

MARLTON RECREATION COUNCIL



MARLTON HOCKEY



HOCKEY OFFICIAL RULES

Version 8.23.24

PREFACE

This rulebook establishes the standards for play in the Marlton Recreation Council (MRC) Hockey program. While based primarily on Dek Hockey rules, a variety of other sources including rules from the NHL, Canadian Ball Hockey Association, USA Hockey, and MRC policy have been incorporated to permit safe and fair street hockey instruction and competition. Addendums will be released when necessary to improve our standards or establish new rules should they be deemed necessary.

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HOCKEY TERMS

Offensive Zone	- Area in which opponent's goal cage is located.
Defensive Zone	- Area in which the team's own goal is located.
Back Check	- Running back toward one's own goal to help out defense and to regain control of ball.
Body Check	- Using body to bump an opponent out of position.
Body Contact	- Contact that occurs during the normal process of playing the ball, provided there has been no overt hip, shoulder or arm contact to physically force the opponent off of the ball.
Breakaway	- Ball carrier running toward the goal with the ball with only the goaltender to beat.
Butt-Ending	- The condition whereby a player uses the shaft of the stick above the upper hand to jab or attempt to jab an opposing player.
Center Line	- Line dividing the offensive and defensive zones equally.
Clearing	- Hitting the ball out of defensive zone from the clearing line past the opponent's goal line.
Clearing Line	- The defensive blue line.
Coach	- A person primarily responsible for: directing and guiding the play of his team and for the conduct of his team's players, parents and spectators before, during and after a game.
Coincident	- A penalty of equal type (e.g., minor or major) assessed during the same stoppage of play, and Penalty for which neither team is reduced in on-ice numerical strength. A coincident penalty never causes either team to be "shorthanded" for purposes of penalty termination if a goal is scored.
Cover	- To guard a player in your defensive zone, thus preventing him from receiving a pass.
Creases	- <i>Goalkeeper's</i> : Areas marked on the rink in front of each goal designed to protect the goalkeepers from interference by attacking players. <i>Referee's</i> : Area marked on the rink in front of the Penalty box. Timekeeper's seat for the use of the Referee.
Cross-Checking	- When a player, holding his stick with both hands, checks an opponent by using the shaft of the stick with no part of the stick on the rink.
Deke	- Fake an opponent out of position.
Dig	- Fight for the ball in the corners to gain control.
Deflection	- A shot or pass that hits an object such as a stick, sneaker, etc., and goes into the net for a score.
Double Shifting	- Staying on the rink when all the other players have changed.
Draw	- On face-offs, succeeding in getting ball back to a teammate.
Dribble	- Control the ball on the end of your stick.
Drop Pass	- Stopping the ball dead, thus permitting a teammate to pick it up.
Face-Off	- Ball is dropped between two players to start or restart play.
Feeding	- Passing the ball.
Flip	- Lift or flip the ball over an opponent or his stick.
Floating Blue	- using the blue line for offside, once crossed, the red line is used for the attacking zone

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Fore Checker	- Checking opponents in their defensive zone to break up play before it gets started.
Freezing the Ball	- Holding the ball against the boards with feet or stick.
Foul	- Any infraction of the rules that will draw a penalty.
Hat Trick	- A player who scores three goals in one game.
Head-Butting	- The physical use of one's head in the course of delivering a bodycheck (head-first) in the chest, head, neck or back area or the physical use of the head to strike an opponent.
HECC	- Hockey Equipment Certification Council responsible for the development, evaluation and testing of performance standards for protective ice hockey equipment.
Heel of the Stick	- The point where the shaft of the stick and the bottom of the blade meet.
Hooking	- The action of applying the blade of the stick to any part of an opponent's body or stick and impeding his progress by a pulling or tugging motion with the stick.
Icing	- See "Clearing."
Injury Potential	- Injury potential penalties include Butt-Ending, Bodychecking, Spearing, Boarding, Penalties Charging, Cross-Checking, Elbowing/Kneeing, High Sticking, Slashing and Roughing.
On-The-Fly	- Making player changes or substitutions while play is under way.
Physical Abuse	- Physical abuse is when a person purposefully injures or threatens to injure another person. Physical abuse includes, but is not limited to, physical contact or a perceived peril between a player, coach, game official, or spectator that intentionally creates a threat of immediate bodily harm or personal injury. Physical abuse does not include physical contact that is reasonably designed to referee the game or to coach, teach, or demonstrate a hockey skill. Permitted physical conduct may include, but is not necessarily limited to, shooting balls at a goaltender, demonstrating hockey skills, and communicating with or directing players, during the course of a game or practice, by touching them in a non-threatening, non-sexual manner.
Points	- The position taken up by defenseman or offense just inside the blue line.
Poke Check	- To make a sudden jab at the ball with your stick.
Power Play	- The situation where one team plays with a greater number of players than the other team.
Privileged Area	- The goalkeeper's "privileged area" is an area bounded in the rear by the goal line, in front by an imaginary line connecting the end zone face-off spots and on the sides by imaginary lines extending perpendicular from the goal line to the end zone face-off spots.

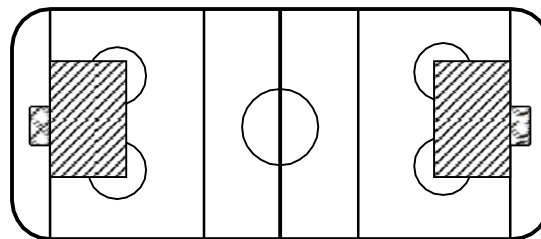


Figure 1.

Goalkeeper's Privileged Area (Shaded)

Pulling the Goalie	- Substituting a player for the goaltender thereby leaving the goal unattended.
Ragging	- Retain possession of the ball by clever stickhandling.

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Rebound	- A ball that bounces off the goaltender's equipment.
Rush	- An individual or combined attack by a team in possession of the ball.
Shorthanded	- A team is below the numerical strength of its opponents on the rink. NOTE: When a goal is scored against a shorthanded team, the minor which terminates automatically is the first such non- coincident penalty (the minor penalty then being served with the least amount of time remaining). Thus, if an equal number of players from each team are each serving a penalty(s) (minor, bench minor, major or match only), neither team is "shorthanded".
Slashing	-The action of striking an opponent with a stick. Attempting to strike an opponent with a stick or swinging a stick at an opponent with no contact being made.
Spearing	-The action of poking or attempting to poke an opponent with the tip of the blade of the stick while holding the stick with one or both hands.
Unsportsmanlike	-Conduct that is prejudicial to the fair and generous acceptance of the rules of the game, the officials, the opponents, and the environment in which the game is played. Actions which bring discredit upon the game, the officials, the rules, or the opponents may be considered unsportsmanlike.
Verbal Abuse	-Verbal abuse or harassment is defined as conduct, gestures, or comments, which are insulting, intimidating, humiliating, hurtful, malicious, degrading, or otherwise offensive to an individual or group of individuals, and which create a hostile or intimidating environment for sports activities, or which negatively affect performance. Any of the different forms of verbal abuse or harassment may be based on the grounds prohibited in human rights legislation, such as race, ethnicity, sex, sexual orientation and religion. Verbal abuse or harassment may occur between peers (e.g.: player to player, parent to official, coach to coach, spectator to official) or between someone in a position of power or authority and an individual in a subordinate position (e.g.: coach to player, commissioner to coordinator, or coordinator to coach).

SECTION ONE: GENERAL

Rule 1: Objective

- a. The objective of the MRC Street Hockey program is to provide a safe, secure environment for recreational players to learn the sport through positive instruction and to allow the players to use what they have learned during supervised games with balanced playing time for all players. All coaches, assistants, referees, and spectators will adhere to this objective and remember that the children and their safety come first.
- b. The league commissioner will determine the format and frequency for reviewing all official rules.

Rule 2: Safety

- a. All coaches will attend the Coaches Clinic and be certified by the MRC before beginning practices. In the event a coach cannot attend the clinic before the start of practices, practices may be conducted provided at least one other coach is certified and is in attendance at, and for the full duration of, all practices. All coaches must be certified before the first practice.
- b. All coaches are responsible for all their players, parents, and spectators and their conduct.
- c. Coaches must ensure that all players are in the custody of their parents or guardians (or an individual designated by either) before departing a practice or a game. If a player's parent or guardian fails to arrive after a sufficient period after the scheduled game or practice, the coach will immediately inform the division coordinator. If the division coordinator is unavailable, the league commissioner will be notified.
- d. Under no circumstances will a coach ever leave a player unattended. Coaches who violate this rule will be reviewed by the disciplinary committee and will be removed as a MRC Street Hockey coach.
- e. Jewelry will not be worn by any player at any time. Players not complying with this rule will be given a minor penalty.

Rule 3: Use of Rinks

- a. Evesham Township has provided the MRC with rinks. The township and MRC Hockey maintains rinks for the Chipmunk, Penguin, Beaver, Cadet, and Freshman divisions at Marlton Hockey Facility.
- b. The league commissioner will appoint a rink scheduler. Before the season's first game, the scheduler will allocate practice times evenly over all divisions and all rinks. Consideration will be given allowing Penguin teams to practice at the earliest times during weekday, evening practice slots.
- c. The scheduler will allocate rink usage using the following priorities after the season has begun:
 1. Playoff games.
 2. Regularly scheduled games.
 3. Make-up games.
 4. Practices, on a first come-first served basis.
- d. The league commissioner will coordinate with Evesham Township and MRC to acquire permits for and the general use of the rinks while the permits are in-force. Street and roller hockey league commissioners will work closely to eliminate any conflicts as one season transitions to another season.

Rule 4: Player, Penalty, Timekeeper/Scorekeeper Boxes, and Spectator Areas

- a. Only players and certified coaches are allowed in the players' box. The maximum number of coaches allowed in the players box at one time is three (3)
- b. The timekeeper, scorekeeper, video and any penalized player(s) will be the only individuals allowed in the timekeeper/scorekeeper/penalty box.

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- c. All spectators will remain in the spectator area for the duration of the game. Also, spectators are not allowed to remain behind the goals during the game. Coaches will enforce this rule or may receive a bench minor penalty.

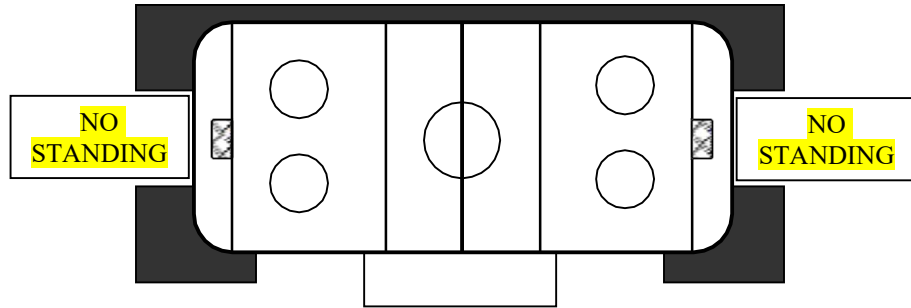


Figure 2.

Spectator Area (Shaded)

Rule 5: Playing Time

- A. When the number of Player, excluding goalie, is 7 to 10.
All players shall play equal time (+/-10%) with no player running a double shift for a second time before all players have run a double shift. Players shall essentially be rotated regardless of position capability.
- B. When the number of players, excluding goalie, is 11-15.
No player shall play more than $\frac{1}{2}$ game (+/- 10%). All players must play a minimum of 15 minutes. No player shall ever play less than every third shift in the rotation.

Ending and starting a period: The combined playing time shall not consist of playing time longer than one shift (not a full shift to end the period and another full shift to begin the period)

- a. EXCEPTION: A player serving a bench minor penalty for a coach or spectator or a player serving a penalty on behalf of the goaltender will NOT have that time included as playing time.
- b. Observed infractions will be called as a Bench Minor- Unsportsmanlike Conduct Penalty
- c. MRC Street Hockey board members, appointees, and other coaches will observe games to ensure each player receives adequate time. If it is observed that a player or players have not received adequate playing time, this will be reported to the division, winter coordinator and league commissioner. ALL Coaches on the bench will:
- For 1st Infraction: All Coaches receive a written warning.
 - For 2nd Infraction: All Coaches will receive a one-game suspension.
 - For 3rd Infraction: Appear before the MRC Street Hockey Board for removal.
- d. During playoff games, warnings will NOT be given. Suspension or removal will be applied with consideration to previous playing time infractions.
- e. There is no identified Power Play, Penalty Kill Lines or Face Off Specialist.
- Teams observed intentionally shuffling players will result in a penalty.

