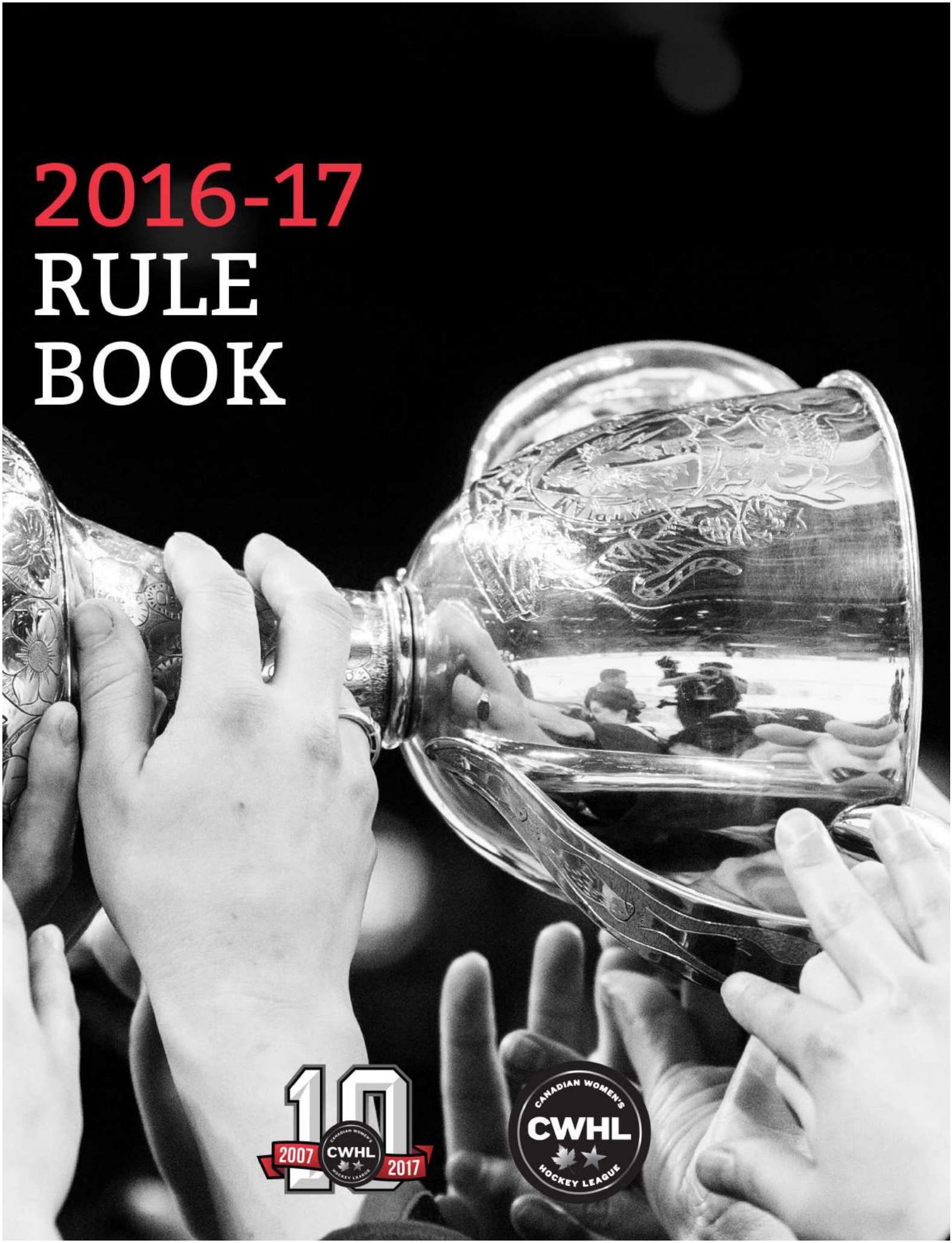
2016-17 RULE BOOK



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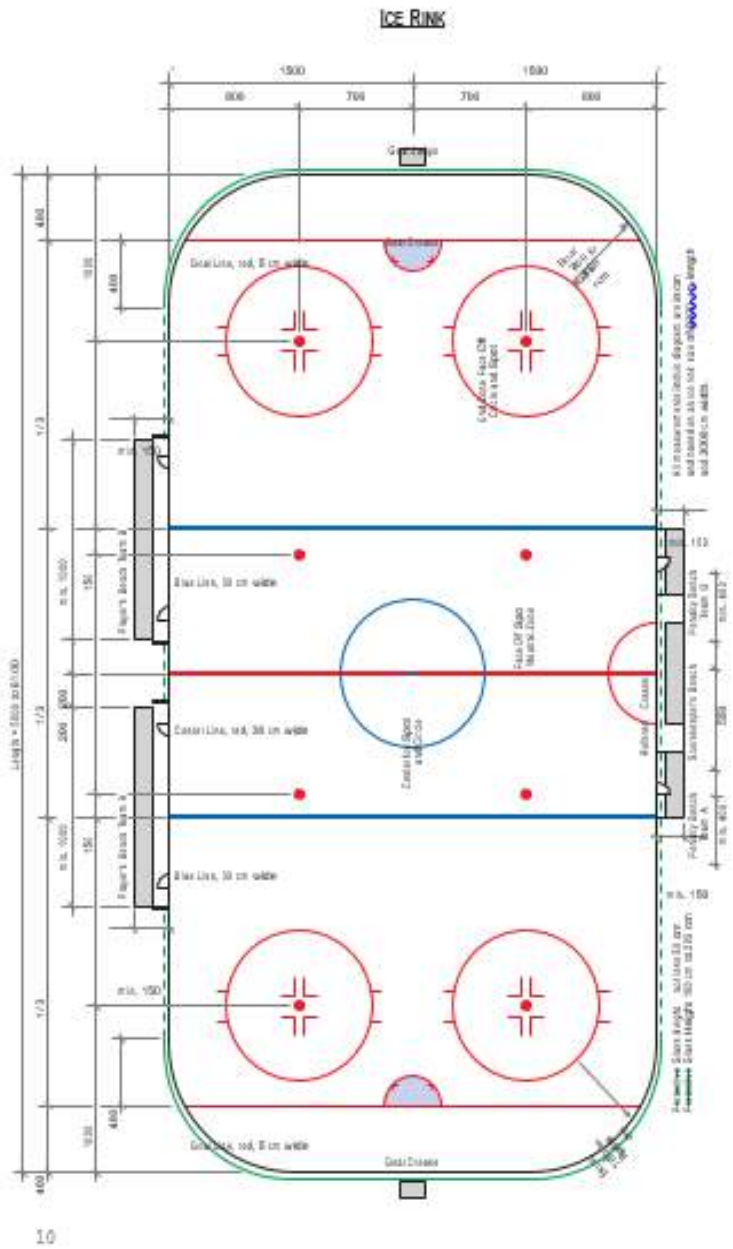


SECTION 1 - ICE RINK

There shall be no markings on the ice, boards, protective glass, nets, goals, or on any surface in and around the players' benches, penalty benches, goal judge benches or off-ice officials' areas, except as specified under these rules or as provided in Annex 1 (Advertising Regulations).

100 - DEFINITION OF THE RINK

The game of ice hockey shall be played on a white ice surface known as a "Rink".

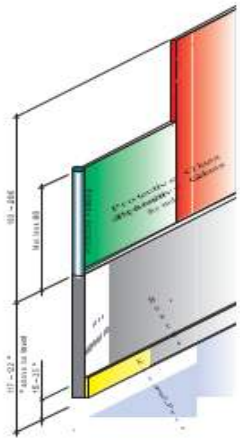
101 - DIMENSIONS OF THE RINK

Maximum size: 61 m long by 30 m wide.
Minimum size: 56 m long by 26 m wide.
The corners shall be rounded in the arc of a circle with a radius of 7 to 8.5 m.

102 - BOARDS

1. The rink shall be surrounded by a wooden or plastic wall known as the "Boards" which shall be white in color.

PROTECTIVE GLASS AND BOARDS
All measurements in cm.



2. They shall be not less than 1.17 m and not more than 1.22 m in height above the level of the ice surface.
3. The boards shall be constructed in such a manner that the surface facing the ice shall be smooth and free of any obstruction that could cause injury to the players, and the protective screens and gear used to hold the boards in position shall be mounted on the side away from the playing surface.
4. The gaps between the panels shall be minimized to 3mm.

103 - KICK PLATE

At the lower part of the boards shall be fixed a "Kick Plate", yellow in color, 15 to 25 cm in height above the ice surface level.

104 - DOORS

1. All doors giving access to the ice surface shall swing away from the ice surface.
2. The gaps between the door and the board shall be minimized to 5 mm.

In case of advertising allowed on the boards, the lines shall at least be marked on the kick plate. The entire width of the line shall be considered as part of the zone that the puck is in.

105 - PROTECTIVE GLASS

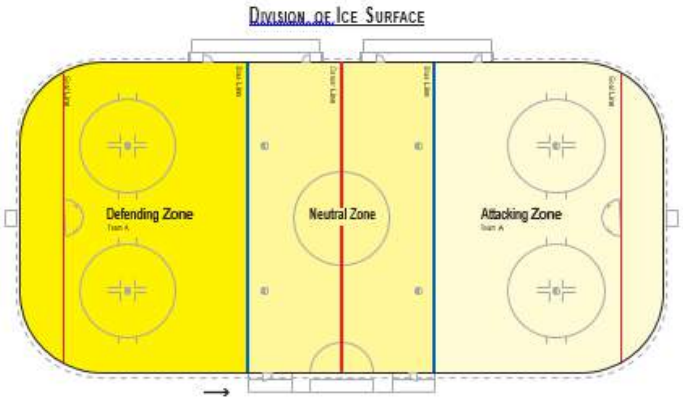
1. The protective glass located above the boards shall be 160 cm to 200 cm in height on the ends and shall extend 4 m from the goal line towards the Neutral Zone and not less than 80 cm in height along the sides, except in front of the players' benches.
2. The gaps between the glass panels shall be minimized to 5 mm.
3. At any interruption of the protective glass there shall be protective padding to prevent the injury of the players.
4. No openings are allowed in the protective glass.

106 - END ZONE NETS

Protective nets shall be suspended above the end zone boards and glass.

107 - DIVISION AND MARKING OF THE ICE SURFACE

The ice surface shall be divided in its length by five lines marked on the ice and extending completely across the rink and continuing vertically up the side of the boards.



108 - GOAL LINES

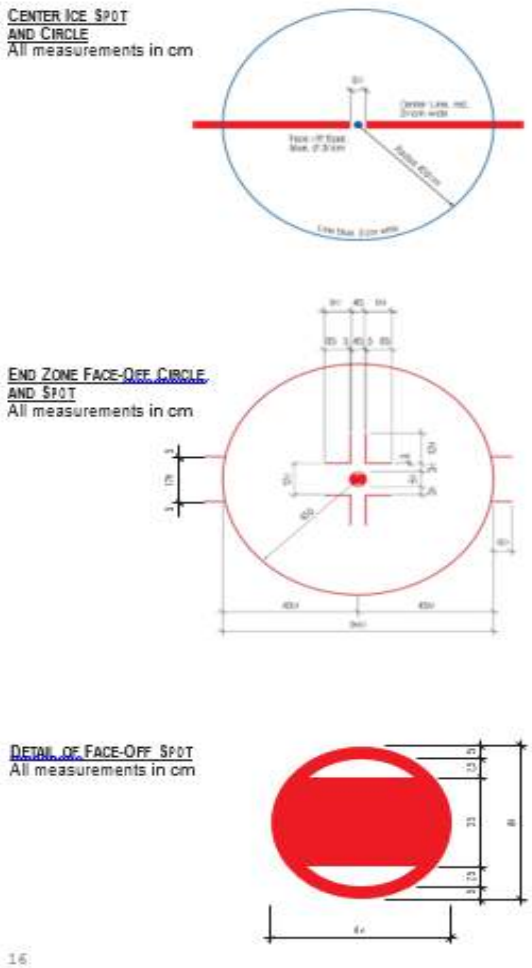
Lines shall be marked 4 m from each end of the rink, 5 cm wide and red in color, known as the: "Goal Lines"

109 - BLUE LINES

1. The ice area between the two goal lines shall be divided in three equal parts by lines 30 cm wide and blue in color known as the: "Blue Lines"
2. These lines shall determine the three Zones, defined as follows:
   For one team,
   - The zone in which their goal is situated is the: "Defending Zone"
   - The central zone is the: "Neutral Zone"
   - The farthest zone is the: "Attacking Zone"

110 - CENTER LINE

A line known as the "Center Line" shall be located in the middle of the rink. It shall be 30 cm wide and red in color.



111 - FACE-OFF SPOTS AND CIRCLES

All spots and circles are marked on the ice surface in order to position the players for a face-off as ordered by the officials at the beginning of the game, at the beginning of each period and after each stoppage of play.

112 - CENTER FACE-OFF SPOT AND CIRCLE

A circular blue spot, 30 cm in diameter, shall be marked exactly in the center of the rink.

With this spot as a center, a circle with a radius of 4.5 m shall be marked with a blue line 5 cm wide.

113 - FACE-OFF SPOTS IN NEUTRAL ZONE

Two red spots, 60 cm in diameter, shall be marked in the neutral zone, 1.5 m from each blue line as illustrated on the opposite page.

114 - END ZONE FACE-OFF SPOTS AND CIRCLES

1. Face-off spots and circles shall be marked on the ice in both end zones and on both sides of each goal as illustrated on the opposite page.
2. The face-off spots shall be 60 cm in diameter, red in color, as illustrated on the opposite page.
3. On opposite sides of the end zone face-off spots shall be marked double "L", as illustrated on the opposite page.
4. The circles shall have a radius of 4.5 m from the center of the face-off spots and marked with a red line, 5 cm wide.

