. This rule must be enforced at the beginning of the game. This is the coaches responsibility and should be done in due time before the game so that the visiting team should not be inconvenienced during their warm ups. The visiting team will be advised not to stop warm ups.

Rule 3 Playing Surface

- A) The playing surface shall be divided into two halves by a centerline.
- B) A circular face-off spot shall be marked exactly in the center of the court.
- C) In both end zones on both sides of each goal, face-off spots shall be marked on the court.
- D) Four high end face-off spots shall be marked on the surface; each spot shall be equal distance from the centerline and each spot shall be equal distance from the boards.
- E) All Face-off spots shall be equidistant from the side boards; and all face-off spots shall be equal distance from the end boards with its parallel counterpart.

Rule 4 Players Benches

- A) Each rink shall be provided with seats or benches for the use of players of both Teams. The accommodations provided MUST be uniform for both Teams. The benches shall be placed immediately alongside the playing surface, as near to the center of the rink as possible.
- B) Only players and team officials shall be permitted to occupy the bench area
- C) During a game Coaches and Managers are restricted to the length of the player benches.

- D) A team official who remains on the playing surface after being warned by the referee shall be served a bench minor penalty.
- E) The Team benches shall be set up in a matter that the visiting team will not be at a disadvantage because of where the team bench is located, as long as there is a better alternative available.

Rule 5 Penalty Bench

- A) Each rink must be provided with benches or seats to be known as the "PENALTY BENCH." Separate penalty benches shall be provided for each team when possible.

Section 3 Game Play

Rule 1 Time of Game

- A) A game will consist of three twelve-minute periods "stop-time". The team scoring the greater number of goals at the end of regulation shall be declared the winner and will be awarded two points in the league standings.
- B) After each period there will be a five minute intermission and the two teams will be permitted to go to their respective dressing rooms. After 4 minutes the referee will give each team a one minute warning. If a team takes an excessive amount of time before returning to the court to resume the game the referee can assess a bench minor penalty for delay of game.
- C) In the event that a team is ahead by a substantial amount of goals, the coach of the losing team can make a request that the clock continue to run during stoppages of play, pending approval of the other coach. The clock would be stopped when the goalies switch sides at the midway point of the third period.
- D) If a player takes a penalty while his team is losing by three or more goals with 1:30 or less left in the game, the referee shall immediately blow his whistle, even if the offending team does not have possession of the ball, and the game shall be called.
- E) In the event that a team is ahead by a substantial amount of goals, the coach of the losing team can make a request that the clock continue to run during stoppages of play, pending approval of the other coach. The clock would be stopped when the goalies switch sides at the midway point of the third period.
- F) Each team shall be permitted to take two time outs during a game. The time outs will last sixty seconds. All players with the exception of any penalized player are permitted to go their respective benches.
- G) Any player as designated by the coach will indicate to the referee, during a stoppage of play, that the team is exercising its option to use a time out.
- H) A team is not permitted to use more than one time out per period.
- I) A team may save a time out to be used during overtime however; no additional time outs will be given out in overtime.
- J) Both teams must have the minimum required members dressed to play in order for the game to begin. If either team is missing the required number of participants at the time that the referees deem the game is to begin, the game will not be played and the offending team will be assessed a forfeit and a loss in the standings, with the non-offending team earning a victory.

Rule 2 Signal and Timing Device

- A) Each rink shall be provided with some form of electrical clock for the purpose of keeping the spectators, players and game officials accurately informed as to all time elements at all stages of the game including the time remaining to be played in any period.
- B) Each rink shall be provided with a siren or other suitable sound device to signify the end of playing time.