Rule 6: (Removed Rule)

Rule 7: Suspensions and Protests

- a. Player Suspensions.
 - A. Any player guilty of a match penalty, game misconduct, receiving three (3) aggressive penalties in one game, or receiving a game(s) suspension will be reviewed by the MRC Street Hockey Disciplinary Committee. Players will not be permitted to practice with his team, participate in any pre-game warm-up, or game(s) until notified by the committee. Games that are forfeited will count as games served against suspension.
 - B. The Disciplinary Committee may overrule the suspension or add additional penalties, if deemed appropriate.
 - C. Any player who is suspended must sit out the required number of games, in uniform but **not** in the player or scorekeeper boxes and sign the score sheet for each game suspension. Only the score sheet, signed at the end of the game, will validate that the game(s) suspension was served.
 - D. The Disciplinary Committee will meet on an “as-needed basis” as decided by the MRC Street Hockey league commissioner. Members of this committee will be appointed by the league commissioner and may change for each meeting.
 - E. Any punch thrown, by any individual, will result in the individual being assessed a match penalty, and an automatic three (3) game suspension, A second offense of this infraction will result in league expulsion.
- b. Coach Suspensions.
 - A. Any person striking or attempting to strike or push an official will be suspended immediately from the MRC Street Hockey program pending a review by the Disciplinary Committee. Any game in progress may be terminated and a forfeit declared. The referee must turn in a detailed report of the incident along with the scoresheet to the league commissioner.
 - B. Anyone found guilty of intentionally striking or attempting to strike an official by the Disciplinary Committee will be removed from the MRC Street Hockey program.
- c. Protests
 - A. A game protest may be made by any coach or captain. It must be recorded on the scoresheet along with the exact time of the protest. The protesting coach must then file a written protest with the division coordinator within 24 hours of the scheduled start time of the protested game. The protest must describe the reason for the protest, rules or referees’ decisions in question, and the incident in detail.
 - B. A protest cannot be filed on a judgement call by a referee.
 - C. The league commissioner will rule on the validity of a protest and if found to be a valid protest will appoint a protest committee chaired by the referee coordinator to rule on the protest. The decision of the protest committee can only be appealed in writing to the league commissioner. If the league commissioner decides there is just cause for the appeal, the MRC Street Hockey Executive Board will rule on the appeal. The Executive Board of the MRC is the ultimate appeal on all protests.

SECTION TWO: EQUIPMENT

Rule 8: Sticks

- a. The length of the stick, from the end of the handle to the heel of the blade, shall not exceed 66 inches.
- b. The handle may be hardwood or composite. The length of the blade from the heel to the toe cannot exceed 12 inches and the width cannot exceed 3 inches. The blade may be curved either right or left up to a maximum of 1/2 inch. (The 1/2-inch curvature is determined by placing the face of the blade against any flat surface with the heel and toe touching simultaneously so that no part along the bottom of the blade exceeds 1/2 inch in curvature.) When any part of the blade has worn to less than 1 1/4 inches wide it is illegal and cannot be used. If a loop of an Air-Flo stick is broken, the stick is considered dangerous, and Rule 14 shall apply.
- c. The length of the goalie blade cannot exceed 26 inches from the handle to the heel and 15 1/2 inches from the heel to the toe. The width of the goalie blade cannot exceed 3 1/2 inches except in the bend in the heel where it can measure 4 1/2 inches.
- d. Butt ends are required on all sticks. Butt ends may consist of tape or rubber of sufficient thickness to prevent that end of the stick from penetrating a protective face mask.
- e. Any sticks used in league play that do not conform to the above specifications should be brought to the attention of the referee who must declare them illegal and assess a minor penalty to the player. Either team may, through the referee, challenge the legality of the opposition's equipment. However, should the equipment, after examination, prove to be legal, the challengers will receive a minor penalty for delay of game. (Only one request per team is permitted per stoppage of play.)
 1. A stick measurement may be requested by the Captain or Alternate Captain (Freshman and Cadet Division), or coach (Penguin and Beaver divisions only) and he must designate what specific part of the stick is to be measured.
 2. No stick measurement of any kind will be entertained during the stoppage of play following the scoring of a goal.
- f. At no time shall a player possess more than one player stick in their hands; the penalty for this shall be a minor penalty for delay of game. A player may pick up the Goalie Stick for the goalie as a courtesy, the player can not make a play on the ball, if so, minor penalty for delay of game applies.

Rule 9: No-Bounce Ball

Only no-bounce balls provided by MRC Street Hockey will be used. It must be made of a material which when dropped from a height of 3 feet will not rebound more than 8 inches on the first bounce and no more than 2 inches on the second bounce. The colors range from various shades of orange for warm weather to bright blue for cold temperatures. The referees decide which ball will be used by dropping them from a height of 3 feet onto the playing surface. The ball with the least amount of bounce determines which ball will be used. If the bounce is equal, the referees decide which ball shall be used. Once the game is underway, the color or type ball can be changed. The home team will supply 2 balls.

Rule 10: Shoes

Sneakers with vinyl or rubber soles or other soft sole shoes must be used, except for the goaltender. For more adequate instep and toe protection, other shoes, with soft soles, may be worn by the goaltender.

Rule 11: Goaltender's Equipment (Also see Rule 8)

- a. Goaltenders will wear the team's jersey issued by MRC Street Hockey. It is recommended Goaltenders will wear long pants.

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- b. MRC Street Hockey will provide goalie equipment (goalie shin pads, catching hand glove, blocker, chest protector, wire cage face mask with back plate or helmet, and goalie stick) for teams to borrow. Personal goalie equipment may be used provided it meets Dek Hockey standards.
- c. Goalie shin pads can be street, dek, roller or ice pads.
- d. Catching hand glove may be either a regulation size ice hockey goaltender's glove, a baseball fielder's glove or a first baseman glove.
- e. The blocker may not exceed 16 1/2 inches in length or 8 1/2 inches in width for the stick hand.
- f. Chest protectors and wire cage face mask with back plate or helmet are mandatory. Shoulder and arm pads are recommended.
- g. All players must wear protective equipment inside clothing; males must wear cups and female players must wear pelvic protectors.
- h. Mouthguards are mandatory for all divisions.
- i. The goaltender cannot wear attachments to his equipment or his body, which will widen his defense of the goal beyond the normal padding to protect him from injury.
- j. The MRC Street Hockey Rules Committee will make any equipment decisions where required.

NOTE: When a goaltender loses his helmet, play shall be stopped immediately. Any such deliberate action by the goaltender shall result in a minor penalty for "delay of game." If this deliberate action occurs when an opponent is on a breakaway over the center red line or occurs during the last minute of regulation play, a penalty shot shall be awarded to the non-offending team.

Rule 12: Forward's and Defenseman's Equipment (Also see Rule 8)

- a. All players will wear matching team jerseys issued by MRC Street Hockey. It is recommended all players should wear long pants.
- b. All players must wear approved Dek Hockey shin pads outside of clothing.
- c. Elbow pads are required.
- d. Shoulder pads are optional, but if worn must be Dek Hockey approved and be worn inside the jersey.
- e. Approved Dek Hockey helmet with full-face wire cage or plexiglass face shield is required for all players. Half face shields are not allowed.
- f. Approved Dek Hockey gloves are required for all players. The use of palm-less hockey is not permitted.
- g. All players must wear protective equipment inside clothing; male players must wear cups and female players must wear pelvic protectors.
- h. Mouthguards are mandatory for all divisions.
- i. The MRC Street Hockey Rules Committee will make any equipment decisions where required.

Rule 13: Equipment (General)

- a. All players, including goalies, will wear all required protective equipment, at all times, during all practices and games.
- b. All coaches and players are expected to maintain the proper condition of all MRC Street Hockey equipment. Coaches are responsible and accountable for their team's equipment. Should any equipment become unusable, unplayable, or dangerous, return the equipment to the division coordinator immediately for replacement.
- c. A player who loses his/her equipment (helmet, glove, shoe or shin pad) must immediately pick up and replace the equipment or go to the bench. If the player continues to play it is an automatic stoppage, a delay of game

penalty and the ball comes out of the zone. A defensive player in possession of the ball may immediately clear the ball before going to the bench.

Rule 14: Dangerous Equipment

A referee may at any time declare as being illegal any equipment that has been badly worn or damaged and which, in his opinion, may cause an injury. Such equipment shall be removed from the game without penalty unless it reappears later in the game. As a minimum, a bench minor penalty will be assessed if equipment that was directed to be removed from the game reappears.

SECTION THREE: STREET HOCKEY TEAMS**Rule 15: Composition of Team**

- a. The five divisions currently supported by the MRC Street Hockey program are:
- Freshman 16-19 years old
(15-year old can play Freshman, 14-year old are by invitation only)
 - Cadet 13-15 years old
 - Beaver 10-12 years old
 - Penguin 7-9 years old
 - Chipmunk 4-6 years old

The player's age, at the end of the calendar year during which the player was registered, determines which division the player will participate in. Players may "play up" a division if the request is initiated by the player's parents and with concurrence of the division coordinator and the league commissioner.

- b. The number of teams and the number of players on each team will be determined by the Winter coordinator and approved by the league commissioner.
- c. Playoff structure will be double elimination format by division for Penguin Beaver and Cadet divisions, broken down top half as Stanley Cup and Bottom Half as Calder Cup for Penguin and Beaver if the number of teams is 12 or more. Cadet and Freshman straight double elimination format playoffs.
- d. Each Cadet and Freshman Division team shall appoint a captain and up to three alternates prior to each game and clearly state this on the scoresheet prior to the game. Only the captain or one of the alternates who are on the playing surface at the time of the call may question the referee. Any captain, alternate captain, or player who comes off the bench to protest or question an official's call must be assessed a misconduct penalty by the referee. Goaltenders are not allowed to be captains or alternate captains.

Rule 16: Replacing Goaltenders

- a. Only one goaltender for each team is allowed on the playing surface at one time. He may be removed and replaced by a player, but this player would not have goaltender's privileges unless he dresses and declares himself the goaltender.
- b. No player except the goaltender or his substitute shall be permitted to wear the goaltender equipment.
- c. No change in goaltenders can be made until there is a stoppage of play except where he is being substituted by an additional player. When there is a change in goaltenders, for other than ejection or injury to the goaltender, the referee will not allow a warmup.
- d. A substitute goaltender will be permitted a 3-minute warm up only if the substitution was caused by an injury or ejection of the goaltender. The injured goaltender may return to the game in any position provided the player is able to continue.

Rule 17: Starting Line-Up

- a. Before the start of the game, the home team will provide the scorekeeper with a MRC Street Hockey score sheet. Each team must have a minimum of eight (8) players to start a game, one (1) player must be a properly equipped goalie.
- b. There shall be a 10-minute grace period from the scheduled game start time for a team to field enough players. If after the grace period, one team does not have eight or more players, capable of playing, the referee will declare a forfeit and the score recorded as 3 to 0 in favor of the team with enough players. If neither team has eight or more capable players after the grace period, the referee will declare the game a loss for each team and the score will be recorded as 0 to 0.
- c. If, at any time after starting a game, the number of available and capable players on a team (injured players, on the bench, who return to the game are considered capable) falls below seven (7), that team may no longer compete. The referee will declare a forfeit with the game scored 3 to 0 for the non-offending team.
- d. Teams in the Chipmunk Division may start and continue games with a minimum of six (6) capable players.
- e. Trading or exchanging of players between teams to provide relief from any of the above rules is prohibited.
- f. The 2 completed period rule, Rule 87b, does not apply in any of the above cases.