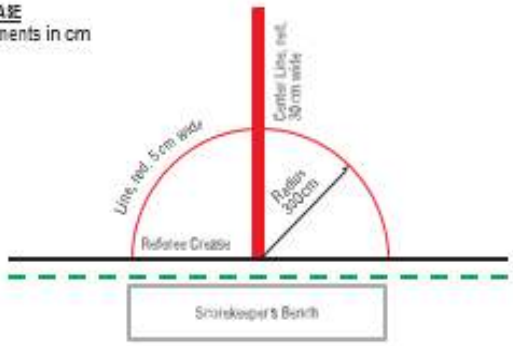
115 – REFEREE CREASE

An area known as the "Referee Crease" shall be marked on the ice in a semi-circle by a red line, 5 cm wide, and with a radius of 3 m, immediately in front of the Scorekeeper's Bench, as illustrated on the following page.

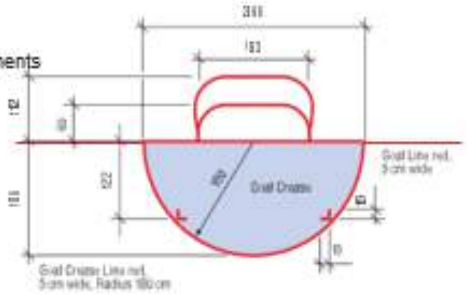
116 - GOAL CREASE

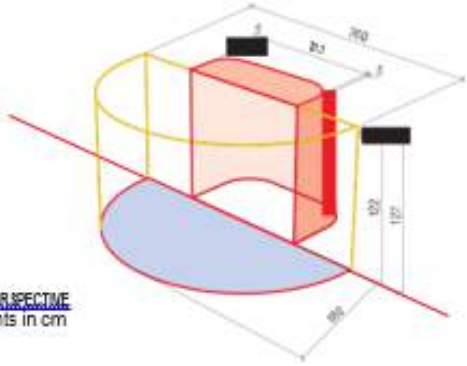
1. In front of each goal a "Goal Crease" area shall be marked by a red line, 5 cm wide, as illustrated on the opposite page.
2. The goal crease area shall be painted light blue. The inside of the goal area from the goal line to the back of the net shall be white.
3. The goal crease shall include all the space outlined by and include the crease line and extending vertically 1.27 m to the top of the goal frame.
4. The goal crease shall be laid out as follows: A semi-circle 180 cm in radius and 5 cm in width shall be drawn using the center of the goal as the center point. In addition, an "L" shaped marking of 15 cm in length and 5 cm in width (both lines) at each front corner shall be painted on the ice. The location of the "L" marking is measured by drawing an imaginary line 122 cm from the goal line to the edge of the semi-circle. At that point, the "L" marking shall be drawn.
5. Goal posts and nets shall be set with flexible goal pegs in such manner as to remain stationary during the progress of the game.
6. Each player's bench shall have two doors, one of which shall be in the NEUTRAL ZONE.
7. The players' benches shall be protected from access by persons other than the players and the six team officials.

REFEREE CREASE
All measurements in cm



GOAL CREASE
All measurements in cm





GOAL CREASE PERSPECTIVE
All measurements in cm

117 - GOAL FRAME, POSTS AND NETTING

1. The goal nets shall be located in the center of the goal lines.
2. The goal posts shall extend vertically 1.22 m above the ice surface and be 1.83 m apart (internal measurements). The goal posts and horizontal crossbar that form the tubular steel frame shall be of a specified design with an external diameter of 5 cm and shall be painted red.
3. The goals and crossbar shall be completed by a frame supporting the netting, the deepest point of which shall not be more than 1.12 m or less than 0.60 m. It shall be painted white, except for the exterior part of the base frame, which shall be painted red.
4. A netting of white nylon cord shall be draped over to enclose the back of the goal frame in such a manner as to prevent the puck from coming to rest on the outside of it, yet strung in a manner that shall keep the puck inside the goal net.
5. The inside of the supports, other than the goal posts and crossbar, shall be covered by a white padding. The padding of the base frame shall start not less than 10 cm from the goal posts and shall be attached in a manner that shall not restrict the puck from completely crossing the goal line.

118 - PLAYERS' BENCHES

1. Each rink shall be provided with two identical benches, exclusively for the use of players in uniform and officials of both teams.
2. The benches shall be on the same side of the rink, immediately along the ice but opposite to the penalty benches, separated by

a substantial distance or by other facilities, and convenient to the dressing rooms.

3. Each bench shall begin 2 m from the center line with a minimum length of 10 m and a minimum width of 1.5 m.
4. Each bench shall accommodate: 16 players and 6 team officials.

119 - PENALTY BENCHES

1. Each rink shall be provided with two benches to be known as the penalty benches for a minimum of 5 players each.
2. They shall be located on both sides of the Scorekeeper's desk and opposite to the players' benches and shall have a minimum length of 4 m and a minimum width of 1.5 m.
   - Access to the penalty benches shall be restricted to persons other than the penalized players and the penalty bench attendants.

120 - GOAL JUDGES' BENCHES

Properly protected cages to eliminate interference with the Goal Judges' activities shall be placed at each end of the rink behind the board and glass in the area of the goal.

121 – SCOREKEEPER'S BENCH

Between the penalty benches shall be located the Scorekeeper's bench which shall have a length of 5.5 m to accommodate 6 people.

SIGNAL AND TIMING DEVICES

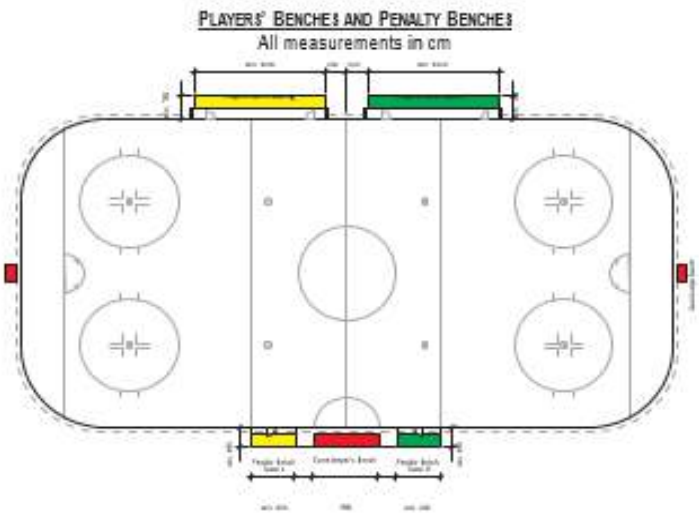
122 - SIREN

Each rink shall be provided with a siren or other suitable sound device to be used by the Timekeeper.

123 - CLOCK

Each rink shall have an electric clock (scoreboard) in order to provide spectators, players and officials with accurate information concerning:

1. Names of both teams



2. Time remaining in any period, counting down in minutes and seconds from 20:00 to 0:00
3. Penalty time remaining to be served for at least two players on each team, counting down from the total number of minutes to 0,
4. Score
5. Time-outs, counting down from 30 to 0 seconds,
6. Intermission time, counting down from 15 to 0 minutes.

124 - RED AND GREEN LIGHTS

Behind each goal there shall be:

1. A red light to be switched on by the Goal Judge when a goal is scored,
2. A green light to be switched on automatically by the electric clock when the Timekeeper stops the clock and at the end of each period.
3. The red light shall be connected to the timing device in such a manner so that, when the period has ended, it should be impossible for the Goal Judge to turn it on.

4. At the end of a period, the fact that the Goal Judge is not able to turn on the red light does not necessarily mean that a goal is not valid. The determining factor is whether or not the puck is completely over the goal line and in the goal before the period ends.
5. The purpose of the green light is to enable the Referee and Linesmen to observe the goal and light in the same sight line and know exactly when the period ends.

125 - PLAYERS' DRESSING ROOMS

Each team shall be provided with a suitable room with sufficient space for 25 team officials and players and their equipment, equipped with benches, sanitary toilet and showers.

126 - REFEREE'S AND LINESMEN DRESSING ROOM

A separate dressing room equipped with chairs or benches, sanitary toilet and shower shall be provided for the exclusive use of the Referees and Linesmen. No one, except as authorized by the association concerned, shall be allowed to enter the Official's dressing room during the course of or immediately following the game. In case of an infraction to this rule: Report to the Proper Authorities.

127 - RINK LIGHTING

All rinks shall be sufficiently well illuminated so that the players, officials and spectators may conveniently follow the play at all times.

1. If, in the opinion of the Referee, there is not sufficient light to continue the game, she shall have the authority to postpone the reminder of the game or take time-out, pending improvement of the lighting situation.
2. If one team is handicapped to a greater extent by the failure of lights, and in the opinion of the Referee the game should not be cancelled, she shall have the authority to alternate the teams so that each team shall play the same amount of time in each end of the rink

128 - SMOKING IN THE ARENA

In enclosed rinks, smoking shall be prohibited in the playing and spectator areas, as well as in the dressing rooms and all the facilities where the players are involved.

129 - MUSIC IN THE ARENA

1. Music may be played during the warm-up and during any stoppage of play.
2. Compressed air horns and whistles are forbidden in the ice rink.

SECTION 2 - TEAMS, PLAYERS AND EQUIPMENT

200 - PLAYERS IN UNIFORM

1. Before the game, the Manager or Coach of each team shall provide the Referee or Scorekeeper with a list of names and numbers of eligible players and goalkeepers, including the names of the Captain and Alternate Captains.
2. Prior to the game the coach or manager must provide a starting line up to the official scorer prior to the end of warmup. No change in the starting line-up is permitted by either team once it has been submitted to the Official Scorer. A bench minor penalty is assessed if the starting line-up is challenged by the opposing team at the first stoppage of play.
   Note: starting lineup will be provided to the game officials prior to the end of warmup.
3. No changes or additions shall be permitted to the list once the game has started.
4. If, during the game, a team cannot place the correct number of players on the ice because of penalties or injuries, the Referee shall declare the game a forfeit.
5. Each team shall be allowed a maximum of:
   - 20 players, and
   - 2 goalkeepers,
   - for a total of 22.

201 - CAPTAIN OF TEAM

1. Each team shall appoint a "Captain" and no more than two "Alternate Captains". The Captain shall wear the letter «C» and Alternate Captains shall wear the letter «A», 8 cm in height and in a contrasting color, in a conspicuous position on the front of their sweater.
2. On the ice, only these designated players, if they are not penalized, shall have the privilege to discuss with the Referee any questions relating to the interpretation of rules that may arise during the course of the game.
3. It is not permitted to appoint a goalkeeper, Playing Coach or Manager as a Captain or Alternate Captain.
4. If a Captain or Alternate Captain is not on the ice, they cannot come off the bench to discuss any situation with the Referee, unless invited by the Referee.
5. If both the Captain and Alternate Captain are on the ice, only the Captain has the privilege of conversing with the Referee.
6. Players that do not wear a "C" or "A" on their jersey shall not be granted the Privileges of conversing with the Referee.

Important: A complaint concerning a penalty is not a matter relating to the interpretation of the rules and shall be penalized.

202 - EQUIPMENT

1. Player's and goalkeeper's equipment shall consist of sticks, skates, protective equipment and uniforms.
2. All protective equipment, except gloves, helmets and goalkeepers' legs guards shall be worn entirely underneath the uniform.
3. All infractions related to the wearing of equipment shall be penalized under Rule 555.
4. The official playing rules specify the use of protective equipment out of concern for the orderly playing of the game, and for the safety, health and welfare of participants. However, such rules do not imply a guarantee by the IIHF that the use of such equipment will provide protection from injury. It is the responsibility of the player to ensure that the equipment used conforms, where specified, with the official playing rules and is worn and maintained in good condition in accordance with the manufacturer's warranties.
5. For advertising and/or brand identification on the player's equipment, see Annex 1.

PLAYER'S EQUIPMENT

203- PLAYERS' SKATES

The players shall wear "Ice Hockey Skates" with safety blades.

204 - PLAYER'S STICK

1. Sticks shall be made of wood or other material approved by the CWHL.
2. It shall not have any projections and all edges shall be beveled.
3. Adhesive non-fluorescent tape of any color may be wrapped around the stick at any place.
4. The player's stick blade may be curved, and the curvature shall be restricted in such a way that the distance of a perpendicular line, measured from a straight line drawn from the heel to the end of the blade, shall not exceed

1.5 cm.

5. Player's Stick Dimensions:
   I. Shaft: maximum length - 163 cm from the heel to the end of the shaft maximum width - 3 cm maximum thickness - 2.5 cm
      shaft shall be straight
   II. Blade: maximum length - 32 cm from the heel to the end of the blade maximum width - 7.5 cm minimum width - 5 cm

205- PLAYER'S HELMET

1. During the game and during the pre-game warm-up, all players shall wear a hockey helmet with chin strap properly fastened.
2. Where a player(s) fail to wear a helmet during the pre-game warm-up the standby Referee shall report to the Chairman who shall report to the Directorate or the CWHL Disciplinary Committee.
3. A helmet shall be worn so that the lower edge of the helmet is not more than one finger-width above the eyebrows, and there shall only be enough room between the strap and the chin to insert one finger.
4. Should the helmet of a player come off while play is in progress, the player shall not be permitted to participate in the play except if she replaces the helmet on her head with the chin strap properly fastened.
5. If the player continues to play without his helmet properly fastened, he shall be penalized under Rule 555 e.

206 - PLAYER'S FACE MASK AND VISOR

1. All players must wear a full face mask or a visor.
2. The visor shall extend down to cover the eyes and the lower edge of the nose in frontal and lateral projections.
3. Full face masks shall be constructed in such a way that neither the puck nor a stick blade might get through it.
4. Players shall not be permitted to wear a colored or tinted visor or tinted full face mask.

207 - PLAYERS' GLOVES

The players' gloves shall cover hand and wrist and their palm shall not be removed to permit the use of bare hands.

208 - NECK AND THROAT PROTECTOR

It is recommended that all players wear a neck and throat protector.

209 – MOUTH GUARD

1. It is recommended that all players shall wear a custom made mouth guard.
2. All players not wearing a full face mask, shall wear a custom made mouth guard.

