



**National Street Hockey Association
Official Rule Book**



Our Mission

*To Promote Youth Street Hockey
Tournaments at the Highest Level*



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General Tournament Rules - Section A

1. **Points - Maximum of 20**
 - Win: 10 pts
 - Goal Differential: 1 pt per goal, up to 7 goals
 - Shut Out: 3 pts
 - Tie: 5 pts
 - * 8 pts will be awarded to each team in which the game ends in a 0-0 tie

2. **Home Team**
 - Round Robin Games: Determined by a coin flip at the beginning of each game; the home team will have choice of goal defended and player's bench.
 - Playoffs: The Higher Seeded Team has choice of goal defended and player's bench.

3. **Game Time**
 - If games are running behind the next game will start 5 minutes after the preceding game.

4. **Forfeits**
 - There will be a 10-minute-foreit time.

If a team receives a forfeit they will receive a minimum of 14 points, and possibly more to be determined by the NSHA Board. The team that forfeits will receive a fine of \$200 payable to the hosting tournament. The fine must be paid before the next tournament. The Board can review this forfeit.

5. **Periods/Clock**
 - 3 periods of 10 minutes each with clock stopping.
 - 1.5 minute intermission between periods.
 - Clock will run any time a goal differential of six (6) is reached.
 - Any time during any game in which there is a goal differential equal to eight (8) the game shall be declared over immediately.
 - *Exception: Penguin & Beaver Only*
 - *Once a game reaches an 8 goal differential - The game is over from a "Points" perspective. You will play a minimum of 2 periods at the referee's discretion.*

6. **Time Outs**
 - 1 time-out per game allowed and 1 in each over-time period.
 - There are NO BACK TO BACK time outs allowed. The team who calls the 2nd time out will be issued a delay of game 1 minute bench minor.

7. **Tie Score**
 - Round Robin Games: Remain a Tie, No Overtime.
 - Quarters or Semis: a SINGLE 10 minute sudden death overtime period will be played. In the event the game is still tied a 3 person shootout will follow. If still tied a sudden death shootout will continue. No player can shoot 2X prior to all NON GOALIE players shooting 1X. Higher seed decides who shoots first.
 - Finals: Sudden death 10-minute overtime periods will be played until there is a winner.



General Tournament Rules - Section A

8. **Overtime**
 - For the first over-time period teams DO NOT switch sides. Teams defend the side they defended in the 1st period of the game.

9. **Playoff Positioning**
 - Ties for positioning in the playoff rounds are broken as follows:
 - Head to Head
 - Wins
 - Goals Against
 - Goals For
 - Coin Flip

 - If there is an “A” vs. “A” Game in Pool Play and “A” Team loses, they will not be placed in a lower tier playoff.

 - Any team observed shaving points will automatically be placed in a higher playoff bracket or disqualified.

 - Standings may be adjusted by Tournament Director with NSHA Approval. All decisions are Final.

 - Each division will be grouped pool play and for playoff purposes will be broken out into Tier 1, Tier 2, or Tier 3 divisions (IT WILL ONLY BE BROKEN INTO 3 TIERS IF WE HAVE 18 TEAMS IN THE DIVISION). Each team will get a minimum of 3 games and 1 playoff game.

10. **Team - Age Requirements**

Age Brackets (Cutoff date is January 1st):

 - Chipmunk Division: Ages 4 - 6
 - Penguin Division: Ages 7 - 9
 - Beaver Division: Ages 10 - 12
 - Cadet Division: Ages 13 - 15
 - Freshman Division: Ages 16 - 19
 - B, C, C2 Teams may not have more than 6 (including 1 Goalie) 9, 12 or 15 year old players.
Exceeding this number classifies the team as “A”.

11. **Game Balls**

Game officials will determine what type(s) of hockey balls will be used for the game. Host Tournament will supply game balls to the officials before the start of each game.

12. **Alcoholic Beverages are Strictly PROHIBITED.**



General Tournament Rules - Section A

13. Equipment

- Gloves must be Street Hockey, Ice Hockey, or Lacrosse gloves (padded).

No garden or bike gloves.

- Helmets with cage or full face shield. HECC Certified (No Mylec).
- Shin pads worn outside of the players clothing.
- Athletic support or pelvic protector.
- Elbow pads are required in every tournament.
- Mouth pieces are highly recommended but not required.
- Sticks—No aluminum sticks will be permitted; Sticks must be Street Hockey or Composite, blades can be plastic or ABS, no all wood blades, butt end required. (so that it can not go through Helmet cage).
- Butt-End. A Butt-End is required but it is not a Penalty, player must add end before returning to the game.
- If an offensive player loses their equipment they must get off rink or fix equipment before playing the ball. If they play the ball they will be assessed a minor penalty. If Defensive player loses equipment they may get one play at ball and then must fix equipment or must get off the rink. If not they will be assessed a minor penalty.