Rule 18: Change of Players

- a. Players may be changed at any time from the bench, provided the players leaving the playing surface are within five feet (5') of his players' bench and out of the play before the change is made. If, in the course of making a substitution, either the player entering or leaving the game deliberately plays the ball with the stick, feet, or hands, or intentionally makes physical contact with an opposing player while the retiring player is actually on the rink, then a bench minor penalty for "too many players on the rink" will be called.

NOTE: If, in the course of a substitution, either the player entering the play or the player retiring is struck by the ball accidentally, the play will not be stopped, and no penalty will be called.

- b. Goaltenders may be changed for a player in the same manner except that the goaltender cannot return to the playing surface until there is a stoppage of play. When a goaltender leaves the goal area and proceeds to his players' bench for the purpose of substituting another player, he must be within 10 feet before the substitution may be made.
- c. A bench minor is imposed for having too many men on the playing surface at any one time while play is in progress. Should this happen, with less than one minute of regulation time remaining in the game, the referee may, at his discretion, allow a penalty shot to the non-offending team.
- d. A player in the penalty box who is to be changed after his penalty has been served must proceed by way of the playing surface and be at the player's box before any change can be made. Penalty for infraction: Bench Minor.

Rule 19: Injured Goaltender or Player

- a. The referee will stop play at any time whenever, in his opinion, a player or goaltender may have been injured and continuance of play could make the injury more serious. Although the referee may allow play to continue and wait until the team suffering the injury has possession of the ball before halting play, the severity of many injuries cannot be properly assessed until play is stopped. If the injury was caused by an opposing player while committing an infraction, the referee may stop play immediately or when the opposing team has control of the play.
- b. A penalized player who has been injured may be exempt from going to the penalty box providing a substitute, who was on the rink at the time of the penalty, goes to the box for him. Violation is a bench minor penalty.
- c. If a goaltender is injured, no more than 2 minutes is allowed for him to recuperate and return to the goal. If he is unable to return, he must be replaced, within 3 minutes including equipment change, or the team plays without a goaltender and the team is allowed 6 players on the playing surface. Referees will use common sense and good judgment and may adjust this rule as the situation dictates.

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- d. Any player becoming injured and bleeding during a game must be immediately removed from the game until such time as the bleeding ceases. The player will not return to the playing surface until the injury is covered and all blood on the player's clothes has dried. The referee will stop a game immediately for a bleeding injury.
- e. In the event of a player injury, either in a game or practice, regardless of the severity, the division coordinator and league commissioner will be notified, in writing, within 24 hours with the following information:
 - Date and approximate time of injury
 - Nature of injury
 - Location (rink) where injury occurred
 - How injury happened
 - Rink and weather conditions at time of injury
 - Other officials/coaches witnessing injury
 - What First Aid was administered
 - Was the player sent to a doctor or hospital?
 - Whether injury was sustained at a game or practice
- f. Any player or goaltender leaving the game or a practice for an injury, which requires medical attention, will require a written note from a doctor that the player is able to return to the sport.
- g. Any player or goaltender leaving a game/practice in which the player is not able to return to the game/practice will require a written note by the parent/guardian before the player is able to return to practice or another game.

SECTION FOUR: GAME OFFICIALS

Rule 20: Appointment of Officials

- a. The league commissioner will appoint division coordinators who will then appoint the appropriate number of coaches for each team within their division.
- b. The referee coordinator will maintain the list of MRC-approved referees.
- c. The home team will provide a parent or spectator to serve as the scorekeeper for the game. The visiting team will provide a parent or spectator to serve as the timekeeper for the game. Both the scorekeeper and timekeeper will remain in the penalty box throughout the game.

Rule 21: Referees

- a. A minimum of two referees are required to officiate a game. They have full control of the game calling offsides, clearing (icing) infractions and assessing penalties. Each referee patrols one half of the rink, which will be designated, between them before the start. Both referees have equal powers to make calls in both zones. Should there be a difference in opinion by the referees on a call or a goal, the final ruling rests with the referee in whose zone the infraction or goal occurred. The referee also notifies the scorer, timekeeper as to who scored the goal and assists, if any.
- b. Each referee shall check the nets in his zone for any damages prior to the start of each game. The referees call the teams to the playing surface at the start of each game and each period. Before starting the game, the referee sees to it all other officials including the scorer, timekeeper, etc., are in their respective position.
- c. Before starting the game, the referees will "line-up" the teams to inspect equipment and provide any necessary instructions. Equipment found to be illegal with the MRC official rules will be removed, replaced, or repaired, with no penalty, before the game starts.
- d. If a player arrives after the game has begun and has not been inspected by a referee, that player may NOT enter the playing surface until a stoppage of play and the referee inspects the player and his equipment.

Rule 22: NOT USED

Rule 23: Goal Disputes and Scoring Credit

The final decision in the matter of disputed goals after having consulted with the other referee rests with the referee in whose zone the infraction or goal occurred. The referee also notifies the scorer, timekeeper as to who scored the goal and assists, if any. No more than two assists may be given on any goal.

Rule 24: Absence of Appointed Referees

- a. Should the referees, through misadventure or sickness not appear for the game, the two competing teams shall agree on referees. If the appointed referees arrive while the game is still in progress, they shall replace the temporary appointees immediately.
- b. If any referee is injured or becomes ill and is unable to continue, the remaining referee may proceed alone, or appoint anyone he deems suitable to finish the game.

Rule 25: Physical Abuse or Threats to Officials

MRC Street Hockey has established a “zero tolerance” policy concerning physical abuse towards game officials and any perceived threat towards game officials. Referees will enforce these rules with strict and immediate compliance.

- a. Players, coaches, parents, and spectators may be assessed match penalties, game misconducts, game suspensions and additional appropriate penalties for violation of these rules.
- b. A match penalty plus an automatic three (3) games suspension will be assessed any player, coach, parent, or spectator who initiates or is involved in physical abuse with another player, coach, or game official. The referee may, if deemed appropriate, suspend the game and declare a forfeit in favor of the non-offending team.
- c. If a second offense occurs, the game will immediately be declared a forfeit in favor of the non-offending team.
- d. A match penalty shall be assessed any player who:
 - 1) Leaves the player’s bench or penalty box during an altercation.
 - 2) Goes to the opposing team’s bench or penalty box to create a disturbance or engage in any physical or verbal abuse.
- e. Any individual who violates the physical abuse rule(s) will meet the MRC Street Hockey Disciplinary Committee for review of the incident and possible further disciplinary actions.
- f. See Rule 7 Suspensions for additional guidance.

Rule 26: Scorekeeper, Timekeeper, Video

The scoring and timekeeping can be done by two people, supplied by the appropriate team, one handles the scoring and is called the scorer and the other handles the clock and is called the timekeeper.

- a. These volunteers are considered “Neutral”. Coaching is Prohibited from the Scorers Box.
- b. The timekeeper shall control the clock from the first face-off by starting the clock and stopping the clock whenever there is a stoppage in play. He shall also be responsible for signaling the end of each period.
- c. The timekeeper shall inform the referee of the time remaining in each period or penalties when requested by the referee or the penalized player.
- d. In the event of any dispute regarding time, the matter shall be referred to the referee in charge and his decision shall be final.
- e. The scorer shall record the time of each goal scored, by who scored and who assists, if any, are to be credited.
- f. The scorer shall also keep a record of all penalties assessed, stating the name and numbers of the penalized player, the duration of each penalty, the infraction and the time the penalty was assessed.

Rule 27: DELETED

Rule 28: Goal Judges (Not Used)

Goal judges are optional in street hockey games. They are generally not used in regular league games but are recommended on crucial contests, such as playoffs and tournament finals. When used the goal judges shall:

- a. Be positioned behind each goal and shall not be members of either competing team.
- b. The goal judge shall remain in his position during the entire game and shall not change ends after any periods.
- c. It shall be the goal judge’s decision whether it is a “goal” or “no goal” based solely upon whether the ball crossed the goal line between the two goal posts. The referee may, however, disallow the goal if, in his opinion, the goal was scored unjustly.
- d. The goal judge shall signify a goal by the raising of one arm.

SECTION FIVE: PENALTIES**Rule 29: Penalties**

Penalties shall be classified as follows:

- 1) Major
 - 2) Minor
 - 3) Bench Minor
 - 4) Misconduct
 - 5) Match
 - 6) Penalty Shot
- b. All penalties except the penalty shot shall be assessed in actual playing time.
 - c. Penalties may be assessed at any time during the game when an offense is committed regardless of whether play is in progress.
 - d. If an offense occurs after the conclusion of a game and before the players have left the playing surface, a penalty shall be assessed and such penalty shall be reported to the league president or tournament officials.
 - e. Where the rules state that the coach shall designate a player to serve a penalty and the coach refuses to name a player, the referee shall name any player of the offending team to serve the penalty.
 - f. If a player receives three (3) aggressive penalties or two (2) major penalties in a game, the player will also receive a game misconduct (see Rule 35). Aggressive penalties are defined as hacking, roughing, slashing, elbow/kneeing, checking/cross checking, charging, boarding, and verbal abuse
 - g. When a penalty is committed during the final minutes of regulation, bonus time, overtime, (i.e., the entire duration of the penalty cannot be completed) or after time has expired, the player will not serve the unexpired duration of the penalty at the next game that the player attends except for:
 - 1) Any Minor penalty committed, in the opinion of the referee, as an intentional, deliberate, and malicious act (referees will annotate the scoresheet)
 - 2) All Major penalties
 - 3) All Unsportsmanlike Conduct penalties
 - 4) All Misconduct penalties

All penalties that must be served at the next game will be reported to the division coordinator for further review and possible additional action if multiple penalties have been assessed against a player during the season.

NOTE: A penalty that would be considered a result of "normal" play, while intentional or deliberate, may have no malicious intent and is therefore not subject to this rule. For example: a defensive player trips a player that may be on a breakaway.

Rule 30: Time of Penalties - Major/Minor/Misconduct

The time of each penalty will vary depending on whether it's a major, minor or misconduct penalty and the length of the periods as follows:

DIVISION	PERIODS	MINOR	MAJOR	MISCONDUCT
Penguin, Beaver, Cadet	15 minutes	1.5 minutes	3 minutes	8 minutes
Freshman	12 minutes	2 minutes	5 minutes	10 minutes

Rule 31: Minor Penalties

- a. Any player, except the goalie, given a minor penalty must sit in the penalty box for the time designated in rule 30 with no substitute for him being allowed.
- b. If, while a team is short-handed because of one or more minor or bench penalties, the opposing team scores a goal, the first of such penalties shall terminate automatically. If the player has received a “double minor”, the first minor penalty only will terminate.
- c. Coincident minor or bench penalties to both teams do not cause either team to be shorthanded so both penalties shall continue to be served regardless of how many goals are scored by either team.

NOTE: “Short-handed” means one team, due to penalties received, is playing with less players on the surface than its opponent at the time the goal is scored. The minor or bench minor which terminates automatically is whichever penalty caused the team scored against to be short-handed originally, thus coincident minor penalties to both teams do not cause either side to be “short-handed”.

NOTE: Goals scored on a penalty shot do not apply in terminating penalties.

Rule 32: Bench Minor Penalty (see Rules 17 and 18)

- a. A bench minor penalty requires the team which the penalty is assessed to play a man short in actual playing time as designated by Rule 30.
- b. If the referee cannot determine the player who committed the infraction or if a coach is being penalized, the opposing coach (from the team not penalized), through the playing captain, shall designate any player of penalized team to serve the penalty. Such a player will take his place on the penalty bench and serve the penalty as if it were a minor penalty imposed upon him.

Rule 33: Major Penalties

- a. For the first major penalty in any one game, the offender, except the goalie--see Rule 39, shall be ruled off the playing surface for the playing time designated in Rule 30 during which no substitute shall be allowed.
- b. For the second major penalty in any one game, the offender, except the goaltender (see Rule 39), shall be ruled off the playing surface and assessed a game misconduct penalty. It shall be necessary to place a substitute on the penalty bench immediately. The substitute will be permitted to return to the playing surface after the time of the major penalty has elapsed and a **stoppage of play occurs**.
- c. Any player receiving two major penalties in one game must be reported to the division coordinator and league commissioner with a recommendation for suspension of the player for two or more games.
- d. When a player is assessed both a minor and major penalty, the major penalty shall be served first. The player shall not return to the playing surface while serving any major penalty. However, if his major penalty time has elapsed, he may return on his minor penalty in accordance with Rule 31.
- e. When coincident major penalties of equal duration, are imposed against players of both teams, the penalized players shall all take their places on the penalty benches and such penalized players shall not leave the penalty bench until the first stoppage of play following the expiration of their respective penalties. Immediate substitutions shall be made for an equal number of major penalties to each team so penalized and the penalties of the players which substitutions have been made shall not be taken into account for the purpose of the delayed Rule 40.