210 - GOALKEEPER'S EQUIPMENT

With the exception of skates and stick, all the equipment worn by the goalkeeper shall be constructed solely for the purpose of protecting the head and the body and shall not include any garment or addition which would give the goalkeeper undue assistance in keeping goal. Abdominal aprons, extending down the front of the thighs on the outside of the pants, are prohibited.

211 - GOALKEEPERS' SKATES

The goalkeeper shall wear special "Goalkeeper Skates" of approved design.

212 - GOALKEEPERS' STICKS

1. The stick shall be made of wood or other material approved by the IIHF. b) It shall not have any projections and all edges shall be beveled.
2. Adhesive non-fluorescent tape of any color may be wrapped around the stick at any place.
3. Dimensions:
   - Shaft: maximum length - 163 cm from the heel maximum width - 3 cm maximum thickness - 2.5 cm. Widened part of the shaft: maximum length - 71 cm from the heel and not more than 9 cm wide. The shaft shall be straight.
   - Blade: maximum length - 39 cm from the heel maximum width - cm, except at the heel where it shall not exceed 11.5 cm

213 - GOALKEEPERS' GLOVES

213A) - BLOCKING GLOVE

The maximum outside dimensions of the protective padding attached to the back, forming part of a blocking glove, shall not exceed: 38.1 cm in length and 20.32 cm in width.

213B) - CATCHING GLOVE

a) The maximum outside dimensions of the catching glove shall not exceed:

- 20.32 cm in length at any part of the wrist cuff, which shall be 10.16 cm in width (height)
- Distance from the heel along the pocket to the top of the T trap shall be no more than 46 cm.
- The perimeter of the catching glove shall not exceed 114.3 cm.

214 - GOALKEEPER'S HELMET AND FACE MASK

a) All goalkeepers shall wear a "Face Mask" with a hockey helmet, or a goalkeeper's full face head protector.

- Goalkeeper's face mask shall be constructed in such a way that a puck shall not get through it.
- Should the helmet and /or face mask come off while play is in progress, the Referee shall stop play, provided there is no immediate and impending scoring opportunity.
- If a goalkeeper removes her helmet and/or face mask in order to bring a stoppage in play in a breakaway situation, the Referee shall award to the non-offending team a: Penalty Shot.
- If a goalkeeper removes her helmet and/or face mask in order to bring a stoppage in play during a Penalty Shot, the Referee shall award to the non-offending team a: Goal.

215 - GOALKEEPERS' LEG GUARDS

The goalkeepers' leg guards shall not exceed 28 cm wide when on the leg of the goalkeeper. A piece of any material covering the space between the ice and the bottom of the leg guards in front of the skates are not permitted.

216 - UNIFORMS

All players from each team shall be dressed uniformly in sweaters, pants, stockings and helmet (except for the goalkeeper who is permitted to wear a helmet of a different color to the rest of the team).

- The basic color shall cover approximately 80 percent of each part of the equipment, excluding names and numbers.
- Sweaters, including the sleeves, and stockings shall be of the same color.
- Sweaters shall be worn outside of the pants.
- Each player shall wear an individual number 25 to 30 cm high on the back of the sweater and 10 cm high on both sleeves. Numbers are limited to the numbers 1 to 99.
- In CWHL competitions, each player shall wear his name on the upper portion of the back of her sweater, printed 10 cm high, in block capital Roman letters.
- Any player that does not comply with these provisions shall not be permitted to participate in the game.
- If, in the opinion of the Referee, the uniform colors of the competing teams are so similar that there is the possibility of miscalling a penalty, it is the responsibility of the home team to change their sweaters, if ordered to do so by the Referee.
- If a player´s hair is long and obscures the name plate or number on the sweater, the hair shall be worn in a ponytail or under the helmet.

217 - PUCK

1. The "Puck" shall be made of vulcanized rubber or other material approved by the CWHL and be primarily black in color.
2. The dimensions of a puck shall not exceed:
   - Diameter - 7.62 cm
   - Thickness - 2.54 cm
   - Weight -156 to 170 gms
3. The printed logo, trademark and/or advertising shall not exceed in diameter 4.5 cm of the area of each side of a puck or 35% of the area of each side of the puck. There may be printing on both sides of a puck.

218- MEASUREMENT OF EQUIPMENT

1. The Referee may, at any time and at her own discretion, measure any equipment.
2. The Captain of a team may make a formal complaint against a specific dimension of any equipment. The Referee shall make the necessary measurement immediately. However, no goal shall be disallowed as a result of any measurement. If the complaint is not sustained, the requesting team shall be penalized. Bench Minor penalty (see Rule 555) If the complaint is sustained, the

guilty player shall be penalized. Minor penalty (see Rule 555)

3. Such request shall be limited to one team at any stoppage of play. The measurement of goalkeeper's equipment, with the exception of the stick, may only be requested immediately at the end of any period.
4. If a Captain of the team that is two players short in the last two minutes of the game or at any time in overtime, requests an equipment measurement that proves to be legal equipment following the measurement, the Referee shall award to the non-offending team a: Penalty Shot

SECTION 3 - OFFICIALS AND THEIR DUTIES

300 - APPOINTMENT OF OFFICIALS

For all CWHL games, the following officials shall be appointed:

GAME OFFICIALS - Two Referees
- Two Linesmen

OFF-ICE OFFICIALS - One Scorekeeper (with up to two assistants)
- One Timekeeper
- One Announcer
- Two Penalty Bench Attendants

GAME OFFICIALS

301 - REFEREE AND LINESMEN EQUIPMENT

1. All Referees and Linesmen shall be dressed in black trousers and official sweaters. The Referees shall wear red armbands, 8 cm wide, on the upper part of each sleeve
2. They shall wear skates and a black hockey helmet with a visor, and shall be equipped with an approved whistle and metal tape measure with a minimum 2 m length.

302 - REFEREE DUTIES

The Referees shall have general supervision of the game, full control of game officials and players, and his decision shall be final in case of any dispute.

303 - LINESMEN DUTIES

1. The Linesmen shall be responsible mainly for the infractions concerning the lines (offsides, icing the puck).
2. They shall face-off the puck in most circumstances and shall assist the Referee in conducting the game.

The complete duties of the Referee and Linesmen are outlined in Annex 4.

304 - OFF-ICE OFFICIALS

305 - SCOREKEEPER

The complete duties of the Scorekeeper are outlined in Annex 4.21 to 4.23.

306 - TIMEKEEPER

The complete duties of the Timekeeper are outlined in Annex 4.24.

307 - ANNOUNCER

The complete duties of the Announcer are outlined in Annex 4.25.

308 - PENALTY BENCH ATTENDANTS

There shall be one Penalty Bench Attendant per team penalty bench. The complete duties of the Penalty Bench Attendant are outlined in Annex 4.26.

309 - PROPER AUTHORITIES

The term "Proper Authorities" or "Proper Disciplinary Authorities" as applied under these rules, is defined as the immediate governing body of the games involved. Each team shall be allowed to have only one goalkeeper on the ice at a time. This goalkeeper may be removed and be substituted by another player. Such player shall not be permitted the privileges of the goalkeeper.

SECTION 4 - PLAYING RULES

400 - PLAYERS ON THE ICE

1. A team shall not have more than six players on the ice at any time while the play is in progress. Bench Minor penalty for Too Many Players on the Ice (Rule 573).
2. Home team privileges:
   - Choice of the player's bench,
   - Choice of uniform colors.
   - At the face-off following a stoppage of play, the home team shall place their line-up after the visiting team.
3. At any time in the game, the Referee may request, through the Captain, that the visiting team put a playing line-up on the ice to promptly commence play.

The six players shall be:

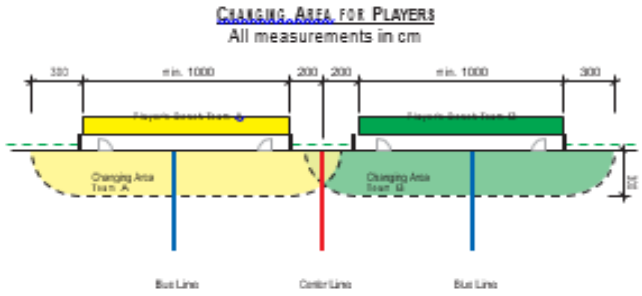
Goalkeeper

Right Defense *Left Defense*

Right Wing *Center* *Left Wing*

401 - START OF GAME AND PERIODS

1. The game shall begin at the scheduled time with a face-off at the center face-off spot. A face-off conducted in the same manner shall take place at the start of each period.
2. The teams shall start the game defending the goal nearest to their player bench.
3. Teams shall change ends for each succeeding regular or overtime period.



402 - CHANGE OF PLAYERS AND GOALKEEPERS

1. Under the conditions set out in this section, the players and goalkeepers may be changed at any time during the play or during a stoppage of play.
2. If, during a substitution, the player entering the game plays the puck or makes any physical contact with an opponent while the retiring player is actually on the ice, there shall be a penalty. Bench Minor penalty for Too Many Players on the Ice (Rule 573).
3. If, during the substitution, either the entering player or retiring player is struck accidentally by the puck, the play shall not be stopped and no penalty called.
4. No warm-up shall be allowed to any player or goalkeeper at the end of the first and second period, or at any stoppage of play.
5. Teams shall not change ends when the ice is not resurfaced for overtime or game winning shots.
6. In the application of the rule, the change of one or more players shall constitute a line change.

403 - CHANGE OF PLAYERS AND GOALKEEPERS FROM THE PLAYER'S BENCH DURING PLAY

1. The players and goalkeepers may be changed at any time from the player's bench while the game is in progress provided that:
   - The changing players and goalkeepers are within an imaginary area limited by the length of the respective player's bench and 3 m from the boards, as illustrated on the opposite page,
   - The changing players and goalkeepers are out of the play before any change is made. Bench Minor penalty (see Rule 573)
2. If, when a goalkeeper leaves his goal crease and proceeds to his player's bench for the purpose of substituting another player and if the substitution is made prematurely, the official shall stop the play when the offending team gains possession of the puck. The ensuing face-off shall take place at the center ice face-off spot, except in cases where the offending team would gain as a result a territorial advantage, in which cases the face-off shall be where the stoppage of play occurred (See Rule 440g)

404 - CHANGE OF PLAYERS PROCEDURE DURING STOPPAGEOF PLAY

1. Following a stoppage of play, the visiting team shall promptly place a line-up of players on the ice for play and no substitution shall be made until play has resumed. The home team may then make any desired substitution which does not result in the delay of the game. 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 not permit a line change.
2. The procedure shall be carried out as follows:
   - The Neutral Zone Referee shall take her position for the start of the next play, and the Linesman dropping the puck shall proceed promptly to the location of the face-off.
   - The Referee shall allow the visiting team five seconds to make their player changes.
   - After the five seconds, the Referee shall raise her arm to indicate that the visiting team shall no longer make a player change.
   - With the arm still up, the Referee shall allow the home team five seconds to make their player changes.
   - After the five seconds, the Referee shall drop her arm to indicate that the home team shall no longer make a player change.
   - As soon as the Referee drops her arm, the Linesman conducting the face-off shall blow the whistle, which signals to both teams that they shall have no more than five seconds to line-up for the face-off.
   - At the end of the five seconds, or sooner if the facing-off players are ready, the Linesman shall drop the puck. It shall not be the responsibility of the Linesman to wait for the players to come into position for the face-off.
   - Five-second time limit to get the face-off completed is not enforced in the last two minutes of regulation time or any time in the overtime, but players must adhere to the directions given by the linesmen.
3. Teams are not permitted to make a player(s) substitution following a false face-off, except when a penalty is assessed that affects the on-ice strength of either team.
4. When a team attempts to make a player change after its allotted period of time, the Referee shall send the player(s) back to the bench and issue a warning to the Coach.
5. Any subsequent infraction of this procedure at any time during the course of the game shall result in the team receiving a: Bench Minor penalty (see Rule 575)

405 - CHANGE OF PLAYERS FROM THE PENALTY BENCH

A player serving a penalty, who is to be changed after the penalty has been served, shall proceed at once, by way of the ice, and be at his own player's bench before any change can be made. Bench Minor penalty (Rule 563)

406 - CHANGE OF GOALKEEPERS DURING STOPPAGE OF PLAY

1. During a stoppage of play, goalkeepers shall not be permitted to go to the player's bench except to be replaced or during a time-out. Minor penalty (Rule 592)
2. When a goalkeeper substitution has been made during a stoppage of play, the goalkeeper who left the game may re-enter the game as soon as the play resumes.
3. No warm-up shall be permitted for a substitute goalkeeper.

407 - INJURED PLAYERS

1. If a player is injured and cannot continue to play or go to the bench, the play shall continue until her team has secured possession of the puck, unless any team is in an immediate scoring position.
2. If a player other than the goalkeeper is injured or compelled to leave the ice during the game, she may retire and be replaced by a substitute, but play shall continue without the teams leaving the ice.
3. If a penalized player has been injured he may proceed to the dressing room, and if she has been assessed a Minor, Major or Match penalty, the penalized team shall immediately put a substitute player on the penalty bench who shall serve the penalty without change, except by the injured penalized player if she is able to return.
4. The injured penalized player shall not be eligible to play until her penalty has expired.
5. If an injured player returns to play before her penalty has expired, the Referee shall assess additionally to this player a: Minor penalty
6. If it is obvious that a player has sustained a serious injury, the Referee and/or the Linesman shall stop the play immediately.
7. When play has been stopped due to an injured player, excluding the goal- keeper, the injured player shall leave the ice and shall not return to the ice until after play has resumed. Minor penalty (see Rule 554e)

408- INJURED GOALKEEPERS

1. If a goalkeeper sustains an injury or becomes ill, she shall be ready to resume play immediately or be replaced by a

substitute goalkeeper.

2. If both goalkeepers of the team are incapacitated and unable to play, the team shall have ten minutes to dress another player in uniform as a goalkeeper.