14. Dangerous Equipment

The game officials are specifically authorized to make a check of each team's equipment to ensure the compliance with this rule.

Teams can be assessed a 1 minute penalty for illegal equipment.

15. Equipment Challenges

One challenge per stoppage. (NOT ONE PER SIDE - whoever challenges first) No back to back challenges. The team who challenges 2nd or tries a back to back challenge during the SAME STOPPAGE will be issued a 1 minute delay of game penalty.

16. Foul Language

Cursing, obscene or threatening gestures or language, harassment of any kind, malicious or personal remarks between opponents, players, spectators or officials on or off the rink will not be tolerated and will be subject to either a Minor Penalty, Misconduct, or Game Misconduct at the Referees' Discretion. Anyone who receives a Game Misconduct will be immediately removed from the rink or rink area and forbidden to return until disciplinary action(s)/decision(s) have been made by the Host Tournament in conjunction with the NSHA.

17. Weather Delays

- Lightning will delay a game 30 minutes from the last visible strike/flash.
- Thunder will delay a game 20 minutes from the last rumble.
- Rain will delay a game only if game officials and/or Tournament Host determine the rink is unplayable. If the rink takes on too much water, the game will be suspended and will resume play, from the exact moment it was stopped, at a later date.
- Games that are suspended by rain, or any other reason not listed above, will only be considered final if Tournament Host and NSHA Approve.



Roster Rules - Section B

1. All teams and rosters are subject to the review and approval of the individual tournaments and the NSHA Board.

Each host tournament reserves the right to exclude any individual as they deem necessary to protect the integrity and safety of the players, coaches, refs and those spectating.

THE NSHA BOARD RESERVES THE RIGHT TO REVIEW ANY SITUATION AND IMPOSE ANY SANCTIONS ON INDIVIDUALS, PLAYERS, PARENTS, COACHES, SPECTATORS or OTHERS that show a blatant disregard for safety, good sportsmanship or have a continued negative impact on the game, not defined above or specifically outlined in the code of conduct.

- Payment and Rosters are due 21 Days prior to each NSHA Tournament. Payment must be made in order for your team to be scheduled. Payments are due to the specific tournament you are entering.

2. **Players**

Player's are only allowed to play for one team in one division. No player movement is allowed during the tournament. Once rostered on an A team a player can not move down, even between tournaments.

3. **Roster limits**

- Max per individual roster is 18.
- At Time of Rostering - Multiple Teams from a club within a Division will be ranked in order.
- Roster Additions - Must be approved if your roster is under 18.
- Roster Drop/Add-Must be approved by Tournament Host and NSHA Board.

4. **Player Movement Within a Division**

- Once Rostered, Players are allowed to move up to a Higher Level Team within the Division and move back down to their Original Team between tournaments. NOT DURING the same tournament.
- Once Rostered, Players may not drop to a lower team between Tournaments.
Ex: Rostered A, can't play on B/C/D, B can't play on C/D, C can't play on D.
- Goaltenders can move up from the division below in case of an emergency, goaltenders can NOT play for two teams in the same tournament.
- Any movement between rosters must occur prior to the start of the Tournament.
- Club Rep must share with Host Tournament Committee and NSHA Board.
- Notification must be given to the GAME OFFICIALS and RECORDED as such on the score sheet. NAME and PLAYER NUMBER.



Roster Rules - Section B

5. **Player Movement between Divisions**
 - A Player can move up/also play at the next (age) level as long as roster does not exceed 18. Player must be of the oldest age - (i.e.: 9 yr. old Penguin to play Beaver, 12 yr old Beaver to play Cadet, 15 year old Cadet to play Freshman).
 - Player cannot play on two rosters during one tournament, meaning if you are 9 you cannot play on two team rosters within in a division during the same tournament.
 - Ex. 9 Year Old Penguin can play Penguin and only one Beaver Team during the same Tournament.
 - Notification must be given to the GAME OFFICIALS and RECORDED as such on the score sheet. NAME and PLAYER NUMBER.
6. **Player Movement between Organizations**
 - Once rostered, that player is rostered for the entire season. No player movement between towns, between or during tournaments.
7. **Coaches**
 - * Must list a minimum of 2 Coaches.
 - * You must roster all Coaches (up to 5 and Team Manager/Club Contact)
 - * Only 4 Coaches per bench during games.
 - Minor Penalty if challenged.
8. **Rosters and Payment**
 - Rosters must be submitted on-line, approved and payment received 21 days prior to each Tournament.
 - Roster Sticker must be presented to Scorekeeper at each game.
 - Any changes must be noted.
9. **21 Day Rule for Payment, Rosters and Providing Participating Team List to NSHA to prepare Draw and Recommended Playoff Structure**
 - Non-NSHA Teams without confirmed payment will not be put into the draw or scheduled.
 - Draw turnaround is 5-7 days, this allows 7-9 days to complete your schedule.
 - Tournament Schedule should be posted minimum of 7 days prior to Start Date.
 - Freshman dues are not part of NSHA Fee. Payment is due to each Tournament Host.
 - Tournament Host's are responsible for collecting fees from non-NSHA Teams.
10. **Host Tournaments**
 - Hosts are responsible for tracking all Ejections, Suspensions and are to Notify NSHA.Executiveboard@gmail.com ASAP. The End of Tournament Report is due to NSHA within 48 hours of the tournament ending.