Rule 34: Misconduct Penalties

- a. A player, except the goaltender, incurring a misconduct penalty, shall be ruled off the playing surface for actual playing time in accordance with Rule 30. A substitute for the penalized player shall be permitted immediately. The penalized player must go to the penalty box until his time has expired and he cannot return to his bench or the playing surface until there is a stoppage in play.
- b. When a player is assessed a minor and a misconduct penalty or a major and misconduct penalty at the same time, the penalized team shall immediately place a substitute player on the penalty bench to serve the minor or major penalty.
- c. Any player who is assessed a second misconduct penalty in the same game shall automatically be assessed a game misconduct penalty.

Rule 35: Game Misconduct Penalty

- a. A player being assessed a game misconduct penalty shall not be allowed on the playing surface, or on the players' bench and is suspended for the remainder of the game. The incident leading to the game misconduct must be reported to the division coordinator and league commissioner.
- b. The player is assessed the penalty time for misconduct in accordance with Rule 30.
- c. A substitute for the penalized player is permitted immediately.

Rule 36: Match Penalty

- a. Any coach, player or member of the team incurring a match penalty shall be barred from the entire playing area, including the benches and the spectator's area, for the balance of the game and will not be permitted to take part in any further games until his case has been dealt with by the division coordinator and league commissioner.
- b. In every instance where a match penalty has been assessed, the offending member's team shall be assessed a major penalty which must be served by a substitute player. If injury actually occurred, a "double major" shall be served.

Rule 37: Penalty Shot

A penalty shot assessed by the referee shall be taken as follows:

- a. The referee will announce the name/number of the player designated by him or selected by the team entitled to the shot (as appropriate) and shall then place the ball at the center face-off spot and the player taking the shot will, on the instruction of the referee, start the ball from there and shall attempt to score on the goaltender. The ball must be kept in motion towards the opponent's goal line and once shot, the play shall be considered complete. No goal can be scored on a rebound of any kind and any time the ball crosses the goal line, the shot shall be considered complete.
- b. The goaltender must remain in his goal crease until the ball has been placed into forward motion by the player taking the penalty shot and, in the event of violation of this rule, the shot can be taken over again. The goaltender may attempt to stop the shot in any manner except throwing his stick or any object, in which case a goal will be awarded.
- c. If a foul against a player leads to a penalty shot being assessed, that player shall take the penalty shot. In all other instances, the coach will designate which player, who was on the playing surface at the time of the infraction, will take the penalty shot.
- d. If a penalty shot was awarded for falling on the ball or picking up the ball with his hand while the ball is in the crease, the captain will designate which player, who was on the playing surface at the time of the infraction, will take the penalty shot.

- e. If, at the time the penalty shot is awarded, the goaltender has been removed from the playing surface to substitute for another player, the goaltender shall be permitted to return to the goal before the penalty shot is taken.
- f. While the penalty shot is being taken, players of both sides shall withdraw to the sides of the rink and beyond the center red line. No member of an opposing team may interfere in any way with the player making the penalty shot.
- g. If a goal is scored from a penalty shot, the ball is faced off at the center spot. If a goal is not scored, the ball is faced off at either of the two end face-off spots where the penalty shot was tried.
- h. If the offense for which the penalty shot was awarded was such as would normally incur a minor penalty, then regardless of whether the penalty shot results in a goal or not, no minor penalty shall be served.
- i. The time required for taking a penalty shot shall not be included in the regular time, bonus time, or any overtime periods. Should the calling of the foul be delayed by the referee for completion of the play and the game ends, the penalty shot is allowed to take place.
- j. A measurement of the stick of the player designated to take the Penalty Shot must be requested before the Shot is taken, as if it were normal play. Should the stick prove illegal, the offending team shall be denied the Penalty Shot and no further penalty shall be imposed. Should the measurement prove the stick to be legal, the Penalty Shot shall be taken in the normal manner and a penalty for "delay of game" shall be assessed whether the Shot is successful or not.

Rule 38: Awarded Goals

A goal will be awarded to the attacking team when the opposing team has taken its goaltender off the playing surface and an attacking player has the ball without a defending player between himself and the opposing goal and:

- a. He is interfered with by an opposing player from the defending team either on the playing surface or on any bench.
- b. A stick or any other object is thrown by a player from the defending team either on the playing surface or on any bench.
- c. The ball carrier is fouled from behind and prevented from having a clear shot on the open goal.

Rule 39: Goaltender Penalties

- a. No goaltender shall be sent to the penalty bench for an infraction which incurs a minor, major or misconduct penalty. Instead, such a penalty shall be served by any player of his team who was on the playing surface when the infraction occurred. Such a player shall be designated by the coach of the penalized team, through the captain or an alternate captain.
- b. Should a goaltender incur a second major penalty in the same game, he shall receive a game misconduct penalty.
- c. An alternate goaltender may replace a regular goaltender who has been assessed a game misconduct or a match penalty. Such substitute will be allowed 3 minutes to put on the full goaltender's equipment.
- d. When a goaltender leaves his goal crease to join in a fight or altercation or take part in another fight during the stoppage of play, he shall receive a game misconduct penalty.
- e. When a goaltender leaves the goal crease during a fight or altercation, he shall be assessed a minor penalty, except if the fight or altercation occurs in the crease, plus any other penalties he might receive.
- f. If a goaltender participates in the play in any manner when he is beyond the center red line, he shall be assessed a minor penalty.

Rule 40: Delayed Penalty

- a. If a third player of any team shall be penalized while two players of the same team are serving penalties, the penalty time of the third player shall not begin until the penalty time of one of the two players already penalized has elapsed. Nevertheless, the third player penalized must at once proceed to the penalty bench, but may be replaced on the playing surface until such time as the penalty time of the penalized player shall begin.
- b. When a team has three players serving penalties at the same time and while due to Rule 40a, a substitute for the third penalized player is on the playing surface, none of the three penalized players on the penalty bench may return to the playing surface until the play has been stopped. When the play has been stopped, the player whose full penalty has expired may return to play.
- c. When the penalties to the player or players have expired and the penalized team is entitled to more than four players on the playing surface, the penalty timekeeper shall permit the penalized players to return to the playing surface in the order of expiration of their penalties.
- d. When the penalties of two players of the same team expire at the same time, the captain of that team will designate to the referee which of such players will return to the playing surface first, and the referee will instruct the penalty timekeeper accordingly.
- e. When a major and a minor penalty are assessed at the same time against two different players of the same team, the penalty timekeeper shall record the minor as being the first penalty assessed.

Rule 41: Calling of Penalties

- a. The referee shall blow his whistle immediately if a player on the team in possession of the ball commits an infraction of the rules which would call for a minor, major, bench minor, misconduct or match penalty and gives the penalties to the deserving players. The resulting face-off shall take place at the end face-off spot in the offending team's defensive zone.
- b. If a player on the team not in possession of the ball commits an infraction, the referee shall signify the penalty by pointing to the offending player but will allow play to continue until the offending team gains possession of the ball at which time he will blow the whistle and assess appropriate penalties.
- c. If the penalty to be assessed is a minor penalty and a goal is scored on the play by the non-offending side, the minor penalty shall not be assessed (but recorded) ; major and match penalties shall be assessed regardless of whether a goal is scored.
- d. If further rule infractions are committed by the same offending player either before or after the referee blows his whistle, that player shall serve the penalties consecutively.
- e. A bench minor penalty shall be imposed on the team of any penalized player who does not proceed directly and immediately to the penalty box and take his place on the penalty bench.

SECTION SIX: PLAYING RULES**Rule 42: Offsides – Floating Blue Line rules**

An offensive player cannot cross the offside line into the offensive zone before the ball has crossed the line. If this happens, it is an offside, play is stopped and the players face-off at the face-off spots just outside the offside line.

The offside line is:

A. Blue line – (Chipmunk division-This rule is not in affect, it should be taught)

1. For violation of this rule, play shall be stopped, and the face-off shall be in the defensive zone of the offending team nearest the blue line unless:
 - a. The ball has been clearly intercepted by a member of the defending team and is passed or carried by the defending team into the other zone and is untouched by a member of the attacking team. In such cases a “delayed offside” would apply See rule 43. If a second offside occurs (double Delay) play shall be stopped, and the face-off shall be in the defensive zone of the second team causing the offside.
 - b. The ball that is shot, passed or deflected into the attacking zone by a teammate or again deflected into the attacking zone of a defending player, the face off would be at the point where the pass originated.
 - c. If, in the opinion of the referee an intentional offside play has been made, the ball shall be faced off at the end face-off spot in the defensive zone of the offending team.
2. The Referee shall drop his arm to nullify the offside violation and allow play to continue if:
 - a. The defending team passes or carries the ball across the redline into their attacking zone,
 - b. all attacking players clear the attacking zone,

NOTE: This rule (b) does not apply to a team below the numerical strength of its opponents. In such cases the ball shall be faced off at the spot from which the pass was started.

B. Blue line - for Chipmunk, Penguin, Beaver, Cadet and Freshman Divisions. This is called a "FLOATING BLUE LINE".
Once the attacking team crosses the opponent's blue line, with the ball, then the blue line is eliminated, and the attacking zone is now the area from the center red line in. (Therefore, allowing for a larger attacking zone). The terminology used when a team has eliminated the blue line is "SET THE BLUE LINE".

1. For violation of this rule, play shall be stopped, and the face-off shall be in the neutral zone nearest the blue line at the point where the ball crossed the offside line unless:
 - a. The ball has been clearly intercepted by a member of the defending team and is passed or carried by the defending team into the other zone and is untouched by a member of the attacking team. In such cases a “delayed offside” would apply See rule 43.
 - b. The ball that is shot, passed or deflected into the attacking zone by a teammate or again deflected into the attacking zone off a defending player, the face off would be at the point where the pass originated.
 - c. If, in the opinion of the referee an intentional offside play has been made, the ball shall be faced off at the end face-off spot in the defensive zone of the offending team.
2. The Referee shall drop his arm to nullify the offside violation and allow play to continue if:
 - a. The defending team passes or carries the ball into the neutral zone,
 - b. all attacking players clear the attacking zone,

NOTE: This rule (c) does not apply to a team below the numerical strength of its opponents. In such cases the ball shall be faced off at the spot from which the pass was started.

3. The attacking zone remains as set until:
 - a. An illegal action has been committed by an attacking player; in which case the face-off would be outside the blue line.
 - b. The ball is propelled across the center red line. In all cases the blue line has to be "re-set".
 - C. The player must have both feet inside the zone to be called offside. He can straddle the line or have one foot on the line and still be considered "on-side".
- NOTE: It should be noted that while the position of the player's feet is what determines whether a player is offside, the question of an offside never arises until the ball has completely crossed the outer edge of the line at which the decision is to be made. A player is "onside" when either of his feet are in **physical** contact with, or on his own side of the line at the instant the ball completely crosses the outer edge of that line regardless of the position of his stick.*
- D. If a defensive player takes the ball back into his own defensive zone with an offensive player already across the center line, this shall not be considered an offside

Rule 43: Delayed Offside

If the ball rolls freely across the offside line with an offensive player in the offensive zone and no offensive player touches the ball, the referee can call a delayed offside by simply raising his arm but does not stop play. If the ball is returned into the defensive zone by an opposing player before an offensive player touches the ball, the offside is "washed out" and play continues. If a second offside occurs by the opposing team during a delayed offside, the referee blows the whistle immediately to stop play and the face-off is made against the second team committing the second offside.