409 - ICE CLEANING

Referee has the authority to remove a buildup of snow around the goal post or on the goal line near the net.

410 - TIMING OF GAME

1. The regular game shall consist of three 20-minute actual time periods and two 15 minute intermissions. The teams shall change ends for each period.
2. Pre-game warm-up shall not exceed 16 minutes in duration.
3. Playing time shall commence from the instant the puck is faced-off and shall stop when the whistle is blown.
4. If any unusual delay occurs within five minutes of the end of the first and second period, the Referee may order the next regular intermission to be taken immediately. When play resumes, the remaining time shall be played with the teams defending the same goal as before the intermission, after which time the teams change ends and resume playing the ensuing period without delay.
5. In open air rinks, teams shall change ends at the midway point of the third and overtime periods.
6. During the intermissions the ice shall be resurfaced.

411 - OVERTIME PERIOD

In a game where a winner shall be declared, the game shall be prolonged by an actual time "Sudden Victory" overtime period. If no goal is scored, game winning shots shall apply.

- "Sudden victory" means that, during the overtime period, the team who scores the first goal is declared the winner.

412 - TIME-OUT

1. Each team is allowed one 30 second time-out per game. Only one team is allowed to use their time-out during a single stoppage in play.
2. During a normal stoppage of play, any player designated by the Coach may ask the Referee for the time-out. The Referee shall report the time-out to the Scorekeeper. The players and goalkeepers of both teams, except for penalized players, are allowed to go to their respective benches.
3. When a penalty shot has been awarded, no time-outs shall be granted once instructions have been given to the player taking the shot and the goalkeeper defending the shot. No time-out shall be granted during the shootout

413 - DETERMINING THE OUTCOME OF THE GAME

1. The team scoring the greatest number of goals during the three 20 minute periods shall be declared the winner and shall be credited with two points in the standings.
2. In a game remains tied at the conclusion of regulation, the game shall be prolonged by an actual time "Sudden Victory" overtime period. If no goal is scored, game winning shots shall apply
3. A five-minute sudden victory overtime period will be played with four skaters against four skaters following a three-minute intermission. Teams do not change ends. If still tied, game winning shots procedure will apply. In playoff, qualification, quarter-final, semi-final and bronze medal games, and the sudden-victory overtime period will be ten-minutes in length. Again, if still tied, game winning shots procedure will apply. In the gold medal game, following a 15-minute intermission and ice resurfacing, teams will change ends and play a 20-minute sudden-victory period. If still tied, game winning shots procedure will apply.
4. Game winning shots procedure:
    - Three shooters from each team
    - Shooters do not need to be named beforehand
    - Penalized players at the end of overtime are not eligible to shoot
    - Coin toss conducted, winner decides whether his team will shoot first or second.
    - After the first three shots and the score remains tied, any (or the same player) may shoot.

FACE-OFF SPOTS AND IMAGINARY LINES

414 - FACE-OFFS

1. A face-off shall be conducted at the beginning of each period and after any stoppage of play.
2. All face-offs shall be conducted exclusively At the nine designated face-offs spots
3. The face-offs shall be conducted at the center ice spot:
    - At the start of a period,
    - After a goal scored,
    - After an error by an official on icing,
    - Premature substitution of a goalkeeper unless otherwise expressly provided by these rules.
4. Face-offs shall be conducted at the end zone spots of the defending team:
    - After any infringement of the rules made by the defending team in his defending zone the puck shall be faced-off at the end face-off spot on the side where the stoppage occurred.
    - A goal illegally scored as a result of a puck deflected off an official.
    - After an attacking team does not score on a Penalty Shot

5. Face-offs shall be conducted at the end zone spots of the attacking team:
    - When the puck is iced by the attacking team,
    - After an intentional off-side by the attacking team

6. Face-offs shall be conducted at the neutral zone spots:
    - After an offside,
    - After any infringement of a rule made by the attacking team in their attacking zone.
    - Following a stoppage of play, should one or both defensemen who are playing near their attacking blue line or any other player coming from the bench of the attacking team enters into the attacking zone beyond the outer edge of the end zone face-off circles.

7. The whistle shall not be blown by the official to start play.
8. No substitution of players shall be permitted until the face-off has been conducted and play has resumed, except when a penalty is assessed that shall affect the on ice strength of either team.
9. If the player facing-off fails to take her proper position immediately when directed to do so by the official, the official shall order him replaced for the face-off by another team-mate on the ice. Centers are not to be ejected in the last 2 minutes.
10. If a player enters the face-off circle, the Referee or Linesman shall blow the whistle to re-face-off the puck, unless the non-offending team gains possession of the puck.

415 - PROCEDURE FOR CONDUCTING FACE-OFFS

- The Referee or the Linesman shall drop the puck between the sticks of the two players facing-off. The Referee or Linesman shall conduct the faceoff via the present-the-puck method with the arm and puck extended away from the body.
- The players shall be positioned squarely facing their opponent's end of the rink, approximately one stick length apart, with the blade of their stick on the ice on the white part of the face-off spot.
- The visiting team center will place her stick on the ice first for all face-offs.

416 - OFFSIDES

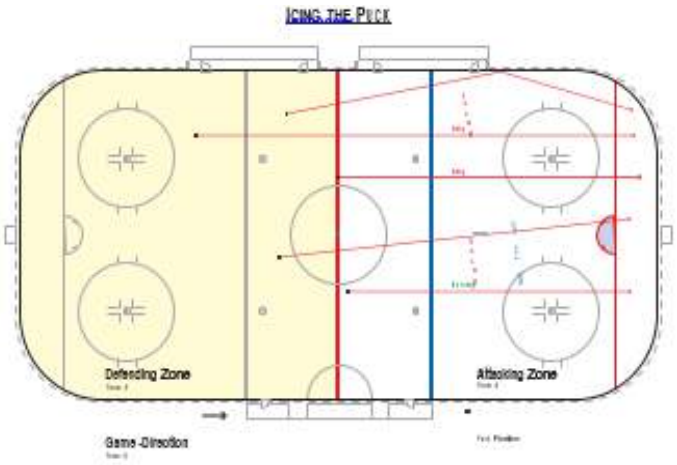
1. Players of an attacking team shall not precede the puck into their attacking zone.
2. The determining factors in deciding an offside are:

- The players' skates position - player is offside when both skates are completely over the blue line in his attacking zone before the puck completely crosses the line,
- The puck position - the puck shall have completely crossed the blue line into the attacking zone.

3. In violation of this rule, play shall be stopped and a face-off shall be conducted:
   - At the nearest neutral zone face-off spot if the puck was carried over the blue line by the attacking player,
   - At the place where the pass or shot originated when the puck was passed or shot over the blue line by an attacking player. (See point 4 in this rule).
   - At the end face-off spot in the defending zone of the offending team if, in the opinion of the Linesman or Referee, a player has intentionally caused an offside.
4. A player actually propelling and in control of the puck, who crosses the blue line ahead of the puck, shall not be considered offside.
5. If a defending player carries or passes the puck into his defending zone while a player of the attacking team is in an offside position, no offside shall be called.
6. An intentional offside is made for the purpose of causing a stoppage of play, regardless of the reason.
7. At the end zone face-off spot in the defending zone of the offending team, if the puck was passed or shot by the attacking player from his defending zone.

417 DELAYED OFFSIDE PROCEDURE

1. If an attacking player precedes the puck into the attacking zone, but a defending player is able to play the puck, the Linesman shall raise his arm to signal a "Delayed Offside", ~~When~~ puck is shot on goal in a delayed off-side situation, play is permitted to continue. Should the puck enter the net, the goal would be disallowed.
2. The attacking zone shall be completely clear of attacking players before the delayed offside can be nullified with the puck still in the attacking zone.
3. "Immediately" means that the attacking players shall not touch the puck, or attempt to gain possession of a loose puck, or force the defending puck carrier further back in the zone.
4. In this second case, when the Linesman drops his arm, any attacking player may re-enter his attacking zone.
5. If the Linesmen have made a mistake in calling an icing, the puck shall be faced-off on the center ice face-off spot.
6. The purpose of this section is to enforce continuous action and both Referee and Linesmen shall interpret and apply the rule to produce this result.
7. The Linesman shall drop his arm to nullify the offside violation and allow the play to continue if:
   - The defending team either passes or carries the puck into the neutral zone,
   - Or, all attacking players immediately clear the attacking zone by making skate contact with the blue line.



418- ICING THE PUCK: HYBRID ICING

a. Should a player of a team equal or superior in numerical strength propel the puck in any manner (stick, glove, skate, body) from her own half of the ice to beyond the icing line of the opposing team – including off the boards or the protective glass – without the puck being touched by any player from either team in the offensive half of the ice before the puck crosses the icing line, an icing will be in effect.
b. There are two decisions a linesman must make under hybrid icing rules. First, she must determine that the shot from a player's own side of centre ice will cross the icing line in the attacking zone. Second, she must determine whether a defending player or attacking player would be first to touch the puck
c. This second decision must be made no later than the instant the first of the players reaches the end zone faceoff spots, although the decision can be made earlier. The skates of the skaters are the determining factor.
d. Should the puck be shot or propelled in such a way that it travels around the boards and slides back towards centre ice, the linesman will determine which player would be first to touch the puck. In this instance, the determining factor is not the end zone faceoff spots but the puck itself
e. If there is **no** "race" for the puck, icing will be not called until a defending player crosses her defending blue line and the puck crosses the icing line.
f. If the race for the puck is too close to determine which player from which team would touch the puck first, icing will be called.
g. During and icing situation where play has been stopped, there must be strict enforcement of rules regarding avoidable contact
h. During an icing situation where the icing has been cancelled because an attacking player has gained positional advantage, players must compete within the rules pertaining to physical contact.
i. If at any point during a potential icing the goaltender leaves her crease, the icing will be nullified. Should the goaltender be outside of the crease at the time the icing is initiated she must immediately retreat to the crease, refusal to do so will result in the icing being nullified

419 - DEFINITION OF A GOAL

A goal shall be allowed:

1. When the puck has been put between the goal posts below the crossbar and entirely across the goal line by the stick of a player of the attacking team,
2. If the puck has been put into the goal net in any way by a player of the defending team,
3. If the puck has been deflected into the goal net from the shot of an attacking player by striking any part of a team-mate,
4. If a player of the attacking team has been physically interfered with, by the action of any defending player so as to cause him to be in the goal crease when the puck enters the goal net, unless if in the opinion of the Referee, he had sufficient time to get out of the crease,
5. If the puck should become loose in the goal crease and then put into the goal net by the stick of the attacking player,
6. When the puck deflects directly off the skate of an attacking or defending player.
7. If an attacking player being in the goal crease at the moment the puck crosses the goal line and in no way affects the goalkeeper's ability to make a save, unless the cases described in Rule 471.

420 - DISALLOWING A GOAL

1. No goal shall be allowed:
   - If an attacking player deliberately kicks, throws, bats with the hands or otherwise directs the puck by any means other than his stick into the goal net even if the puck has been further deflected by any player, goalkeeper or official,
   - If an attacking player contacted the puck with the stick above the cross bar,
   - If the puck has been directly deflected into the goal net off an official,
   - If an attacking player stands or holds his stick in the goal crease when the puck enters the goal net, unless he has been physically interfered with, by the action of any defending player so as to cause him to be in the goal crease when the puck enters the goal net, unless if in the opinion of the Referee, he had sufficient time to get

out of the crease or unless Rule 470 applies.

- If the goal net has been displaced from its normal position, The goal frame is considered to be displaced if either or both goal peg(s) are no longer in their respective holes in the ice, or the net has come completely off the peg(s), prior to or as the puck enters the goal.
- If an attacking player initiates contact with the goalkeeper, incidental or otherwise, while the goalkeeper is in his goal crease and a goal is scored.
- If an attacking player initiates any contact with the goalkeeper, other than incidental contact, while goalkeeper is outside his goal crease and a goal is scored.
- Where an attacking player enters or takes a position within the goal crease, so as to obstruct the goalkeeper's vision and impair his ability to defend his goal net and a goal is scored.
- Where a goalkeeper has been pushed into the goal net together with the puck after making a stop. If applicable, appropriate penalties shall be assessed.

3. Where the puck is under the player who is in or around the goal crease (deliberately or otherwise), a goal cannot be scored by pushing this player together with the puck into the goal net. If applicable, the appropriate penalties shall be assessed, including the Penalty Shot (See Rule 557).
4. Note: "Contact" whether or otherwise, between a goalkeeper and an attacking player may be with the stick or any part of the body.

421- GOAL AND ASSIST AWARDED TO THE PLAYER

1. A "Goal" shall be credited in the scoring records to the player who propelled the puck into the opponent's net.
2. Each goal shall count as one point in the player's record.
3. When a goal has been scored, an "Assist" shall be credited to the player(s) taking part in the play immediately preceding the action.
4. No more than two assists shall be given on any goal.
5. Each assist shall account as one point in the player's record.
6. Only one point shall be awarded to any one player on a goal.
7. Two assists may be awarded when a player scores after a rebound off of the goalkeeper.
8. In the case of an obvious error in awarding a goal or assist, the error shall be corrected promptly, but changes shall not be made once the Referee has signed the Official Game Sheet.

422 - PUCK OUT OF BOUNDS

When the puck goes outside the playing area or strikes any obstacles, other than the boards or protective glass above the ice surface, the play shall be stopped and the face-off shall take place at the nearest point on the imaginary line from where the puck was shot or deflected, unless otherwise expressly provided in these rules.

- When the puck deflects off the goal post or crossbar, when caused by either team, either shot directly or deflected off any player or official, the face-off shall always be conducted in that end zone at the nearest face-off spot.

423 - PUCK ON THE NET

When the puck is lodged in the outside netting of the goal net for more than three seconds or held against the goal net between opposing players, the Referee shall stop the play and a face-off:

- At the nearest end zone face-off spot.
- At the nearest neutral zone face off-spot if, in the opinion of the Referee, the stoppage has been caused by an attacking player.