Rule 3 Regular Season Overtime

- A) If at the end of three periods the score is tied each team shall be awarded one point in the league standings. The teams will then have an additional overtime period of five minutes, with the team scoring first declared the winner and being awarded an additional point in the league standings. Each team will play with three players and one goalkeeper. If no team scores after the five minute overtime then a tie will be awarded and both teams will keep their one point earned in the league standings.
- B) A team is allowed to pull their goalkeeper during overtime in favor of an additional player. Should that team lose the game during the time in which the goalkeeper has been removed it would forfeit the automatic point gained for the tie at the end of regulation.

Rule 4 Playoff Overtime

- A) If at the end of three periods of a playoff game the score remains tied then both teams shall return to their dressing room and a full intermission.
- B) Overtime will be played in 12 minutes periods and each team will play at a regular numerical strength of four on four. The team scoring the first goal in overtime shall be declared the winner of the game.
- C) After each overtime period the teams will return to their dressing room for a full intermission.

Section 4 Team Members

Rule 1 Composition of Team

- A) A team shall be composed of four players plus a goalie on the playing surface. No team shall be permitted to start a game with less than five players on the playing surface.
- B) No team can ever play with less than two players and a goalie on the floor at any time during the game.
- C) All players of each Team shall be dressed uniformly with approved design and color of their sweaters, and sweatpants.
- D) Each player and each goalkeeper listed in the lineup of each team shall wear an individual identifying number between 0 - 99 on the back of his sweater.

Rule 2 Captains

- A) Captain or Captains shall be appointed by each team, and they shall have the privilege of discussing with the referee any questions relating to interpretation of rules which may arise during the progress of a game. He shall wear the letter "C" in a conspicuous position on the front of his sweater.
- B) In addition, if the permanent Captain is not on the court, Alternate Captains shall be accorded the privileges of the Captain. Alternate Captains shall wear the letter "A" in a conspicuous position on the front of their sweaters.
- C) Only the captain, when invited to do so by the referee, shall have the privilege of discussing any point relating to the interpretation of rules. Any captain or player who comes off the bench and makes any protest or intervention with the officials for any purpose shall be assessed a minor penalty for unsportsmanlike conduct. Should this protest continue, he may be assessed a misconduct penalty, and if it further continues, a game misconduct penalty shall be warranted.
- D) 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.

Rule 3 Players in Uniform

- A) At the beginning of each season, the coach of each team shall list the players and goalkeepers who shall be eligible to play in the game. A list of names and numbers of all eligible players and goalkeepers must be handed to the league, and no change shall be permitted in the list or addition thereto shall be permitted after January 1st.
- B) If a goal is scored when an ineligible player is on the court, the goal will be disallowed. The ineligible player will be removed from the game. Only players on the list submitted to the league before January 1st may participate in any game.
- C) The determining factor when considering whether or not a player is ineligible is that his name and not necessarily his number must be correctly listed by the coach of that team.
- D) The goalkeeper may not wear leg pads that exceed 12" in width when on the leg of the goalkeeper. Any coach may challenge the size of the goalkeeper's leg pads during any stoppage of the game (similar to the curve on the stick rule in the NHL). If the pads are measured and are indeed wider than 12", the goalie will be removed from the game, and the offending team will be assessed with a minor penalty for delay of game. The goalkeeper will be replaced with a goalkeeper whose leg pads are of regulation size. The offending goalie may return to the game once he has regulation sized leg pads. The game will not be stopped to allow for the offending goalie to change his leg pads unless his team does not have a replacement goalie. If there is no replacement goalie available the team will also be assessed a second delay of game penalty. If there are no replacement pads the team must forfeit the game. If however, the measurement is actually 12" or less the team that called for the measurement will be assessed with the minor penalty.
- E) Any Junior Varsity-eligible player who plays in a varsity game disqualifies himself from future Junior Varsity play for the same season in which they have participated in a varsity game. This rule does not carry over to future seasons.
- F) No Varsity player is allowed to move down to play on the Junior Varsity level.

Section 5 Game Equipment

Rule 1 Ball

- A) All MYHSHL games are to be played with orange Mylec hockey balls (115, 215, 2150) no other ball will be allowed to be used.
- B) The home team is responsible to provide the referee before each game with 3 orange Mylec balls in good playing condition.