*NOTE: If, during a delayed offside, the ball goes beyond the goal line, the offside shall **NOT** be called immediately, and the offending team will have a chance to regain the zone by having all players exit the zone first. If, during a delayed offside, the ball enters the goal, a goal will not be awarded. If, during a delayed offside, the ball is shot on goal, the offside **WILL** be called immediately, and the faceoff will take place where the shot originated.*

Rule 44: Clearing (Icing)

Clearing (icing) is called when a defensive player shoots the ball from the defensive side of the "clearing" line on over the opposing team's goal line without any other player touching it. The clearing line is defined as the **blue line**. Clearing (icing) is called immediately when the ball crosses the goal line and is brought back to the defensive zone of the team committing the infraction and a face-off is held in the circle on either side of the goal.

NOTE: The ball, and not the player's feet, is the determining factor in judging this infraction.

Clearing is "washed out" by either referee if, in their opinion, any of the following occurred:

- a. If the ball crosses any part of the goal crease.
- b. If the goaltender touches (or attempts to touch) the ball before it crosses the goal line.
- c. If, in the opinion of the officials, the defensive player could have played the ball before it crossed the goal line.
- d. If, due to penalties assessed, the team is playing short-handed against their opponents. (If both teams are equally short-handed, clearing is not allowed.)

Rule 45: Ball Out-of-Bounds

- a. A ball is considered out-of-bounds if it leaves the rink area or if it hits anything other than the boards or fencing outside the playing surface. A face-off takes place on a dot closest to where the ball was shot or deflected out of bounds giving no advantage to the last team who touched the ball.

- b. A minor penalty shall be assessed any player who delays the game by deliberately shooting, batting or throwing the ball outside the playing surface.

Rule 46: Freezing the Ball

- a. When the ball becomes lodged in the netting on the outside of the goal and is not playable or if frozen between opposing players, the referee shall immediately stop play. The resulting face-off shall be from where the shot originated or the defensive zone face off spot, whichever is further. If, in the opinion of the referee, a player intentionally causes the stoppage, a delay of game penalty shall be imposed.
- b. If the referee loses sight of the ball (as in a scramble or when the ball is accidentally lodged underneath a player), he blows his whistle, stops the action, and conducts a face-off at the nearest face-off spot.
- c. A minor penalty shall be assessed a goaltender who deliberately drops or throws the ball on the goal netting to cause a stoppage of play.
- d. If the ball comes to rest on top of the boards surrounding the playing area, it shall be considered to be in play and may be played legally by hand or stick, as long as the stick is not above the normal height of the shoulders (see Rule 64).

Rule 47: Delaying the Game

- a. A bench minor penalty shall be assessed a team which, in the opinion of the Referee, is deliberately delaying the game in any manner.
- b. A minor penalty shall be imposed on any player or goaltender who delays the game by deliberately throwing, shooting or batting the ball with his stick, feet or hand outside the playing area.
- c. A minor penalty shall be imposed on any player or goaltender who delays the game by deliberately displacing a goal post from its normal position. The referee shall stop play immediately when a goal post has been displaced.
- d. If the goal post is deliberately displaced by a goaltender or player during the course of a "breakaway", a penalty shot will be awarded to the non-offending team, which shall be taken by the player last in possession of the ball.
- e. If by reason of insufficient time in the regular playing time or by reason of penalties already imposed, the minor penalty awarded to a player for displacing his own goal post cannot be served in its entirety within the regular playing time of the game or any time in bonus time or overtime, a penalty shot shall be awarded against the offending team.

Rule 48: Verbal Abuse of Officials and Other Misconduct

- a. MRC Street Hockey has established a "zero tolerance" policy concerning verbal abuse and harassment towards game officials. Referees will enforce these rules with strict and immediate compliance.
- b. Parent or Spectator Verbal Abuse -- No Foul Language
 - 1st Offense -- the parent or spectator and the associated coach will be given a one time "team warning". Coaches will speak to all parents on the sidelines.
 - 2nd Offense -- Minor Penalty served by the offending parent's child. The coaches will be given their last "team warning."
 - 3rd Offense -- Match Penalty will be assessed the Head Coach, parent, or spectator.
 - 4th Offense -- The game will be declared a forfeit with the non-offending team being declared the winner.
- c. Parent or Spectator Verbal Abuse -- With Foul Language
 - 1st Offense -- Match Penalty to the offending coach, parent, or spectator. If the individual does not leave, the game will be declared a forfeit with the non-offending team being declared the winner.

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- 2nd Offense- If another coach, parent, or spectator from the same team uses foul language, the game will immediately be declared a forfeit with the non-offending team being declared the winner.
 - d. Player Verbal Abuse -- No Foul Language
 - 1st Offense- Minor Penalty and a warning to the Head Coach.
 - 2nd Offense (same player)- Match Penalty.
 - 2nd Offense (different player)- Minor Penalty and a 2nd warning to the Head Coach.
 - 3rd Offense (any player)- Match Penalty.
 - 4th Offense (any player)- The game will immediately be declared a forfeit with the non-offending team being declared the winner.
 - e. Player Verbal Abuse -- With Foul Language
 - 1st Offense- Match Penalty.
 - 2nd Offense- Match Penalty and the game will immediately be declared a forfeit with the non-offending team being declared the winner.
- NOTE: If the referee is unable to identify the person responsible for the use of foul language the rules for a Bench Minor Penalty will be used to identify the player who will serve the penalty.*
- f. A misconduct penalty shall be assessed a player for any of the following:
 1. A player who, after one warning, persists in any course of conduct (including threatening or similar actions) designed to incite an opponent into incurring a penalty.
 2. Any player who persists in disputing or shows disrespect for the ruling of any official.
 3. Any player intentionally knocking or shooting the ball out of reach of an official who is retrieving it.
 4. Any player who intentionally breaks his stick inside the immediate playing area.
- g. A minor penalty for unsportsmanlike conduct will be assessed any player showing disrespect towards, challenges or disputes the rulings of any referee or game official in any degree less than what would incur a misconduct penalty.
- h. A bench minor penalty shall be assessed against the offending team if any player, coach, or spectator (if it can be determined) throws anything on the playing surface.

Rule 49: Adjustment of Equipment

- a. A minor penalty shall be assessed any player who delays the game for adjustment of any equipment or for changing of sticks at the players' bench.
- b. The responsibility or obligation, or both, for maintaining equipment in proper condition shall be upon the player. If adjustments are required, the player must leave the playing surface and play shall continue uninterrupted with a substitute.
- c. A goaltender may not delay the game to adjust his equipment during a stoppage of play. For a violation of this rule by a goaltender, a minor penalty shall be assessed.

Rule 50: Attempt to Injure

- a. A match penalty shall be assessed any player who deliberately attempts to injure an opponent, official, coach, or spectator in any manner.
- b. Any player using his stick as a weapon in an altercation or a fight or attempting to kick an opponent, shall be considered as "deliberately attempting to injure" and shall be assessed a match penalty.
- c. A substitute for the penalized player shall be permitted after the time of a major penalty has been served. The

substitute must take his place on the penalty bench when the penalty is assessed and cannot return to the playing surface until there is a stoppage of play.

Rule 51: Broken Stick

- a. A player without a stick may participate in the game. A player whose stick has broken may participate in the game provided he drops the broken portion to the playing surface immediately. A minor penalty shall be assessed for any infraction of this rule. A player cannot throw the stick in any manner penalty for this is a minor unsportsmanlike.
- b. A player whose stick is broken may only receive another stick personally from his players' bench and may not receive a stick thrown on the playing surface from any part of the rink.
- c. A goaltender may continue to play with a broken stick until a stoppage of play or until he is legally provided with a stick.
- d. A goaltender may receive a stick from a teammate without proceeding to his players' bench.
- e. A player may pick up and hand back a stick to a teammate or opponent without taking more than two steps in doing so while holding his own stick; if the player takes more than two steps while holding two sticks; this shall be a minor penalty for delay of game.

Rule 52: Boarding

A minor or major penalty, at the discretion of the referee, based upon the degree of violence of the impact with the boards, shall be assessed any player who body checks, cross checks, elbows, charges or trips an opponent in such a manner that the opponent is thrown violently into the boards. A player, standing his own ground along the boards, where an opposing player is trying to go through too small an opening is not boarding unless the player makes a move to further force him into the boards (i.e., hip check).

Rule 53: Body checking and Charging

- a. A minor or major penalty at the discretion of the referee shall be assessed any player who bodychecks an opponent.
- b. The definition of bodychecking is when a player uses his body to bump an opponent out of position by using his shoulder or hips.
- c. A minor penalty shall be assessed any player who runs or jumps into or charges an opponent. If more than two steps or strides are taken, it shall be considered "charging." A goaltender is not fair game just because he is outside the goal crease or privileged area. A penalty for interference, checking or charging (minor or major) should be called in every case where an opposing player makes unnecessary contact with a goaltender.

NOTE: Likewise, referees should be alert to penalize goaltenders for tripping, slashing or spearing in the vicinity of the goal.

- d. A major penalty shall be assessed any player who jumps at or charges an opponent from behind, charges a goaltender while the goaltender is within his crease or who injures an opponent as a result of a charge.

Rule 54: Cross Checking

- a. A minor or major penalty, at the discretion of therefore, shall be assessed any player who cross checks an opponent.
- b. A major penalty shall be assessed any player who cross checks a goaltender while he is in his crease or who injures an opponent as the result of a cross check.

Rule 55: Elbowing and Kneeing

- a. A minor penalty shall be assessed any player who fouls an opponent in any manner with his elbow or knee.
- b. A major penalty shall be assessed any player who injures an opponent by elbowing or kneeling.

Rule 56: Deliberate Injury

- a. A match penalty shall be assessed any player who deliberately injures or kicks an opponent, official, coach or spectator in any manner.
- b. It shall be necessary to place a substitute on the penalty bench when the penalty is assessed to take the place of the penalized player and the substitute player shall not return to the playing surface until a double major has been served.

Rule 57: Stepping on the Ball

- a. Any player except the goaltender who intentionally steps on the ball and holds it under his foot for more than 2 seconds shall be given a minor penalty for delay of game. This rule does not apply when opposing players are “digging” for possession in the corners or along the boards.
- b. When opposing players are both stepping on the ball in “digging” for possession, Rule 46a, b applies.

Rule 58: Face-Offs

- a. A face-off shall take place by the referee dropping the ball between the sticks of the players facing-off. Neither player may contact his opponent’s body in any way until the face-off is completed. For violation of this rule, the referee shall assess a minor penalty or penalties on the player(s) whose action(s) caused the physical contact. The players taking the face-off stand squarely facing their opponent’s end of the rink approximately one stick length apart with the full blade of their sticks flat on the playing surface and entirely clear of the place where the ball is to be dropped. All other players on both teams must be at least 12 feet away from the player taking the face-off and they must be on-side. If violation of this rule occurs, the referee shall order another face-off.

NOTE: If, after a warning by the referee either of the players fails to take his proper position for the face-off promptly, the official shall be entitled to face-off the ball even though only one player is in position.

- b. Any player taking a face-off who, in the referee’s opinion intentionally causes the ball to go out of the rink on the face-off, shall be waived from the next face-off.
- c. If a player facing-off fails to take his proper position immediately when directed by the referee, the referee may order him replaced for that face-off by any other player on the playing surface.
- d. When an infringement of a rule has been committed or a stoppage of play has been caused by any attacking player in their attacking zone, the ensuing face-off shall be in the defensive zone at the nearest face-off spot. This includes stoppage of play caused by a player of attacking side shooting the ball onto the back of the defending team’s net without any intervening action by the defending team.
- e. When an infringement of any rule has been committed by the players of both teams, the ensuing face-off shall be at the place where stoppage occurred, unless otherwise stated in the rules.
- f. When a stoppage of play occurs between the end face-off spots and the nearest end of the rink, the face-off shall be at the nearest end face-off spot, unless otherwise stated in the rules.
- g. No face-off shall be made within 20 feet of the side boards.
- h. When a goal is illegally scored as a result of the ball being deflected off the referee directly into the net, the face-off position will be at either end face-off spot where the ball went into the net.
- i. When play is stopped for any reason not specifically covered in the Official Rules, the ball shall be faced-off where it was last played.