424 - PUCK OUT OF SIGHT

Should a scramble take place or a player accidentally falls on the puck and the puck is out of sight of the Referee, they shall immediately stop the play, and the puck shall be faced-off at the point where the play has been stopped, unless provided for in the rules.

425 - ILLEGAL PUCK

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

426 - PUCK STRIKING AN OFFICIAL

Play shall not be stopped because the puck touches an official except when the puck has entered the goal.

427 - STOPPING/PASSING THE PUCK WITH HANDS

1. A player shall be permitted to stop or bat the puck in the air with the open hand or push it along the ice with his hand, unless in the opinion of the Referee, the player has deliberately directed the puck to a team-mate.

2. If a team-mate of such player obtains possession of the puck in the Neutral Zone, play shall be stopped and the puck faced-off at the location where the offence occurred, unless the offending team gains a territorial advantage, then the face-off shall be where the stoppage of play occurred.
3. If a team-mate of such a player obtains possession of the puck in her Defending Zone, the Referee shall not stop the play provided the hand pass is completed before the player and puck leave the zone. However, when the puck is passed with the hand from a player in the Neutral Zone to a team-mate in his Defending Zone, the Referee shall stop the play with the face-off at point of stoppage.
4. If a team-mate of such player obtains possession of the puck in her Attacking Zone, the Referee shall stop the play with the face-off at the Neutral Zone face-off spot outside the Attacking Zone.
5. A goal shall be disallowed if the puck was batted by an attacking player even if deflected into the goal by any player, her stick, skate, goalkeeper or official into the goal.

428 - KICKING THE PUCK

Kicking the puck shall be permitted in all zones, but a goal may not be scored by the kick of an attacking player unless deflected off the stick of an attacking player.

429 - HIGH STICKING THE PUCK

1. Stopping or batting the puck with the stick above the height of the shoulders is prohibited, and the play shall be stopped, unless:
   - The puck is batted to an opponent in which case the play shall continue and the Referee shall give the "Wash Out" signal.
   - A player of the defending team bats the puck in her own goal, in which case the goal is allowed.
2. If the puck has been high-sticked by an attacking player in her Attacking Zone the face-off shall take place at the nearest spot in the Neutral Zone.
3. If the puck has been high-sticked by a player in her Defending Zone or in the Neutral Zone face-off shall take place where the offence occurred unless the offending team gains a territorial advantage, then the face-off shall be where the stoppage of play occurred.
4. No goal shall be scored when the stick of an attacking player above the height of the cross bar of the goal net contacts the puck.
5. When a team on the power-play high-sticks the puck, the ensuing face-off will be conducted at one of the two face-off spots in their defending zone.

430 - INTERFERENCE BY SPECTATORS

1. In the event that objects are thrown on to the ice which interferes with the progress of the game, the Referee shall stop the play and the puck shall be faced- off at the spot the play was stopped.
2. In the event of a player being held or interfered with by a spectator, the Referee or the Linesman shall stop the play. If the team of the player interfered with is in possession of the puck, the play shall be allowed to be completed.

SECTION 5 - PENALTIES

500 - PENALTIES - DEFINITION AND PROCEDURES

Penalties are divided into the following categories showing time to be served:

1. MINOR PENALTY (2)
2. BENCH MINOR PENALTY (2)
3. MAJOR PENALTY (5)
4. MISCONDUCT PENALTY (10)
5. GAME MISCONDUCT PENALTY (GM)
6. MATCH PENALTY (MP)
7. PENALTY SHOT (PS) All penalties shall be actual playing time.

1. Penalties imposed after the end of the game shall be reported by the Referee on the Official Game Sheet.
2. Some rules state that the Manager or Coach shall designate a player to serve a penalty. If they refuse to do so, the Referee has the authority to name any player of the offending team to serve the penalty.
3. When the Minor or Major penalties of two players of the same team terminate at the same time, the Captain of that team shall designate to the Referee which player shall return to the ice first. The Referee shall then instruct the Scorekeeper accordingly.
4. For a Game Misconduct penalty, a total of 10 minutes shall be recorded against the penalized player.
5. For a Match penalty, a total of 10 minutes shall be recorded against the penalized player.
6. For all Game Misconduct, and Match penalties the Referee shall: Report to the Proper Authorities immediately following the game.
   - When a player is assessed a Minor and Major penalty at the same time, the Major penalty shall be served first.
   - This applies when both penalties are imposed on the same player (see Rule 513).

501 - MINOR PENALTY

1. For a Minor penalty, any player, other than the goalkeeper, shall be ruled off the ice for two minutes and no substitution shall be permitted.
2. When a player is assessed a Major and a Minor penalty at the same time, the Major penalty shall be served first. This applies when both penalties are imposed on the same player (see Rule 513).
3. When a player is assessed a Minor or Major penalty and a Misconduct penalty at the same time, the penalized team shall immediately put a substitute player on the penalty bench to serve the Minor or Major penalty without change.

502 - BENCH MINOR PENALTY

1. For a Bench Minor penalty, any player, other than the goalkeeper of the penalized team, designated by the Manager or the Coach through the Captain, shall be ruled off the ice for two minutes and no substitution shall be permitted.
2. If, while a team is "Short Handed" because of one or more Minor or Bench Minor penalties, the opposing team scores a goal, the first of such penalties shall automatically terminate unless such penalty was assessed at the same time as an opposing player's penalty which originally caused both teams to play one player short, in which case the next Minor or Bench Minor penalty assessed to the scored upon team shall terminate.

503 - MAJOR PENALTY

For a Major penalty, any player, including the goalkeeper, shall be ruled off the ice for the balance of the game (Game Misconduct penalty) and substitution shall be permitted after five minutes.

504 - MISCONDUCT PENALTY

1. For her first Misconduct penalty, any player, other than the goalkeeper, shall be ruled off the ice for ten minutes and immediate substitution shall be permitted. The player whose Misconduct penalty has expired shall stay on the penalty bench until the next stoppage of play.
2. For her second Misconduct penalty in one game, any player, including the goalkeeper, shall automatically be ruled off the ice for the balance of the game (Game Misconduct penalty) and immediate substitution shall be permitted.
3. A Game Misconduct penalty does not incur an automatic suspension, except for that game, but the Proper Authorities shall have the power to suspend the player or the team official from participating in further games.

505 - GAME MISCONDUCT PENALTY

For a Game Misconduct penalty, any player, including the goalkeeper or team official, shall be ruled off the ice and ordered to the dressing room for the balance of the game and immediate substitution for the player or the goalkeeper shall be permitted.

506 - MATCH PENALTY

1. For a Match penalty, any player, including the goalkeeper, shall be ruled off the ice and ordered to the dressing room for the balance of the game and substitution shall be permitted after five minutes.
2. The player shall be ordered to the dressing room and a substitute player shall be permitted to replace her after five minutes playing time has elapsed.
3. A player or team official incurring a Match penalty shall be awarded an automatic further suspension, which means that she shall be suspended for the next game as a minimum, and her case shall be dealt with by the Proper Authorities.

507 - PENALTY SHOT

In a "Breakaway" situation, when a player in "Control of the Puck" outside her own Defending Zone, with no opponent to pass other than the goalkeeper (See also Rule 533 and 539) is fouled from behind, thus preventing a reasonable scoring opportunity, the Referee shall award to the non- offending team a: Penalty Shot (PS)

1. Five conditions are required to award a Penalty Shot to a player being fouled from behind:

   - The infraction shall take place when the puck is outside of the player's defending zone (completely across the blue line).
   - The attacking player shall be in possession and have control of the puck.
   - The infraction shall have been committed from behind.
   - The attacking player in possession and control of the puck shall have been denied a reasonable scoring opportunity.
   - The player in possession and control of the puck shall have had no opposing players to pass other than the goalkeeper.

2. If the infraction involves any other penalty, the Penalty Shot shall be awarded and the penalty shall be assessed regardless of whether the Penalty Shot results in a goal or not.
3. If, when the opposing goalkeeper has been removed from the ice and a player in "Control of the Puck" outside her own Defending Zone, with no opponent to pass between her and the opposing goal net (See also Rule 533 and 539) is fouled from behind, the Referee shall award to the non-offending team a: Goal
4. If the foul upon which the Penalty Shot is based occurred during actual playing time, the Penalty Shot shall be awarded and taken immediately in the usual manner, notwithstanding any delay occasioned by a slow whistle by the Referee. In this case, the play shall be permitted to be completed, which delay results in the expiry of the regular playing time in any period.
5. If the goalkeeper leaves her crease before the player has touched the puck, or commits any foul, the Referee shall raise his arm but allow the shot to be completed. If the shot fails, she shall permit the Penalty Shot to be taken again.
6. If the goalkeeper leaves the goal crease too early, the Referee shall:
   - Issue a Warning the first time and a new Penalty Shot,
   - Issue a Misconduct penalty the second time and a new Penalty Shot
   - Award a Goal the third time,
7. The goalkeeper shall attempt to block the shot in any manner, except by throwing his stick or any other object, in which case a goal shall be awarded.
8. When the Penalty Shot is taken, if any player of the opposing team interferes or distracts the player taking the shot, and because of such action the shot fails, the Referee shall allow a second Penalty Shot and assess a Misconduct penalty on the offending player.

508 - PENALTY SHOT PROCEDURE

- The Coach or the Captain of the non-offending team selects and reports to the Referee the number of any non-penalized player who shall take the shot.
- The Referee shall cause to be announced the name and number of the player taking the Penalty Shot, who cannot be a player serving a penalty or has been assessed a delayed penalty.
- The players of both teams shall withdraw to the sides of the rink and behind the red line. d) The Referee shall place the puck on the center spot. Only a goalkeeper shall defend against the Penalty Shot.
- The goalkeeper shall stay in his crease until the player has touched the puck.
- The player shall, on instruction of the Referee, play the puck and proceed towards his opponent's goal line and attempt to score on the goalkeeper.
- Once the puck is shot the play shall be considered complete, and no goal can be scored by a second shot of any kind.

- If a goal is scored, the face-off shall take place at center ice.
- If no goal is scored, the face-off shall take place at either of the end zone face-off spots in which the Penalty Shot has been attempted.
- The time required for taking a Penalty Shot shall not be recorded in the actual playing time in any period.

509 - SUPPLEMENTARY DISCIPLINE

In addition to the suspension imposed under these rules, the Proper Authorities may, at any time after the conclusion of the game, investigate any incident and may assess additional suspensions for any offence committed on or off the ice at any time before during and after the game, whether or not such offences have been penalized by the Referee.

510 - GOALKEEPER PENALTY PROCEDURE

A goalkeeper never goes to the penalty bench

1. For Minor, or first Misconduct penalties assessed to the goalkeeper:
   - The goalkeeper continues to play.
   - Her penalty shall be served by another player of his team who was on the ice at the time the play was stopped to assess the penalty for the infraction and was designated by the Manager or Coach through the Captain.
2. For Major, Game Misconduct or Match penalties, the goalkeeper shall be ruled off the ice for the balance of the game. He shall be replaced by the substitute goalkeeper, if available, or otherwise by a member of his team, who shall be permitted 10 minutes to dress in the goalkeeper's full equipment.
3. In case of Major or Match penalties the 5-minute penalty shall be served by another player of his team who was on the ice at the time the play was stopped to assess the penalty for the infraction and was designated by the Manager or Coach through the Captain.
4. All penalties imposed to a goalkeeper, regardless of who serves the penalty, shall be charged in the records against the goalkeeper.
5. Any additional penalties which were assessed to the goalkeeper at the same stoppage of play shall apply and shall be served by another player of his team who was on the ice at the time the play was stopped to assess the penalty for the infraction.

511 - COINCIDENTAL PENALTIES

1. When an equal number of identical penalties (Minor, Major or Match) are assessed to both teams at the same stoppage of play, such penalties shall be known as:
   - Coincidental Penalties
2. When such penalties are assessed, immediate substitutions shall be made for those penalties and they shall not be taken into account for the purpose of delayed penalties.
3. In the case where the penalized players remain in the game, they shall take their place on the penalty bench and shall not leave until the first stoppage of play following the expiry of their respective penalties. There is only one exception to this rule (see section 4 of this rule):
4. When both teams are at Full Strength on the ice, No Substitution shall be permitted if only one Minor penalty is assessed to one player on each team at the same stoppage of play. In the application of this rule, Minor and Bench Minor penalties are considered as identical.
5. If the penalties of two players of the same team expire at the same time, the Captain of the team shall designate to the Referee which of the players shall return to the ice first, and the Referee shall instruct the Scorekeeper accordingly.
6. When a Major and a Minor penalty are imposed at the same time on two or more players of the same team, the Scorekeeper shall record the Minor penalty as being the first of such penalties. This also applies when the two penalties are imposed on different players. (see Rule 501).

512 - DELAYED PENALTY

This rule applies only when Minor, Bench Minor, Major or Match penalties are involved.

1. If a third player of any team is assessed a penalty while two players of his team are serving penalties, his penalty time shall not commence until the penalty time of one of the other players has elapsed.
2. The player shall proceed at once to the penalty bench, but may be replaced on the ice by a substitute.
3. When any team has three or more players serving penalties at the same time, and because of the delayed penalty rule a substitute for the third offender is on the ice, none of the three penalized players shall return to the ice until play has been stopped, unless by reason of the expiration of his penalty the penalized team is allowed to have more than four players including the goalkeeper on the ice, in which case the penalized players shall be permitted to return in the order of their penalties.

CALLING OF PENALTY

1. "Completion of the Play" by the team in possession means that the puck shall have come into the possession of, and has been controlled or intentionally directed by, a player or goalkeeper of the opposing team, or has been held. No rebound off of any player of the opposing team, or off the goal or boards, shall lead to completion of the play.
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 the player of the offending team, the goal shall not be allowed and the penalty signaled shall be imposed.