Rule 2 Sticks

- A) 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 ball.
- B) The Blade of the stick shall not be less than 2 inches (2") and no more that 3 inches (3") in width. There is no restriction on the curvature of the blade.

Rule 3 Protective Equipment

- A) All protective equipment, except gloves, headgear and goalkeepers' leg guards must be worn under the uniform. For violation of this rule, after warning by the referee, a minor penalty shall be imposed. Players including the goalkeeper violating this rule shall not be permitted to participate in the game until such equipment has been corrected or removed.
- B) All players are required to wear a helmet with a full face guard.
- C) All players are required to wear gloves and cup when on the court. Shin pads are strongly recommended.

Section 6 Standings and Statistics

Rule 1 League Standings

- A) Each win a team receives will be worth two points in the league standings whether it is in regulation or in overtime. A team that ties will receive one point in the league standings. Any team that loses in overtime will receive one point in the standings.

Rule 2 Goals and Assists

- A) A "goal" shall be credited in the scoring records to a player who shall have propelled the ball into the opponent's goal. Each "goal" shall count one point in the player's record.
- B) When a player scores a goal, an "assist" shall be credited to the player taking part in the play immediately preceding the goal, but no more than one assist can be given on any goal. Each "assist" shall count one point in the player's record.

Section 7 Disciplinary Matters

Rule 1 Major Penalties

- A) Any player who receives a major penalty will receive an automatic one game suspension to be served in his next scheduled game. No team is allowed to reschedule a game of which a player is to serve his suspension.
- B) A "GAME MISCONDUCT" penalty involves the suspension of a player for the balance of the game but a substitute is permitted to replace immediately the player so removed. The referee is required to report all game misconduct penalties to the league immediately following the game and the player will automatically receive a one game suspension. The league will then investigate the incident to determine whether a more severe punishment is necessary.
- C) Any player who receives more than one suspension over the course of the season will be expelled from the league for the remainder of the season. Readmission for this player for the next season will be allowed upon approval by the league office.

Rule 2 Abusive Conduct

- A) A minor penalty for unsportsmanlike conduct shall be assessed to any player or players who bang the boards with their sticks or other objects at any time, or who, in any manner, show disrespect for an Official's decision. If this conduct persists, he shall be assessed a misconduct penalty and if this conduct further persists, a game misconduct shall be imposed. In the event that the Coach or school executive commits an infraction under this Rule, a bench minor penalty shall be imposed.
- B) A bench minor penalty shall be imposed against the offending Team if any player, Coach, or school executive in the vicinity of the players' bench or penalty bench uses any obscene gestures, profane language or throws anything on the court during the progress of the game or during stoppage of play.

Rule 3 Attempt to Injure

- A) A game misconduct shall be imposed on any player who deliberately attempts or who deliberately injures an opponent and the circumstances shall be reported to the Commissioner for further action.

Rule 4 Fighting

- A) There will be a zero tolerance policy toward fighting in the MYHSHL. Any player that is involved in a fight will be given a game misconduct and will be suspended until further notice by the Commissioner or Assistant Commissioner.
- B) Any player who throws a punch even if he is wearing gloves will be given a game misconduct penalty and his team will substitute a player to serve the (3:30) minute major.
- C) A game misconduct penalty, at the discretion of the Referee, shall be imposed on any player or goalkeeper who is the first to intervene in an altercation.
- D) If at any point during an altercation a player leaves the players bench to join an altercation he will be given a game misconduct and the league will investigate whether further penalties are deemed necessary.

Rule 5 Leaving the Players' or Penalty Bench

- A) If a Coach or Manager gets on the court after the start of a period and before that period is ended, the Referee shall impose a bench minor penalty against the Team. The only exception to this rule is to tend to an injured player once the referee has signaled that player requires additional help.