Rule 59: Falling on the Ball

- a. A minor penalty shall be assessed any player except the goaltender who deliberately falls on or gathers the ball into his body by any means, while standing or lying on the playing surface.

NOTE: This rule shall be interpreted so that a penalty shot will be awarded only when the ball is in the crease at the instant the play is stopped.

- b. A minor penalty shall be assessed to any goaltender who deliberately falls on or gathers the ball into his body or holds or places the ball against any part of the goal or the boards when the ball is behind the goal line and when the goaltender's body is entirely outside the boundaries of the **privileged area** (*not the crease*).
- c. A penalty shot shall be awarded against the offending team when a defending player (except the goaltender) deliberately falls on the ball, holds or gathers the ball onto his body, in any manner, or picks up the ball with his hand, while the ball is within the goal crease. No other penalty shall be assessed.

NOTE: If the goaltender has been removed, he may return to the playing surface for the penalty shot.

Rule 60: Roughing

A minor penalty will be assessed any player or players who, in the opinion of the referee, act unduly aggressive, short of actual fighting. A referee shall do his utmost to be quick on these calls thereby avoiding the more serious fighting infraction.

Rule 61: Fighting (see Rule 7.a.5.)

- a. A major penalty shall be assessed any player who starts a fight.
- b. **A minor penalty shall be assessed any player who, having been struck, shall retaliate with a blow or attempted blow. If such a player continues the altercation, the referee may assess a major penalty.**
- c. A game misconduct penalty shall be assessed any player involved in a fight off the playing surface or with another player who is off the playing surface.
- d. Any player joining in a fight, taking part in another fight, during the same stoppage of play, will be assessed a game misconduct penalty.
- e. Any player, who following a fight or altercation in which he has been involved and same has broken up and he has been penalized, fails to proceed directly to the penalty bench or causes any delay by returning for his equipment (gloves, stick, etc. shall be delivered to him at the penalty bench by his teammates on the playing surface at the time of infraction) shall receive a bench minor.
- f. The referee is provided very wide latitude in the penalties which he may impose under this rule. This is done intentionally to enable him to differentiate between obvious degrees of responsibility of the participants either for starting the fighting or persisting in continuing the fighting. The discretion provided should be exercised realistically.

Rule 62: Gross Misconduct

- a. A Gross Misconduct penalty shall be assessed to any player or coach for any of the following: attack or threat to an official, intentional damage to the playing surface (facility) or to an opponent's equipment, hair-pulling, biting or spitting. Such persons shall be suspended from the remainder of the game.
- b. If a player so dismissed is taking part in the game, he shall be charged with a game misconduct penalty and a substitute shall be permitted immediately.
- c. The referee shall submit full details surrounding the violation to the league commissioner who may assess further suspensions.

Rule 63: Handling Ball with Hands

- a. A player shall be permitted to grasp the ball and immediately place the ball to the playing surface, without gaining any advantage by stepping or “tricking” the opponent. Immediate stoppage and penalty for nonconformance if the referee deems, advantage was obtained.
- b. A player shall be permitted to stop or bat the ball in the air with his open hand (except as in “c”) or push the ball along the surface and play shall not be stopped unless a teammate plays the ball first. (The referee must feel that the directing of the ball to a teammate was deliberate). In this case, play shall be stopped, and the face-off shall be at the spot where the offense occurred.
- c. A minor penalty shall be assessed any player who, while play is in progress, bats the ball upward with his hand more than once or picks the ball from the playing surface. If a player of the defending team (except the goaltender) picks up the ball from the playing surface while the ball is in his team’s goal crease, the play shall be stopped, and a penalty shot awarded to the non-offending team.
- d. Play shall immediately be stopped, and a minor penalty assessed any player except the goaltender who closes his hand on the ball.
- e. A minor penalty shall be assessed a goaltender who:
 - 1. deliberately holds the ball in any manner which, in the opinion of the referee, causes an unnecessary stoppage in play.
 - 2. throws the ball towards his opponent’s goal.
 - 3. deliberately drops the ball into his pads or onto the goal net.
 - 4. deliberately piles up snow or other obstacles near his net which, in the referee’s opinion, would tend to prevent a goal being scored.

NOTE: Where the ball is thrown toward the opponent’s goal by the goaltender and it is received by an opponent, the referee will allow the resulting play to be completed and if a goal is scored by the non-offending team, it shall be allowed and no penalty assessed. However, if a goal is not scored, play shall be stopped, and a minor penalty shall be assessed against the goaltender.

- f. The ball may not be batted with the hand directly into the goal at any time. A goal shall be allowed when the ball has been legally batted and is deflected into the goal by a defending player, except the goaltender.

Rule 64: High Sticks

- a. The carrying of sticks above the normal height of the shoulders is prohibited, and a minor penalty may be assessed any player violating this rule. High sticks will be assessed when the entire blade of the stick is above the normal shoulder height.

NOTE: A penalty for high-sticking shall not be assessed when a player raises his stick under the assumption that his team has just scored a goal or while he is in the act of shooting.

EXCEPTION: Cadet & Freshman division only, as long as the player is not within a stick’s length of another player, a high stick shall be allowed when running or calling for the ball.

- b. A goal scored from a high stick shall not be allowed, except by a player of the defending team.
- c. When a player carries or holds any part of his stick above the height of his shoulders so that injury to the face or head of an opponent results, the referee shall have no alternative but to assess a major penalty on the offending player.
- d. Batting the ball above the normal height of the shoulders with the stick is prohibited, and when it occurs play shall be stopped, a minor penalty will be assessed unless:
 - 1. The defending player in his own defending zone shall bat the ball to an opponent, in which case, the play shall continue until the defending team gains possession.
- e. A player of the defending side shall bat the ball into his own goal, in which case the goal shall be allowed, and the

penalty shall be waived.

EXCEPTION: Freshman division only, as long as the player is not within a stick length of another player, a high stick play on the ball shall be allowed. If touched first, by the player who played the ball with a High Stick or by a teammate, it results in a whistle and a faceoff at the closest dot. If first played by an opponent, the play continues. Penalty applies, if in the Referee's discretion, there is a dangerous play or contact with an opponent occurs.

Rule 65: Holding

- a. A minor penalty shall be imposed on a player who holds an opponent with hands or stick or in any other way.
- b. A major plus a game misconduct penalty shall be imposed on a player who grabs or holds the facemask of an opponent with his hand.
- c. A player is not permitted to hold an opponent's stick. A minor penalty shall be assessed to a player who holds an opponent's stick.

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

Rule 66: Hooking or Hacking

- a. A minor penalty shall be assessed any player who impedes or seeks to impede the progress of an opponent by "hooking" with his stick.
- b. A major penalty shall be assessed any player who injures an opponent by "hooking" or "hacking."
- c. A player may not try to impede another player's progress by continually hacking at his body with his stick.

NOTE: A stick lift is an accepted technique to cause a player to lose possession of the ball, hooking the stick is not.

Rule 67: Pushing

- a. Any player who deliberately uses his hands to push an opponent during play shall be assessed a minor penalty.
- b. A major penalty shall be assessed any player who injures an opponent by pushing another player.

Rule 68: Kicking the Ball

Kicking the ball shall be permitted in all zones. A goal may not be scored by an attacking player kicking the ball into the net except if the attacking player kicks the ball and it is deflected into the goal by any defending player except the goaltender.

Rule 69: Interference

- a. A minor penalty for interference shall be assessed any player who:
 1. Interferes with or impedes the progress of an opponent who is not in possession of the ball.
 2. Deliberately knocks the stick out of an opponent's hand
 3. Prevents an opponent who has lost or dropped his stick from regaining possession of it.

NOTE: The last player to touch the ball (other than the goaltender) shall be considered the player in possession. In interpreting this rule, the referee should make sure which of the players is the one creating the interference; often it is action and movement of the attacking player which causes the interference since the defending players are entitled to stand or "shadow" the attacking players. Players of the side in possession of the ball shall not be allowed to run deliberate interference for the ball carrier.

- b. Unless the ball is in the goal crease, a minor penalty shall be assessed any player who, by means of his stick or body, interferes with or impedes the movements of a goaltender by actual contact, while the goaltender is within the goal crease.

NOTE: Actual contact means that the goaltender is touched by the attacking player's stick or body.

- c. If the ball enters the net while an attacking player is within the goal crease after having been or while being physically interfered with by any defending player, the goal shall be allowed.
- d. If, while on the player's bench or penalty bench, a player throws any article on the playing surface, molests or interferes with opposing players or officials in any way, he shall receive a game misconduct penalty. The incident shall be reported to the division coordinator and league commissioner by the referee for further action.
- e. When the ball is in the Attacking Zone and not in the goal crease, a player of the attacking team may not stand on the goal crease line or in the goal crease, hold his stick in the goal crease or pass through the goal crease. If the ball should enter the goal while such a condition prevails, a goal shall not be allowed. For violation of this rule, while the attacking team has possession of the ball, play shall be stopped, and a face-off held at the nearest face-off spot outside the attacking team's zone.

NOTE: This rule shall not apply when the goalkeeper is out of his goal crease.

Rule 70: Interference by Spectators

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

Rule 71: Golf Shot/Kick Shot

- a. A player may not swing his stick at the ball in a "golfing" fashion with one hand or with both hands on the stick within 4 inches of each other. Contact with the ball is not necessary. A minor penalty is assigned for this infraction.
 - 1. If during a "golf shot" the offending player's stick contacts another player an additional minor penalty may, at the referee's discretion, be assessed for tripping, slashing, or other appropriate penalty.
 - 2. Any player who causes injury to an opponent, as a direct result of taking a "golf shot," shall be assessed a major penalty plus any other appropriate penalty.
- b. A minor or major penalty shall be assessed to any player except the goaltender who uses a kick shot during the game. A kick shot is made by placing the blade of the stick behind the ball and then propelling the ball by kicking the stick.

Rule 72: Lobbing the Ball

A player may lob the ball into the air with his stick. There is no infraction for a player lobbing the ball.

Rule 73: Slashing

- c. A minor or major penalty, at the discretion of the referee, shall be assessed any player who impedes or seeks to impede the progress of an opponent by "slashing" with his stick.
- d. Injury to an opponent by slashing an opponent shall incur a major penalty.
- e. A slashing penalty shall be assessed any player who swings his stick at an opponent (whether in- or out-of-range) without actually striking him or when on the pretext of playing the ball, makes a wild swing at the ball with the objective of intimidating his opponent.

Rule 74: Spearing and Butt-Ending

A major penalty shall be assessed any player who spears or butt-ends an opponent. Should injury result, a match penalty shall be assessed.

NOTE: "Spearing" shall mean the act of poking an opponent with the point of the blade of the stick while holding the stick in one or both hands.

NOTE: Attempt to "spear" or "butt-end" shall include all cases where a "spearing" or "butt-ending" gesture is made, regardless of whether body contact is made or not.

Rule 75: Throwing Stick

- a. When any player of the defending team, including the goaltender, deliberately throws his stick or any part thereof, or any object at the ball in the defending zone, the referee shall allow play to be completed and if a goal is not scored, a penalty shot shall be awarded to the attacking team. If a goal is scored, the penalty shot shall not be awarded.
- b. A major penalty shall be assessed any player who deliberately throws his stick or any part thereof, or any object in any zone, except when such an act has been penalized by the award of a penalty shot or a goal.

NOTE: When a player discards the broken portion of a stick by tossing it to the side of the rink (not over the boards) in such a way so that it does not interfere with play or opposing players, no penalty shall be assessed.

- c. A misconduct penalty shall be assessed any player who deliberately throws a stick or any part thereof or any object outside the playing area.

Rule 76: Tripping

- a. A minor penalty or major penalty shall be assessed any player who shall place his stick, knee, foot, arm, hand, or elbow in such a manner that causes his opponent to trip or fall.

NOTE: A penalty shall not be assessed if, in the referee's opinion a player is unquestionably hook-checking the ball and obtains possession of it thereby tripping the ball carrier.