513 - CALLING OF PENALTIES

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

a) If the team of the offending player is in possession of the puck, the Referee shall immediately blow the whistle and assess the penalty. The face-off shall take place at the nearest face-off spot in the neutral zone to where the play was stopped, unless it was stopped in the attacking zone of the offending player.
b) If the team of the offending player is not in possession of the puck, the Referee shall raise his arm, signifying the calling of a penalty and, upon completion of the play by the team in possession, shall blow the whistle and assess the penalty.
c) If, after the Referee has raised his arm signifying the calling of the penalty, a goal is scored in any manner against the non-offending team as a result of an action of that team, the goal shall be allowed and a penalty shall be imposed in a normal manner.
d) If, after the Referee has raised his arm, a goal is scored by the non-offending team, the goal shall be allowed and the first Minor penalty shall not be assessed. All other penalties shall be assessed. When a team is short-handed by a minor penalty and a delayed minor penalty is signaled by the Referee, and the non-offending team scores, the delayed penalty is assessed and the minor penalty being served terminates.
e) The face-off shall take place in the neutral zone near the blue line of the team shooting the puck where play was stopped unless, during the period of a delayed whistle due to a penalty by a player of the team not in possession, the side in possession ices the puck or shoots the puck from their defensive zone so that it goes out of bounds or is unplayable.

FOULS AGAINST PLAYERS

520 - BOARDING

1. A player who body checks, elbows, charges or trips an opponent in such a manner that it causes the opponent to be thrown violently into the boards, shall be assessed, at the discretion of the Referee, a:
   - Minor penalty (2')
     or
   - Major penalty + Automatic Game Misconduct penalty (5'+GM)
     or
   - Match penalty (MP)
2. A player who injures his opponent as a result of boarding shall be assessed, at the discretion of the Referee a:
   - Major penalty + Automatic Game Misconduct penalty (5'+GM)
     or
   - Match penalty (MP)

521 - BUTT-ENDING

1. "Butt-ending" identifies the act of a player who uses the shaft of the stick above the upper hand to check an opposing player.
2. "Attempt to Butt-end" shall include all cases when a butt-end gesture is made but no contact is made.
3. A player who attempts to butt-end an opponent shall be assessed a:
   - Double Minor penalty + Misconduct penalty (2'+2'+10')
4. A player who butt-ends an opponent shall be assessed, at the discretion of the Referee, a:
   - Major penalty+ Automatic Game Misconduct penalty (5'+GM)
     or
   - Match penalty (MP)
5. A player who injures his opponent by a butt-ending shall be assessed a:
   - Match penalty (MP)

522 – CHARGING

1. "Charging" shall mean the action of a player who, as a result of distance travelled violently checks an opponent. Charging may be the result of a check into the boards, into the goal frame or on open ice.
2. A player who makes physical contact with an opponent after the whistle has been blown, and if, in the opinion of the Referee, the player had sufficient time after the whistle to avoid such contact, shall be assessed, at the discretion of the Referee, a penalty for "Charging".
3. A goalkeeper is not "Fair Game" just because he is outside of the goal crease area. A penalty for a "Interference" or "Charging" shall be called in every case where an opposing player makes unnecessary contact with a goalkeeper.
4. A player who runs, jumps or charges an opponent or who runs, jumps or charges the opposing goalkeeper in his crease shall be assessed, at the discretion of the Referee, a:
   - Minor penalty (2')

     or
   - Major penalty+ Automatic Game Misconduct penalty (5'+GM)

     or
   - Match penalty (MP)
5. A player who injures his opponent as a result of charging shall be assessed, at the discretion of the Referee, a:
   - Major penalty + Automatic Game Misconduct penalty (5'+GM)

     or
   - Match penalty (MP)

CROSS-CHECKING

523 - CHECKING FROM BEHIND

1. A check from behind is a check delivered on a player who is not aware of the impending hit and is unable to protect himself and contact is made on the back part of the body.
2. However, if a player intentionally turns his body to create contact, this shall not be classified as a check from behind.
3. A player who runs, jumps, charges or hits in any manner an opponent from behind shall be assessed, at the discretion of the Referee, a:
   - Minor penalty + Automatic Misconduct penalty (2'+10')

     or
   - Major penalty + Automatic Game Misconduct penalty (5'+GM)

     or
   - Match penalty (MP)
4. A player who injures an opponent as a result of checking from behind shall be assessed, a:
   - Match penalty (MP)

524 - CROSS-CHECKING

1. A "Cross-check" is a check delivered with both hands on the stick and no part of the stick is on the ice.
2. A player who cross-checks an opponent shall be assessed, at the discretion of the Referee, a:
   - Minor penalty (2')

     or
   - Major penalty + Automatic Game Misconduct penalty (5'+GM)

     or
   - Match penalty (MP)
3. A player who injures an opponent by cross-checking shall be assessed, at the discretion of the Referee, a:
   - Major penalty + Automatic Game Misconduct penalty (5'+GM)

     or
   - Match penalty (MP)

525 - ELBOWING

1. A player who uses his elbow to foul an opponent shall be assessed, at the discretion of the Referee, a:
   - Minor penalty (2')

     or
   - Major penalty + Automatic Game Misconduct penalty (5'+GM)

     or
   - Match penalty (MP)
2. A player who injures an opponent by elbowing shall be assessed, at the discretion of the Referee, a:

- Major penalty + Automatic Game Misconduct penalty (5'+GM)

  or
- Match penalty (MP)

526 - EXCESSIVE ROUGHNESS

1. Any player who commits an action not permitted by the rules that may cause or causes an injury to an opponent, to a team or game official shall be assessed a:
- Match penalty (MP)

527 - FISTICUFFS OR ROUGHING

1. A player who intentionally takes off his glove/s in a fight or altercation shall be assessed a:
   - Misconduct penalty (10')
2. A player who starts fisticuffs shall be assessed a:
   - Match penalty (MP)
3. A player who, having been struck, retaliates with a blow or attempted blow, shall be assessed a:
4. Minor penalty (2')
5. Any player or goalkeeper who is the first to intervene in an altercation already in progress, shall be assessed in addition to any other penalties incurred in the incident a:
   - Game Misconduct penalty (GM)
6. If a player, after he has been ordered by the Referee to stop, continues the altercation, attempts to continue, or resists a Linesman in the discharge of his duties, he shall be assessed, at the discretion of the Referee, a:
   - Double Minor penalty (2'+2')

     or
   - Major penalty + Automatic Game Misconduct penalty (5'+GM)

     or
   - Match penalty (MP)
7. A player or team official who is on or off the ice and is involved in an altercation or fisticuffs with a player or team official off the playing surface, he shall be assessed, at the discretion of the Referee, a:
   - Misconduct penalty (10')

     or
   - Game Misconduct penalty (GM)

     or
   - Match penalty (MP)
8. If a player is deemed guilty of unnecessary roughness, he shall be assessed, at the discretion of the Referee, a:
   - Minor penalty (2')

     or
   - Double Minor penalty (2'+2')

     or
   - Major penalty + Automatic Game Misconduct penalty (5'+GM)
9. A player who grabs or holds the face mask or helmet or pulls the hair of an opponent shall be assessed, at the discretion of the Referee, a:
   - Minor penalty (2')

     or
   - Major penalty + Automatic Game Misconduct penalty (5'+GM)

HOLDING THE STICK

528 - HEAD-BUTTING

1. "Attempt to Head-Butting" shall include all cases when a head-butting gesture is made but no contact is made.
2. A player who attempts to or deliberately head-butts an opponent shall be assessed a:
   - A double minor penalty shall be assessed to any player who attempts to head-butt an opponent. A major plus a game misconduct (match penalty if injury results) will be assessed to any player who head-butts an opponent

529 - HIGH STICKING

1. A player who carries or holds his stick or any part of it above the height of his shoulders that makes contact with an

opponent shall be assessed, at the discretion of the Referee, a:

- Minor penalty (2')

  or

- Major penalty + Automatic Game Misconduct penalty (5'+GM)

  or

- Match penalty (MP)

2. A player who carries or holds his stick or any part of it above the height of his shoulders that makes contact with an opponent and causes an injury with his stick or any part of it to an opponent shall be assessed, at the discretion of the Referee, a:
   - Major penalty + Automatic Game Misconduct penalty (5'+GM)

     or

   - Match penalty (MP)

3. However, if the high sticking action that caused the injury was judged accidental, the offending player shall be assessed a:
   - Double Minor penalty (2'+2')

530 - HOLDING AN OPPONENT

A player who holds an opponent with his hands or stick or in any other way shall be assessed a:

- Minor penalty (2')

531 - HOLDING THE STICK

A player who holds an opponent's stick with his hands or in any other way shall be assessed a:

- Minor penalty (2')

532 - HOOKING

1. A player who impedes or seeks to impede the progress of an opponent by hooking him with the stick shall be assessed, at the discretion of the Referee, a:
   - Minor penalty (2')

     or

   - Major penalty + Automatic Game Misconduct penalty (5'+GM)

     or

   - Match penalty (MP)
2. A player who injures an opponent by hooking shall be assessed, at the discretion of the Referee, a:
   - Major penalty + Automatic Game Misconduct penalty (5'+GM)

     or

   - Match penalty (MP)
3. In a "Breakaway" situation, when a player in control of the puck outside his own defending zone has no opponent to pass other than the goalkeeper and he is hooked from behind, thus preventing a reasonable opportunity to score, the Referee shall award to the non-offending team, a: Penalty Shot (PS)
4. If, when the opposing goalkeeper has been removed from the ice, and the player in control of the puck outside of his own defending zone is hooked with no opposition between him and the opposing goal, thus preventing a reasonable opportunity to score, the Referee shall award to the non-offending team, a: Goal
5. A "Breakaway" shall be defined as a situation when a player is in full control of the puck and has no opposing player between himself and the opposing goalkeeper, or goal if the goalkeeper has been removed.
6. "Control of the puck" is the act of propelling the puck with the stick. If the puck is touched by another player or his equipment while it is being propelled or hits the goal or goes free, the player shall no be longer considered to be in control of the puck.
7. The Referee shall not stop the play until the attacking team has lost possession of the puck.
8. The position of the puck shall be the determining factor. The puck shall be fully outside the defending blue line to award a Penalty Shot or a goal.
9. The intention of this rule is to restore a reasonable scoring opportunity which has been lost by reason of a foul from behind.

533 – INTERFERENCE

1. This rule applies to any interference action, such as:
   - knocking a stick out of an opponent's hands,
   - preventing a player who lost his stick to regain possession,
2. The last player to touch the puck, other than a goalkeeper, shall be considered as in possession of the puck.
3. If an attacking player deliberately stands in the goal crease, without interfering with the goalkeeper, the Referee shall stop the

play and the ensuing face-off shall take place at the nearest face-off spot in the neutral zone.

4. A player who interferes or impedes the progress of an opponent who is not in possession of the puck shall be assessed a:
   - Minor penalty (2')
5. A player on either the player's bench or the penalty bench who, by means of his stick or his body, interferes with the movement of the puck or any opponent on the ice during the progress of the play, shall be assessed a:
   - Minor penalty (2')
6. A player who, by means of his stick or his body, interferes with or impedes the progress of the goalkeeper while he is in his goal crease, shall be assessed a:
   - Minor penalty (2')
7. If, when the goalkeeper has been removed from the ice, any member of his team, including a team official, interferes by means of the stick, any other object, or his body, with the movement of the puck or an opposing player, the Referee shall award to the non-offending team, a: Goal

534 – KICKING

1. "Attempt to Kick" shall include all cases when a kicking gesture is made but no contact is made.
2. A player who kicks or attempts to kick another player, shall be assessed a:
   - Match penalty (MP)

535 - KNEEING

1. A player who uses his knee to foul an opponent shall be assessed, at the discretion of the Referee, a:
   - Minor penalty (2')

     or
   - Major penalty + Automatic Game Misconduct penalty (5'+GM)

     or
   - Match penalty (MP)

2. A player who injures an opponent by kneeing shall be assessed, at the discretion of the Referee a:
   - Major penalty + Automatic Game Misconduct penalty (5'+GM)

     or
   - Match penalty (MP)

536 - SLASHING

1. The Referee shall assess a slashing penalty to any player who swings his stick at an opponent without actually striking him, or makes a wild swing at the puck with the object of intimidating an opponent.
2. "Tapping the stick" of the puck carrier is not considered slashing if it is limited to hitting the stick for the sole purpose of taking the puck.
3. A player who impedes or seeks to impede the progress of an opponent by slashing with his stick shall be assessed, at the discretion of the Referee, a:
   - Minor penalty (2')

     or
   - Major penalty + Automatic Game Misconduct penalty (5'+GM)

     or
   - Match penalty (MP)

4. A player who injures an opponent by slashing shall be assessed, at the discretion of the Referee, a:
   - Major penalty + Automatic Game Misconduct penalty (5'+GM)

     or
   - Match penalty (MP)

5. A player who swings his stick at another player in the course of any altercation shall be assessed, at the discretion of the Referee, a:
   - Major penalty + Automatic Game Misconduct penalty (5'+GM)

     or
   - Match penalty (MP)

537 - SPEARING

1. "Attempt to spear" shall include all cases when a spearing gesture is made but no contact is made.
2. "Spearing" is the action of stabbing an opponent with the point of the stick blade, whether or not the stick is being carried with one or both hands

3. A player who attempts to spear an opponent shall be assessed a:
   - Double Minor penalty + Misconduct penalty (2'+2'+10')

4. A player who spears an opponent shall be assessed, at the discretion of the Referee, a:
   - Major penalty + Automatic Game Misconduct penalty (5'+GM)

     or
   - Match penalty (MP)

5. A player who injures an opponent by spearing shall be assessed a:
   - Match penalty (MP)

538 - TRIPPING

Important: If, in the opinion of the Referee, a player acts in such a manner that it shall cause his opponent to trip or fall unquestionably by hook checking the puck and obtains possession of it, thereby tripping the puck carrier, no penalty shall be imposed.