- b. A player may not roll into an opponent thereby causing the opponent to trip or fall.
- c. A player may not slide and make contact with an opponent even if the opponent does not trip or fall, even if contact with the ball is made. The penalty for this infraction is a minor or major penalty depending on the severity of the contact
- d. When a player in control of the ball, in the attacking zone, is tripped or otherwise fouled and thus prevented from having a clear shot on goal, having no other to pass other than the goaltender, a penalty shot shall be awarded to the non-offending team. Nevertheless, the referee shall not stop play until the attacking team has lost control of the ball to the defending team.

NOTE: By "control of the ball" shall be meant the act of propelling the ball with the stick. If, while it is being propelled, the ball shall touch the person, stick or shoe of another player or should hit the goal post or go free, the player shall be deemed no longer in control. The intention of this rule is to restore a good scoring opportunity which has been lost by reason of the foul, and therefore, where there is no reasonable scoring chance lost by reason of a foul, a penalty shot should not be awarded.

Rule 77: Goals and Assists

- a. A goal shall be scored when the ball has legally passed between the goal posts below the cross bar and completely across the goal line.
- b. A goal shall be scored if the ball is put into the goal in any manner by a player of the defending team. The attacking team's player who last played the ball shall be credited with the goal, but no assist shall be given.
- c. If an attacking player kicks the ball and it is deflected into the goal by a defending player, except the goaltender,

the goal shall be allowed. The player who kicked the ball shall be credited with the goal, but no assist shall be given.

- d. If the shot of an attacking player has been deflected into the goal by striking the stick, shoe or any part of the body of an attacking player, the goal shall be allowed and the player off whom the ball deflected shall be credited with the goal and the player making the shot will be credited with the assist.
- e. If a goal is scored as the result of a ball deflected into the goal off the person or shoe of an official, the goal shall NOT be allowed.
- f. Unless the ball is in the area bounded by the goal crease, an attacking player who is not in possession of the ball shall not stand in the goal crease, on the goal line or hold his stick in the goal crease. If a goal is scored while such conditions prevail, it shall be disallowed, and the resulting face-off shall be at the nearest face-off spot in the defensive zone.
- g. Should a player propel the ball into the goal crease of the opposing team and the ball becomes loose and available to an attacking player, the ball shall be considered in the crease legally and any goal scored on this play shall be a legal goal.
- h. Each goal and assist shall count one point on the scoring records. Not more than two assists shall be credited on any one goal.
- i. An assist shall be credited to the player or players (no more than two) having touched the ball without the opposition having control, prior to the goal being scored.
- j. Any goal scored, other than as covered by the MRC Street Hockey Official Rules, shall NOT be allowed.

Rule 78: Ball Must be Kept in Motion

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

Rule 79: Double shifting

- a. A Bench Minor, Unsportsmanlike Conduct Penalty, shall be assessed any team who double shifts.
- b. Double shifting occurs when:
 - With a team of 10 players or more (not including goalie):
 - A player stays on the rink while everyone else changes through an entire shift.
 - If a player is in the penalty box and returns to the rink without going to the bench, with at least 5 players on the bench.
 - With a team less than 10 player (not including goalie):
 - No players shall play a second double shift until all players have rotated through the double shift rotation.
- An Unsportsmanlike Conduct penalty may be given by an official or board member who believes that a coach is not playing within the spirit of the rules, regardless of how many players are on the bench at the time of the penalty.

Note: Time spent in the penalty box counts as a portion of a player's playing time

Note: An example of this would be if an official or board member deems a coach is playing a particular player or group of players significantly more than other players on his team. A penalty can therefore be given to that coach regardless of how many players are on his bench.

Note: It is up to the officials and MRC Street Hockey board members on site to make sure that all of the players on a given team have been given appropriate playing time. If it is determined by the officials or the attending board members that a player may not be getting adequate playing time, then penalties to the head coach may apply.

Rule 80: Ball Out of Sight and Illegal Ball

- a. Should a scramble take place, or a player accidentally fall on the ball causing the referee to lose sight of the ball, play shall be stopped immediately. The resulting face-off shall be at the nearest face-off spot.
- b. If at any time while play is in progress, a ball other than the one legally in play appears on the playing surface, the play shall NOT be stopped, but shall continue with the legal ball until the play then in progress is completed.

Rule 81: Spitting

A match penalty shall be assessed any player or coach who deliberately spits on or at, an opponent, official, coach or spectator. The referee shall report full details of the incident to the league commissioner.

Rule 82: Ball Striking Official

Play shall NOT be stopped if the ball touches an official anywhere on the playing surface, except when the ball is deflected directly off an official into the goal or out of the playing area.

Rule 83: Start of Game & Periods

- a. The game shall be commenced at the time scheduled by a face-off in the center of the rink. It shall be renewed promptly at the conclusion of each intermission in the same manner. No delay shall be permitted by reason of ceremony, exhibition, demonstration or presentation unless consented to reasonably in advance by both teams.
- b. Home teams shall have the choice of goals to defend at the start of the game.

Rule 84: Time of Game

- a. The regulation time of an MRC-sponsored street hockey game played in a rink for Penguin, Beaver and Cadet divisions is three 15-minute periods for a total of 45 minutes actual playing time.
- b. The regulation time of an MRC-sponsored street hockey game played in a rink for Freshman division is three 12-minute periods for a total of 36 minutes actual playing time.
- c. The time can be varied by agreement of the league or tournament officials. Once the league or tournament adopts any variation in time, it must remain for all games during the regular season or tournament except for the playoffs or the final game in a tournament. (*Exception: Charity Tournament*)
- d. The time of intermission between each period shall be 1 minute and thirty seconds. The time of intermission can be varied by agreement of the league or tournament officials. Once the league or tournament adopts any variation in time, it must remain for the duration of the season or tournament.
- e. The team scoring the greatest number of goals during the three periods shall be the winner and shall be credited with two points in the division standings.
- f. Goals shall be changed after the completion of each regulation time period and overtime period.
- g. If an unusual delay occurs before the end of the first or second periods, the referee may order the next regular intermission to be taken immediately. The balance of the period will be completed on the resumption of play with the teams defending the same goals, after which the teams will change ends and resume play of the ensuing period without delay.

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- h. Each team shall be permitted to take a thirty second time-out during the course of any game in regular season or in playoffs, in accordance with table 1. All players including the goaltenders will be allowed to go to their respective benches. Time outs must be taken during a normal stoppage of play. Any player on the rink or coach on the bench shall be permitted to call a time-out.

Division	# of time outs in regulation	# of time outs in overtime*
Penguin	2	1
Beaver/ Cadet/ Freshman	1	1

* Regardless of the number of timeouts used in regulation

- i. Running Clock

- In the Penguin and Beaver divisions, upon reaching a goal differential of (4) goals, coaches shall make in game adjustments to maintain a competitive game, and not race to a running clock.
- If a goal differential of six (6) is reached prior to the end of the first period, the leading team's coach will be suspended for one (1) game.
- There shall be a mandatory running clock in the 2nd or 3rd period when the goal differential reaches and stays at six (6) or above in all divisions.
- If both coaches agree, the clock can run once the goal differential reaches five (5).
- In all divisions, all games with a combined score of (12) or more, with a (4) goal differential, the clock will run. If the goal differential is reduced to less than (4) goals, the clock will resume as a stopped clock.
- The clock shall only stop for timeouts and while the losing team is on a power play.

- j. Goal Differential Max

Any game that ends with a final score with a goal differential of 8 or more:

- First offense: The coach, whomever was on the bench, head and assistant(s) will be subject to a 1 game suspension. The team will forfeit that game and lose the points in the standings.
- Second offense: The coach(s) involved will be suspended for a minimum of 3 games to a maximum of the balance of the season. The team will not participate in the playoffs.
- ~~The team will not participate in the playoffs.~~

In the Penguin and Beaver divisions, the losing team shall not pull their goalie to create an empty net and a forfeit/suspension situation. A delay of game will be issued if the goalie is pulled during the run of play. If the goalie is attempted to be pulled at a stoppage, the goalie will need to return to the goal.

In the Penguin and Beaver divisions, if the losing team scores on themselves to create an (8) goal differential, the scorekeeper shall make a note on the scoresheet and the winning team will not receive the penalties listed.

In the Penguin and Beaver divisions, all games with a seven-goal differential will be reviewed and the coaches reminded of this rule.

Cadet and Freshman division will run clock at 6 goal differential and play until goal differential is 10 at which time the game will be completed.

Rule 85: Tied Game

- a. If during the regular season, at the end of three regulation periods, the score is tied, each team shall be awarded one point in the standings and the following shall take place:
1. A regular intermission after which the teams shall NOT change ends.

MRC HOCKEY OFFICIAL RULES

2. The ball shall be faced-off and play shall continue for not more than five minutes with the team scoring first declared the winner and being awarded an additional point. The bonus time shall be played with each team at a numerical strength of five players and one goalkeeper. Additional penalties may be assessed consistent with the rules in regulation time.
3. All penalties carry over from regulation time to bonus time.

NOTE: A team shall be allowed to pull its goalkeeper in favor of an additional player in bonus time. However, should that team lose the game during the time in which the goalkeeper has been removed, it would forfeit the automatic point gained in the tie at the end of regulation play, except if the goalkeeper has been removed at the call of a delayed penalty against the other team.

4. In the Beaver Cadet and Freshman division, if, after 1 overtime period, the teams remain tied, there will be a shoot-out which consists of 5 shooters per team. The team with the most goals will award their team 1 more team goal. Ties will remain ties.
 1. The names of the shooters must appear on the score sheet PRIOR to the shoot-out commencing.
 2. The shooters must shoot in the order they appear.
 3. The shooters cannot shoot again until the entire roster has had the opportunity to shoot in subsequent shootouts.
 4. A list will be maintained to ensure compliance with the above rule.
 5. If a listed shooter does not get to participate for any reason, they will be allowed to shoot in subsequent shootouts.
 6. The home team chooses who goes first.
- b. If, as in playoffs or tournament play a winner is necessary or desirable, at the end of three regulation periods, the score is tied, the following shall take place:
 1. A regular intermission after which the teams shall change ends.
 2. The ball shall be faced-off and play shall continue for fifteen minutes.
 3. The game shall terminate upon a goal being scored and the team scoring declared the winner. If no goal is scored, the same procedure shall be repeated.
- c. Any overtime period shall be considered part of the game and all unexpired penalties shall remain in force.
- d. If either team declines to play in the necessary overtime period or periods, the game shall be declared a loss for that team.

Rule 86: Refusing to Start Play

- a. If a team is withdrawn from the playing surface and fails to go on the playing surface and start play, or if being on the playing surface fails to start play within 2 minutes after being ordered to do so by the referee, the game or series shall be forfeited to the opposing team.
- b. If a team is withdrawn from the playing surface and fails to go on the playing surface and start play, or if being on the playing surface fails to start play a second time, the 2-minute allowance shall not be granted, and the referee shall immediately declare the game forfeited to the opposing team.
- c. If a team fails to present itself at the time and place appointed to play any game, the game shall be awarded to the opposing team, unless such failure is caused by an unavoidable accident or unforeseen contingency.
- d. The beginning of the 2-minute warning and the reason why for such a warning will be communicated by the referee to the timekeeper and the offending coach.

Rule 87: Foul Weather

MRC HOCKEY OFFICIAL RULES

- The league commissioner or the division coordinator will decide if games can be played due to weather conditions. Once a game begins only the league commissioner, division coordinator, or referee have the authority to suspend, stop, or postpone the game for weather or safety.
- If a game is suspended due to darkness, safety, or inclement weather, the game will be considered concluded, if 2 full periods were completed before the suspension.
- Suspended or postponed games (games with less than 2 completed periods) will resume on an agreed upon date and time starting from the time the stoppage occurred, with the same score, to its conclusion.
- At any time during a game or practice, if lightning is observed, the game/practice will end immediately.
- Games may be played in light rain (safety permitting) but not in heavy rain or snow.
- In order to minimize cold weather injuries and prevent frostbite on our players, the following restrictions are established:
 - No practices or games will be played when the ambient air temperature is below 10 degrees Fahrenheit (Any wind condition).
 - No practices or games will be played when the Wild Chill Factor is at or below -5 degrees Fahrenheit. See figure 3

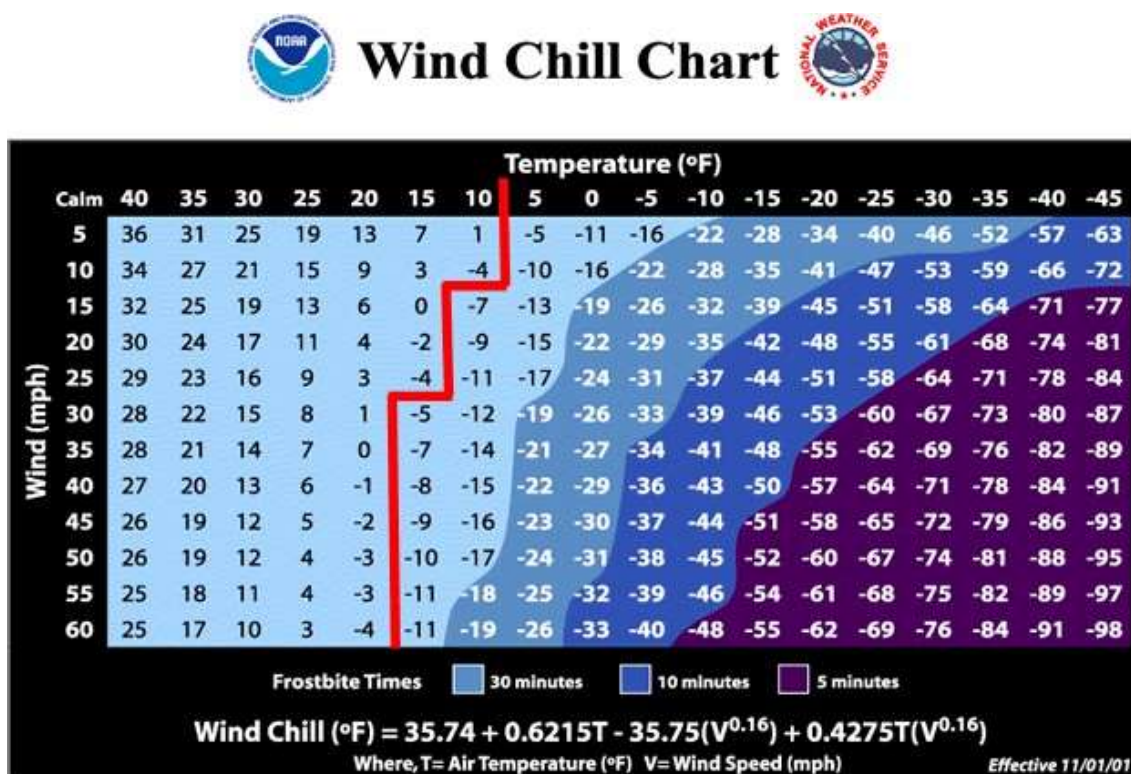


Figure 3
Wind chill chart

Consult the National Weather Service (<http://weather.noaa.gov/weather/current/KVAY.html>) to determine if the temperature conditions will allow practice or games to be played. This website supplies hourly reports taken at South Jersey Regional Airport providing Temperature, Wind Speed and Wind Chill. If you get the temperature and wind speed from another source, use the figure above to determine the wind chill or the Wind Chill Calculator

available at: <http://weather.gov/om/windchill/index.shtml>

APPENDIX 1: SUGGESTIONS TO COACHES

MRC believes every player must play. This appendix offers a few ideas on how to accomplish this difficult task. If you want to excel as a coach, it is incumbent upon you to examine your present methods and explore new options. Remember that this is a game for the kids! The best coaches are the ones who know the rules, practice them, enforce them, and maintain a positive outlook for all players on the rink. Consider the following:

This rulebook was developed primarily with the recreational player in mind. The vast majority of the MRC Street Hockey program participants play in our recreational leagues. Without these players' enormous turnout and support, the outstanding facilities we now enjoy would not exist. Hence, our tournament and travel teams would also not exist. Therefore, our recreational players' safety and enjoyment remain the most important objective of this rulebook, the MRC Street Hockey program, its coaches, and referees.

Amateur Hockey Online Message

RESPECT. Make respect for the players your number one coaching rule: RESPECT each player as a unique human being. You will find that you won't get any respect unless you give it out too. Most of the kid's feelings are fragile; they need the reassurance that their coach thinks highly of them. Find ways to show them you respect them.

KEEP IT FUN! Hockey is a game. Games are supposed to be FUN. Casting blame and focusing on the negative takes all the fun away. Do not permit *anyone* to be negative. Not parents, not players, not yourself.

NO EXCUSES. To be a good coach help the kids believe in the impossible; don't draw attention to faults and thus perpetuate them. *Focus on each player's good points* and make a big deal out of things done right. Reinforcing the right things, they've done will help them get a better mental image of what kinds of things they are supposed to do; otherwise they only get a mental picture of failure, and of you shouting at them about it in front of everyone else.

TREAT YOUR PLAYERS ALIKE. As a group you can be pretty hard on the team; but as individuals each player should be treated as if he or she is special--because each one *is* special. You can speak one-on-one to any kid, and they will understand when you try and correct their errors in private. Call on the team to perform. Lay out your expectations for each player. Then let the team do it. *Reinforce the positive.* Minimize the negative.

TEACH THEM HOW TO BE WINNERS. Kids need to feel like someone believes in them. Express a positive belief in their ability to play as a team, then they will feel good about themselves and confirm their self-belief with stronger performances. Encourage and build your players up. Just as discouragement and negativism destroys confidence, praise and support builds it.

AVOID YOUR EGO. Bragging about past performance is counter productive. Each year is a new year. Each team is a new team. Let your past accolades gather dust so the guys think you are proud of them and their team too.

Six Pillars of Character*

1. **Trustworthiness:** Honesty, Integrity, Promise-Keeping, Loyalty
2. **Respect:** Autonomy, Privacy, Dignity, Courtesy, Tolerance, Acceptance
3. **Responsibility:** Accountability, Obligation, Pursuit of Excellence, Dependability
4. **Caring:** Compassion, Consideration, Giving, Sharing, Kindness, Loving
5. **Fairness:** Impartiality, Consistency, Equity, Equality, Due Process, Procedural Fairness
6. **Citizenship:** Law Abiding, Community Service, Protection of the Environment

**Character Counts! Josephson Institute of Ethics*

Coaches Code of Conduct Pledge*

- I will place the emotional and physical well-being of my players ahead of a personal desire to win.
- I will treat each player as an individual remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I will promise to review and practice the basic first aid principles needed to treat injuries of my players.
- I will do my best to organize practices that are fun and challenging for all players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.
- I will use those coaching techniques appropriate for each of the skills that I teach.
- I will remember that I am a youth sports coach, and that the game is for children and not adults.
- I hereby pledge to live up to my membership as an MRC Street Hockey coach by following the MRCStreet Hockey program Coaches' Code of Ethics.

**Extracted from the National Youth Sports Coaches Association (NYSCA) Coaches Code of Ethics Pledge*

Player's Code of Conduct*

- Play for FUN. Enjoy yourself.
- WORK HARD to improve your skills. Listen, ask questions, and watch others.
- Be a TEAM PLAYER -- get along with your teammates.
- Learn TEAMWORK, SPORTSMANSHIP, and DISCIPLINE.
- Be on time and prepared for practices and games.
- Learn the rules and play by them. Always be a GOOD SPORT.
- RESPECT your coach, your teammates, your parents, your opponents and your officials.
- Never argue with an official's decision.
- Learn to lose with dignity and win with grace.

**Adapted from American Hockey Magazine, November 1993.*

APPENDIX 2: SUGGESTIONS TO REFEREES

Safety and Fairness.

A referee must ensure the safety of all players and enforce all rules uniformly to guarantee a fair game. MRC street hockey is **NOT** the NHL--many of our rules are significantly different. A referee can ask him or herself simple questions when enforcing the rules:

- a. Does a behavior or event violate the rules of MRC Street Hockey?
- b. Is a behavior or event unsafe or potentially unsafe?
- c. Would allowing a behavior or event to occur or continue cause an unfair situation?

The referee does not “give” a penalty--he simply identifies an infraction of the rules. Many times, a stern, loud warning (“keep your sticks down” or “play the ball”) is enough to prevent an infraction. However, when an infraction does occur, be swift, loud, and confident with your call. Let the player know the reason for the penalty (“you’ve got to keep your stick below your shoulders when running”) and escort him or her to the penalty box. The player will hopefully learn from the penalty, and it won’t happen again. Remember--penalties are meant to eliminate unsafe or unfair events. If you don’t make the call, your omission may allow an unsafe or unfair situation to continue that ultimately could end with an injury.

Referees must have a thorough knowledge of all rules which is accomplished by continually referring back to each rule taking no more than ten at one time. The less frequently used rules should be reviewed periodically, even after you think you know them.

1. Referees must give uniform interpretations of the rules to the best of their ability in order that all rulings shall be as nearly uniform as possible. If you are in doubt about any interpretations, do not hesitate to contact the Rules Committee.
2. Referees must use their best judgement at all times in the application of the rules; enforce rules firmly and impartially, penalizing rough play strictly.
3. Referees must be alert at all times; move quickly; keep the game moving fast and do not permit stalling .
4. Referees should make their decision in a definite manner. When giving a penalty do so in such a manner that your action will show who the penalized player is; give the penalty without hesitation. Keep away from the penalized players in order to avoid arguments.
5. Notify the penalty timekeeper of the number of the penalized player or players and for what the infraction or infractions the penalty or penalties are assessed.
6. The referee will have the final decision in all disputes, this includes the decision of the goal judges.
7. Referees have the right to remove a goal judge if they feel that he is showing partisanship or rendering unjust decisions.
8. Referees should not permit any player to push or shove them around or show disrespect. Report any serious offense committed against a referee on the scoresheet, giving full details.

It is the duty of the referees to see that:

1. All games start promptly on time.
2. All minor officials (timekeeper, scorekeeper, and goal judges) are prepared to carry out their duties.
3. Only players, in uniform, and certified coaches may occupy places on each of the players’ benches.

4. The scorekeeper is informed by whom each goal is scored and to whom assists, if any, are to be credited.
5. The scorekeeper is informed of a penalty, the duration, and the individual who violated the rules.

Referee's Code of Conduct*

- Always remember the game is for the players. Player safety and fair play come first!
- Study and learn the rules of the game and understand the “spirit” of the rules. Help fellow referees do the same.
- Encourage and enforce the philosophies of “Everyone Plays,” “Positive Coaching,” and “Good Sportsmanship.”
- Respect other referees’ decisions and do not publicly criticize another referee.
- Wear the proper uniform.
- Keep up with the action.
- Stay calm when confronted with emotional reactions from players, coaches, and parents.
- Honor accepted game assignments.
- Support good sportsmanship with a kind word to players, coaches, and parents of both teams when deserved.
- Always be fair and impartial. Decisions based on personal bias are dishonest and unacceptable.

**Adapted from American Youth Soccer Organization and National Support & Training Center*

APPENDIX 3: LEAGUE STANDING RULES

League standings shall be determined in the following manner:

1. Two points are given the team for each win.
2. One point is given each team for a tie at the end of all regulation time periods.
3. If a tie exists at the end of all regulation time one point will be given to each team and 1 bonus period will be played per Rule 85. the team will play "sudden death" where the winner will be awarded an additional point. If after bonus time, the teams remain tied, no additional points will be awarded, and the teams will remain tied.
EXCEPTION:
In the event of a tie after 1 bonus period in the Beaver and Cadet Freshman Division, there will be a 5-player shootout to determine the winner. The team with the most scores will be the winner and will be awarded an additional point. If after the shootout, the teams remain tied, no additional points will be awarded, and the teams will remain tied.
4. When teams are tied in points, the team with the most wins shall be awarded the higher place.
5. When teams are tied in points and wins, the team having allowed the least goals (goals against GA) shall be awarded the higher place.
6. When teams are tied in points, wins, and goals allowed, the result (victories) between the teams during regular season head-to-head competition will determine the winner.

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