1. A player who shall place his stick, leg, foot, arm, hand or elbow in such a manner that it shall cause his opponent to trip or fall shall be assessed, at the discretion of the Referee, a:
   - Minor penalty (2')

     or
   - Major penalty + Automatic Game Misconduct penalty (5'+GM)

     or
   - Match penalty (MP)

2. A player who injures an opponent by tripping shall be assessed, at the discretion of the Referee, a:
   - Major penalty + Automatic Game Misconduct penalty (5'+GM)

     or
   - Match penalty (MP)

3. A payer who "slew- foots" an opponent shall be assessed
   - Match penalty (MP)

4. In a "Breakaway" situation, when a player, in "Control of the puck" outside his own defending zone with no opponent to pass other than the goalkeeper, is tripped from behind, thus preventing a reasonable scoring opportunity, the Referee shall award to the non-offending team, a:
   - Penalty Shot (PS)

5. If, when the opposing goalkeeper has been removed from the ice, and the player in "Control of the puck" outside his own defending zone, with no opponent to pass between him and the opposing goal is tripped from behind, the Referee shall award to the non-offending team, a: Goal

To enforce this rule, the Referee has, in many instances, the following options:

- Bench Minor penalty for violations occurring on or in the vicinity of the player's bench, but off of the playing surface and affecting non-playing personnel.
- Misconduct penalty for violations occurring on the playing surface or in the penalty bench and where the penalized player is readily identifiable.

539 – CHECKING TO THE HEAD AND NECK AREA.

1. A player who directs a check or blow, with any part of his body, to the head and neck area of an opposing player or" drives" or" forces" the head of an opposing player into the protective glass on boards, shall be assessed, at the discretion of the Referee, a:
   - Minor penalty + Automatic Misconduct penalty (2'+10')

     or
   - Major penalty + Automatic Game Misconduct penalty (5'+GM)

     or
   - Match Penalty (MP)
2. A player who injures an opponent as a result of checking to the head and neck area shall be assessed a
   - Match Penalty (MP)
3. Blows to the head area during a fight or altercation are covered and are to be penalized under Rule 528 Fisticuffs or Roughing.

540 - BODY-CHECKING

1. If a player makes a direct body-check, she shall be assessed, at the discretion of the Referee, a:
   - Minor penalty (2')

     or
   - Major penalty + Automatic Game Misconduct penalty (5'+GM)

550 - ABUSE OF OFFICIAL AND UNSPORTSMANLIKE CONDUCT BY PLAYERS

1. If any player:
   - When penalized, does not go directly to the penalty bench or the dressing room.
   - While off the ice, uses obscene, profane or abusive language to any official or any person.
   - While off the ice, interferes in any manner with any official. his team shall be assessed a: Bench Minor penalty (2')
2. A player who:
   - Challenges or disputes the ruling of any official during the game.
   - Shoots intentionally the puck out of reach of an official who is retrieving it,
   - Enters or remains in the Referee crease while the Referee is reporting to any official. he shall be assessed a: Misconduct penalty (10') For any further dispute, he shall be assessed a: Game Misconduct penalty (GM)
3. If a player on the ice who:
   - Uses obscene, profane or abusive language on the ice or anywhere in the rink before, during or after the game except in the vicinity of the bench.
   - Bangs the boards with a stick or other object at any time.
   - Fails to go directly and immediately to the penalty bench following a fight or any altercation which he has been involved or causes any delay retrieving his equipment.
   - Persists to incite an opponent into incurring a penalty, he shall be assessed a: Misconduct penalty (10')
4. If a player on the ice persists in any course of conduct for which he has been previously assessed a Misconduct penalty, he shall be assessed a: Game Misconduct penalty (GM)
5. A player who uses or makes any racial remark or ethnic slur shall be assessed a: Game Misconduct penalty (GM)
6. Any player who:
   - Intentionally touches with hands or stick, holds or pushes or checks with hands, stick or body, trips, slashes, hits in any manner or spits at a game official,
   - Makes a travesty of or interferes with or is detrimental to the conducting of the game
   - While on or off the ice or anywhere in the rink before, during or after the game makes any obscene gesture to any official or any person
   - Spits at any person on the ice or anywhere in the rink. he shall be assessed a: Match penalty (MP)
7. If an identified player, who is off the ice, throws a stick or any other object onto the playing surface from the player's bench, he shall be assessed a: Minor penalty + Automatic Game Misconduct penalty (2'+GM)
8. If an unidentified player, who is off the ice, throws a stick or any other object onto the playing surface from the player's bench, he shall be assessed a: Bench Minor penalty (2')

551- ABUSE OF OFFICIALS AND UNSPORTSMANLIKE CONDUCT BY TEAM OFFICIALS

1. If any team official:
   - Uses obscene, profane or abusive language to any official or any person.
   - Interferes in any manner with any of the officials of the game.
   - Bangs the boards with a stick or other object at any time. his team shall be assessed a: Bench Minor penalty (2')
2. If he persists, or if he is guilty of any type of misconduct he shall be assessed a: Game Misconduct penalty (GM)
3. A team official who uses or makes any racial remark or ethnic slur shall be assessed a: Game Misconduct penalty (GM)
4. If any team official:
   - Holds or strikes an official.
   - Makes a travesty of or is detrimental to the conducting of the game.
   - Makes any obscene gesture to any official or any person.
   - Spits at a game official. he shall be assessed a: Match penalty (MP)
5. If an identified team official throws a stick or any other object onto the playing surface from the player's bench he shall be assessed a: Game Misconduct penalty (GM) and his team a: Bench Minor penalty (2')

6. If an unidentified team official throws a stick or any other object onto the playing surface from his player's bench, his team shall be assessed a: Bench Minor penalty (2')

552 - DELAYING THE GAME

552A) - KEEPING THE PUCK IN MOTION

1. The puck shall be kept in motion at all times. A team in possession of the puck in its own defending zone shall advance the puck towards the opposing goal except:
   - To carry the puck behind his goal once
   - If it is prevented from doing so by players of the opposing team
   - If the team is short-handed.
2. A player beyond his Defending Zone shall not pass or carry the puck backward into his Defending Zone for the purpose of delaying the game, except when his team is short-handed.
   - For the first infraction, the Referee shall assess a: Warning to the Captain of the offending team.
   - For the second infraction, during the same period, the offending player shall be assessed a: Minor penalty (2')
3. Any player or goalkeeper who holds or plays the puck with his stick, skates or body along the boards in such a manner to cause a stoppage of play, unless he is actually checked by an opponent, shall be assessed a: Minor penalty(2')

552B) - DISPLACING THE GOAL FRAME

1. A player or goalkeeper who deliberately displaces the goal frame from its normal position shall be assessed a: Minor penalty (2')
2. If it happens during the last two minutes of the game, or at any time in overtime, by a defending player or goalkeeper in his Defending Zone the Referee shall award to the non-offending team a: Penalty Shot (PS)
3. If a player or goalkeeper deliberately displaces the goal frame from its normal position when an opponent is in control of the puck with no opposition between him and the goalkeeper, and with a reasonable opportunity to score, the Referee shall award to the non-offending team a: Penalty Shot (PS)
4. If, when a goalkeeper has been removed from the ice, a player of his team displaces the goal frame from its normal position the Referee shall award to the non-offending team a: Goal
5. When the goal has been displaced, either deliberately or accidentally, by a defending player, prior to the puck crossing the goal line between the normal position of the goalposts, the referee may award a goal. The attacking player must have been in the act of shooting, and the puck would have entered the area normally occupied by the net, a goal may be awarded by the referee.:
   - Clarification: The goal frame is considered to be displaced if either or both goal peg(s) are no longer in their respective holes in the ice, or the net has come completely off the peg(s), prior to or as the puck enters the goal

552 C) - SHOOTING OR THROWING THE PUCK OUTSIDE THE PLAYING AREA

A player or a goalkeeper who directly shoots, throws, or bats the puck with his hand or stick outside the playing area, shall be assessed a: Minor penalty (2')

554 D) - ADJUSTMENT OF EQUIPMENT

1. Play shall not be stopped nor the game delayed by reason of repair or adjustments to player's equipment and uniform, and the player requiring such adjustments shall retire from the ice.
2. Play shall not be stopped nor the game delayed by reason of repair or adjustments to goalkeeper's equipment and uniform, and the goalkeeper requiring such adjustments shall retire from the ice and the substitute goalkeeper shall take his place immediately.
3. For any infraction to this rule the player or goalkeeper shall be assessed a: Minor penalty (2')

552 E) - INJURED PLAYER REFUSING TO LEAVE THE ICE

An injured player who refuses to leave the ice shall be assessed a: Minor penalty (2')

552 F) - MORE THAN ONE CHANGE AFTER GOAL SCORED

If a team after scoring a goal has more than one change of players on the ice it shall be assessed a: Bench Minor penalty (2')

552 G) - VIOLATION OF FACE-OFF PROCEDURES

1. When a player has been removed from the face-off by an official and another player of the same team delays taking up

his proper position after a "Warning", his team shall be assessed a: Bench Minor penalty (2')

2. When a player not taking the face-off enters the face-off circle before the puck is dropped, the player of his team taking the face-off shall be removed and replaced. For the second violation during the same face-off, the offending team shall be assessed a: Bench Minor penalty (2')

552 H) - LATE LINE-UP

1. If a team, after the end of an intermission, does not line up on the ice surface the required number of players to start a period (overtime) the team shall be assessed a: Bench Minor penalty (2')
2. The guilty player shall not be allowed to participate in the game until the illegal equipment has been corrected or removed.

553 - ILLEGAL OR DANGEROUS EQUIPMENT

1. A player or goalkeeper who:
   - Wears his equipment or visor in a way that may cause an injury to an opponent.
   - Wears any non-approved equipment.
   - Uses or wears illegal or dangerous skates, sticks or equipment.
   - Does not wear his equipment, except gloves, head protection and goalkeeper's leg guards, entirely under his uniform.
   - A player who wears a glove in play from which all or part of the palm has been removed or cut to permit the use of bare hand. Shall be ruled off the ice and a "Warning" shall be issued to his team.
2. The Referee can request that a player or goalkeeper remove any personal accessories shall, at the discretion of the Referee, the personal accessories worn during the game be regarded as dangerous for the player and other participants. If these accessories are difficult to remove, then the player or goalkeeper shall tape the personal accessories or put the item(s) safely under the jersey in such a way that they are no longer dangerous. In this case, the player or goalkeeper shall be ruled off the ice and a warning shall be issued to his team.
3. For a second violation by any player or goalkeeper of the same team for any offence of this rule mentioned above, the Referee shall assess to the offending player or goalkeeper a:
   - Misconduct penalty (10')
4. If a player or goalkeeper refuses to surrender or destroys his stick or any part of his equipment for measurement when requested by the Referee, this equipment shall be regarded as illegal and the player or goalkeeper shall be assessed a:
   - Minor penalty + Misconduct penalty (2'+10')
5. If a team has requested the measurement of any equipment of the opposing team and if the complaint is sustained the offending player shall be assessed a:
   - Minor penalty (2')
6. If a team has requested the measurement of any equipment of the opposing team and if the complaint is not sustained the requesting team shall be assessed a:
   - Bench Minor penalty (2')
7. A player on the ice whose helmet comes off during play and who does not put the helmet back on with chin strap properly fastened, or does not return to his bench, and continues to play shall be assessed a:
   - Minor penalty (2')

554 - BROKEN STICK

1. A" broken stick" is one which, in the opinion of the Referee, is unfit for normal play.
2. A player without a stick may participate in the game.
3. A player who drops on the ice to block a shot shall not be penalized if the puck is shot under him or becomes lodged in his clothing or equipment, but any use of the hands to make the puck unplayable shall be penalized.
4. A player or goalkeeper whose stick is broken shall not receive a stick thrown onto the ice, but may receive a stick from a team-mate without proceeding to his player bench.
5. If a player whose stick is broken does not immediately drop the broken portions and continues to play, he shall be assessed a: Minor penalty (2')
6. A goalkeeper may continue to play with a broken stick until the next stoppage of play or until he has been legally provided with a new stick.
7. If the goalkeeper goes to the bench during a stoppage of play to replace his stick, and then returns back to resume play, he shall be assessed a: Minor penalty (2')
8. However, if the goalkeeper is changed for the substitute goalkeeper, no penalty shall be assessed.
9. The goalkeeper is allowed to go to the bench and change his stick when the play is in progress.
10. If a player participates in the play while taking a replacement stick to a player or goalkeeper, he shall be assessed a: Minor

penalty (2')

555 - FALLING ON THE PUCK BY A PLAYER

1. If a player, other than the goalkeeper, deliberately falls on, holds or gathers the puck into his body, he shall be assessed a: Minor penalty (2')
2. If a defending player, other than the goalkeeper, deliberately falls on, holds or gathers the puck into his body when the puck is in the goal crease of his team, the Referee shall award to the non-offending team a: Penalty Shot (PS)
3. If the opposing goalkeeper has been removed from the ice and a player deliberately falls on, holds or gathers the puck into his body when the puck is in the goal crease of his team, the Referee shall award to the non-offending team a: Goal
4. A player is permitted to stop, bat or push the puck along the ice with his hands. However, No Goal shall be awarded if the puck was batted by an attacking player with the hand, even if it deflects off any player or goalkeeper or the sticks of the players or goalkeeper of either team or official.
5. The object of this rule is to keep the puck in play continuously and any action by the goalkeeper which causes an unnecessary stoppage of play shall be penalized.

556 - FALLING ON THE PUCK BY A GOALKEEPER

1. If a goalkeeper, whose body is entirely outside the goal crease, and when the puck is behind the goal line or beyond the two lines on each side of the face-off circles, deliberately falls on or gathers the puck into his body, or holds or places the puck against any part of the goal or the boards, he shall be assessed a: Minor penalty (2')
2. If the goalkeeper falls on or gathers the puck into his body in the area between the goal line and the hash marks (as shown on diagram) unless he is being pressured, he shall be assessed a: Minor penalty (2')

557 - HANDLING THE PUCK WITH THE HANDS BY A PLAYER

1. Any player, except the goalkeeper, who closes his hand on the puck shall be assessed a:
   - Minor penalty (2')
2. Any player, except the goalkeeper, who picks up the puck from the ice with their hands shall be assessed a:
   - Minor penalty (2')
3. If any defending player, except the goalkeeper, picks up the puck with his hands from the ice in his goal crease, the Referee shall award to the non-offending team a:
   - Penalty Shot (PS)
4. If the goalkeeper is not on the ice as in section "c" of this rule, the Referee shall award to the non-offending team a: Goal

558 - HANDLING THE PUCK WITH THE HANDS BY A GOALKEEPER

1. Unless he is being pressured a goalkeeper who holds the puck more than three seconds shall be assessed a:
   - Minor penalty (2')
2. If a goalkeeper throws the puck forward and the puck is first played by a team-mate, he shall be assessed a:
   - Minor penalty (2')
3. A goalkeeper who deliberately drops the puck into his pads to cause a stoppage of play shall be assessed a:
   - Minor penalty (2')

559 - INTERFERENCE WITH SPECTATORS

A player who physically interferes with a spectator shall be assessed, at the discretion of the Referee, a:

- Match penalty (MP)

560 - PLAYERS LEAVING THE PENALTY OR PLAYER'S BENCH

1. If a player illegally enters the game from his own player's bench or from the penalty bench by his own error or the error of the Penalty Bench Attendant, any goal scored by his own team shall be disallowed, while he is illegally on the ice, but all penalties imposed to both teams shall be served.
2. If the player leaves the penalty bench because of an error of the Penalty Bench Attendant, he shall not be penalized but shall serve the remaining amount of time of his penalty when he re-entered the game.
3. The Penalty Bench Attendant shall note the time and advise the Referee at the first stoppage of play.
4. Any player, other than as specified in Rule 564 below, who leaves the penalty bench or player's bench and incurs a Minor, Major or Misconduct penalty for his actions, shall be automatically assessed a:
   - Game Misconduct penalty (GM)
5. If a player illegally enters the game and interferes with a player of the opposing team in possession of the puck, who has no opponent between him and the goalkeeper, the Referee shall award to the non-offending team a:

- Penalty Shot (PS)

6. If, when the opposing goalkeeper has been removed from the ice, a player illegally enters the game and interferes with a player of the opposing team in possession of the puck, the Referee shall award to the non-offending team a:
   - Goal

561 - PLAYERS LEAVING THE PENALTY BENCH

1. Except at the end of a period, a penalized player who leaves the penalty bench before his penalty time has expired shall be assessed a:
   - Minor penalty (2')
2. If the violation occurs during a stoppage of play during an altercation, the offending player shall be assessed a:
   - Minor penalty + Game Misconduct penalty (2'+GM) to be served at the expiration of his previous penalty.
3. If a player serving a penalty on the penalty bench is to be changed after the penalty has been served, and does not proceed at once by way of the ice to his own player's bench before any change is made, his team shall be assessed a:
   - Bench Minor penalty (2')
4. Any player who, having entered the penalty bench, leaves the penalty bench prior to the expiration of his penalty for the purpose of challenging an official's ruling, shall be assessed a:
   - Minor penalty + Game Misconduct penalty (2'+GM)

562 - PLAYERS LEAVING THE BENCHES DURING AN ALTERCATION

1. No player shall leave the player's or penalty bench at any time during an altercation.
2. Substitutions made prior to the altercation shall be permitted provided the players so substituting do not enter the altercation.
3. If players of both teams leave their respective benches at the same time, the first identifiable player of each team shall be penalized under this rule.
4. For the purpose of determining which player was the first to leave his player's bench, the Referee shall consult with the Linesmen or off-ice officials.
5. A maximum of five Misconduct and/or Game Misconduct penalties per team can be assessed under this rule.
6. Where an injury has occurred to a player and there is a stoppage of play, a team doctor (or designate) may go on the ice to attend to the injured player.
7. The first player to leave the player's or penalty bench during an altercation shall be assessed a:
   - Double Minor penalty + Game Misconduct penalty (2'+2+GM)
8. Any other player or players who leaves the player's or penalty bench during an altercation shall be assessed a:
   - Misconduct penalty (10')

563 - TEAM OFFICIALS LEAVING THE PLAYER'S BENCH

Any team official who goes on the ice during any period without the permission of the Referee shall be assessed a:

- Game Misconduct penalty (GM)

564 - REFUSING TO START PLAY - TEAM ON THE ICE

1. If, when both teams are on the ice and one team refuses to play for any reason when ordered to do so by the Referee, the Referee shall warn the Captain and allow to the team so refusing 30 seconds to begin the game or resume play.
2. If, at the end of that time the team still refuses to play, the Referee shall assess a:
   - Bench Minor penalty (2')
3. If there be a recurrence of the same incident, the Referee shall declare the game forfeited to the non-offending team and the case shall be reported to:
   - Proper Authorities

565 - REFUSING TO START PLAY - TEAM NOT ON THE ICE

1. If a team, which is not on the ice, fails to go on the ice to start playing when ordered by the Referee through the Captain, Manager or Coach, the Referee shall allow to the refusing team two minutes to resume the game.
2. If the team resumes play within these two minutes, the Referee shall assess to the offending team a:
   - Bench Minor penalty (2')
3. If, at the end of that time the team still fails to go on the ice, the Referee shall declare the game forfeited to the non-

offending team and the case shall be reported by the Referee to the Proper Authorities immediately following the game.

566 - THROWING A STICK OR ANY OBJECT OUT OF THE PLAYING AREA

1. When a player or goalkeeper discards the broken portion of a stick by tossing it to the side of the rink (and not over the boards) in such a way not to interfere with play or an opposing player, no penalty shall be imposed for such action.
2. Any player or goalkeeper who throws a stick, part of it, or any other object out of the playing area shall be assessed a:
   - Game Misconduct penalty (GM)

567 - THROWING A STICK OR ANY OBJECT WITHIN THE PLAYING AREA

Note: The position of the puck or puck carrier at the moment when a stick or any part of it, or any object is thrown, shot or directed (with any part of the body) by an opposing player in the direction of the puck or puck carrier is the determining factor whether to assess a Minor penalty or award a Penalty Shot. When the goalkeeper has been removed from the ice, refer to section "e" of this rule. The position of the puck shall be the determining factor in this instance. The puck shall be fully outside of the Defending Zone blue line in order to award a Penalty Shot or a goal.

1. Any player or goalkeeper on the ice or on the bench or team official, who shoots or throws a stick or any part of it, or any object, or who directs (with any part of the body) a stick, any part of it, or any object in the direction of the puck or puck carrier in the Attacking Zone of his team, or in the Neutral Zone shall be assessed a:
   - Minor penalty (2')
2. If any player, goalkeeper or team official commits any of the actions described in section 'a' of this rule in his Defending Zone, the Referee shall award to the non-offending team a:
   - Penalty Shot (PS)
3. If the goalkeeper intentionally leaves his stick or any part of it, or any object in front of his goal, and if the puck hits such objects while the goalkeeper is on or off the ice, the Referee shall award to the non-offending team a: Goal
4. If a stick or any part of it, or any object is thrown, shot or directed (with any part of the body) away by a player or goalkeeper on the ice and in no way interferes with the play, no penalty shall be assessed to the player or goalkeeper.
5. When a player on the ice, or player/goalkeeper on the bench, or team official throws or shoots a stick, or any part of it, or any object, or who directs (with any part of the body) a stick, or any part of it, or any object in the direction of the puck or puck carrier in any zone when the goalkeeper has been removed from the ice, the Referee shall award the non-offending team a: Goal

568 - THROWING A STICK OR ANY OBJECT ON A BREAKAWAY SITUATION

1. When a player in control of the puck outside his own defending zone, and having no opponent to pass other than the goalkeeper, and any member of the opposing team, including team officials, throws or shoots a stick, any part of it, or any object or who directs (with any part of the body) a stick or any part of it, or any object in the direction of the puck or puck carrier, the Referee shall award to the non-offending team a:
   - Penalty Shot (PS)
2. When the actions described in section 1) of this rule are committed against a player in control of the puck outside his own Defending Zone when the goalkeeper has been removed from the ice, the Referee shall award to the non-offending team a: Goal

569 - PREVENTION OF INFECTIONS BY BLOOD

1. Such player shall be permitted to return to the ice surface provided that:
   - The cut is completely closed and sealed with appropriate bandages.
   - Any blood is removed from the player and his equipment and uniform replaced or properly cleaned.
2. If the ice surface, ice rink facilities or any objects are stained with blood, the Referee shall ensure that the bloodstains are removed by rink personnel after the first stoppage of play.
3. A player bleeding or covered by the blood of any player shall be considered as an injured player and shall leave the ice for treatment and/or cleaning. If he does not comply with this regulation, he shall be assessed a:
   - Minor penalty (2')

570 - CAPTAIN AND ALTERNATE CAPTAIN COMPLAINT

If the Captain or an Alternate Captain comes to complain about a penalty, whether he was on the ice or he comes from the player's bench, he shall be assessed a:

- Minor plus a Misconduct penalty (10')

571 - TOO MANY PLAYERS ON THE ICE

1. If, at any time during play a team has more than the number of players on the ice to which they are entitled, the team

shall be assessed a:

- Bench Minor penalty (2')

2. If, in the last two minutes of the game and at any time in overtime a deliberate illegal substitution (too many players on the ice) is made, the Referee shall award to the non-offending team a:
    - Penalty Shot (PS)

573 - INFRINGEMENT OF CHANGE OF PLAYERS PROCEDURE

1. Where a team attempts to make a player(s) change after its allotted period of time, the Referee shall send the player(s) back to the bench and issue a "Warning" to the team.
2. Any further infraction(s) of this procedure at any time during the course of the game shall be assessed to the offending team a:
    - Bench Minor penalty (2')

574 - DIVING

Any player who, at the discretion of the Referee, flagrantly imitates a fall, a reaction, or feigns an injury in an attempt to draw a penalty by his action, shall be assessed a:

- Minor penalty (2')

590 - PENALTIES FOR GOALKEEPERS

The procedures for goalkeeper penalties are outlined in Rule 511.
Specific penalties for goalkeepers are outlined in the following rules:

1. 509 Penalty Shot Procedure
2. 554c Shooting or Throwing the Puck Outside the Playing Area
3. 556 Broken Stick
4. 558 Falling on the Puck
5. 560 Handling the Puck with the Hands
6. 568-570 Throwing a Stick or Any Object

591 - GOALKEEPER BEYOND THE CENTER RED LINE

If a goalkeeper participates in the play in any manner when he is beyond the center red line, he shall be assessed a:

- Minor penalty (2')

592 - GOALKEEPER GOING TO THE PLAYER'S BENCH DURING STOPPAGE OF PLAY

If a goalkeeper goes to the player's bench during a stoppage of play, except to be replaced or during a time out, he shall be assessed a:

- Minor penalty (2')

593 - GOALKEEPER LEAVING THE GOAL CREASE DURING AN ALTERCATION

If a goalkeeper leaves the immediate vicinity of his crease during an altercation he shall be assessed a:

- Minor penalty (2')

594 - GOALKEEPER DROPPING THE PUCK ON THE GOAL NETTING

If a goalkeeper deliberately drops the puck on the goal netting to cause a stoppage of play he shall be assessed a:

- Minor penalty (2')

595 - PROTECTION OF GOALKEEPERS

1. In all cases in which an attacking player initiates any contact with the goalkeeper, other than incidental contact, when the goalkeeper is inside the goal crease and whether or not a goal is scored, the attacking player shall be assessed the appropriate penalty.
2. A goalkeeper is not "fair game" just because he is outside of the goal crease. The penalty shall be assessed in every case where an attacking player makes unnecessary contact with the goalkeeper (see Rule 522). Incidental contact shall be permitted when the goalkeeper is in the act of playing the puck outside his goal crease provided the attacking player made a reasonable effort to avoid unnecessary contact.
3. All calls concerning this rule shall be based strictly on the judgement of the Referee.
4. "Contact" whether incidental or otherwise between the goalkeeper and attacking player may be with a stick or any part of the

body.

5. If an attacking player has been pushed, shoved or fouled by a defending player so as to cause him to come into contact with the goalkeeper, such contact shall not be deemed to be initiated by the attacking player, provided the attacking player has made a reasonable effort to avoid such contact with the goalkeeper.
6. However, where an attacking player stands in the goal crease, play shall be stopped and a face-off shall take place in the nearest face-off spot in the Neutral Zone.
7. Where a goalkeeper has played the puck outside his goal crease and is then prevented from returning to his crease due to the action of an attacking player other than incidental, such a player shall be assessed the appropriate penalty.
8. A goalkeeper shall be penalized if, by his actions outside the crease, he interferes with an attacking player who is attempting to play the puck or an opponent.

Table of Penalties

Penalty	Players		Goalkeepers		Remarks		
	Player out for	Served on the penalty bench by	Goalkeeper out for	Served on the penalty bench by	Recorded on game sheet	Observations	Coincidental-penalties
MINOR	2 Minutes	Offender	–	Player on the ice	2 Minutes	May expire on a goal	May apply
BENCH MINOR	2 Minutes	Any player	Not applicable	-	2 Minutes	May expire on a goal	May apply
MAJOR	Balance of the game	Any player except the offender for 5 minutes	Balance of the game	Player on the ice for 5 minutes	5 Minutes	–	May apply
MISCONDUCT	10 Minutes	Offender	–	Player on the ice	10 Minutes	–	–
GAME MISCONDUCT	Balance of the game	None	Balance of the game	None	20 Minutes	Report	–
MATCH	Balance of the game	Any player except the offender for 5 minutes	Balance of the game	Player on the ice for 5 minutes	25 Minutes	Report	May apply
PENALTY SHOT	–	–	–	–	Penalty shot	–	–