Rules - Section C

1. **Icing**
Will be from behind the Defensive Blue Line.
2. **Floating Blue Line/Offsides**
Going into the zone, when the ball crosses the blue line, the zone is gained extending back to the Red Line. Once the ball crosses the Red Line, the Offensive Team's players must clear the defending team's blue line and the ball enters past the blue line to be considered onside again.
3. **Delayed Offsides**
Games will be played with a delayed offsides in effect. Play is whistled dead if there is a shot on goal, regardless if the player got back before the ball reached the goal.
4. **Point of Pass**
If a pass is sent from a teammate and teammate is called offsides the face-off will go back from the pass.
5. **Lobs**
Two line passes and lobs are permitted.
6. **Double Hand**
Double hand up is a Minor Penalty - hand up and hand forward is NOT a penalty.
7. **Hand Pass**
 - HAND PASS IS ALLOWED in defensive zone. Defensive zone is blue line in.
 - HAND PASS TO THE NET - An offensive player cannot hand the ball onto the goalie, crease or in the net. Doing so will result in a stoppage and ball comes out of the zone.
8. **Referring**
Each team will have Captains or Assistants. A referee must discuss a call with the Captain/Assistants when the Captain or Assistant asks. A Coach must use his Captains and Assistants for questioning calls.
 - Offsite games, both teams need to provide a referee.
9. **Referee**
 - All calls by the referee will be final.
 - All protests must be made before play is continued.



Rules - Section C

10. **No “crease violations” will be called**

- Goals will count if an offensive player is in the crease when a goal is scored unless the referee calls a penalty for interference with the goalkeeper.

11. **Handling of the Ball**

You can GRAB THE BALL. When a player simply closes their hand on the ball and immediately drops it to the floor, without gaining or attempting to gain an advantage by this action, play shall be allowed to continue.

- A Minor penalty shall be assessed who deliberately holds the ball, or changes direction with the ball and in the opinion of the Referee, is causing an unnecessary stoppage in play. But play shall immediately be stopped if any player changes direction on the ball and gains an advantage or causes a stoppage a Minor Penalty shall be assessed.

- A Minor penalty shall be assessed a goaltender who deliberately holds the ball and in the opinion of the Referee, is causing an unnecessary stoppage in play. Note: Where the ball is thrown forward between the two circles by the goaltender and it is received by an opponent, the Referee shall allow play to continue. However if a teammate receives the ball, play shall be stopped and a deep face-off should occur.

- A Minor penalty shall be assessed to any player (except the goaltender) who, while play is in progress, picks up the ball with their hand. If a player of the defending team (except the goaltender) picks up the ball from the floor while it is in their team’s goal crease, the play shall be stopped and a Penalty Shot shall be awarded to the non-offending team.

- A player shall be permitted to stop or bat a ball in the air with their open hand, or to push it along the floor with an open hand and play shall not be stopped, unless the player has directed the ball to a teammate in the neutral or attacking zone. When this occurs, play shall be stopped and a face-off shall ensue at the face-off spot that penalizes the offending team most near to the location that the hand pass occurred. Where an attacking player in the attacking zone, makes a hand pass and the defending team refrains from playing the ball, stop play and conduct the face-off at the nearest face-off spot.

- A goal shall not be allowed if the ball has been batted with the hand or any part of the body by the attacking player into the net.



Rules - Section C

12. Kicking the Ball

Kicking the ball shall be permitted in all zones; however, a goal that is scored as the result of the ball being kicked by an attacking player and entered the goal either directly or after deflecting off any player including the goalkeeper, shall not be allowed. Note: In order for a goal to be disallowed under this rule, an intent to redirect the ball must be present.

- No goal can be scored when an attacking player kicks another object which, in turn, propels the ball directly or indirectly into the goal.

13. Falling on the Ball

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

- Any player who drops to block a shot shall not be penalized if the ball is shot under the player or becomes lodged in any clothing or equipment. A minor penalty shall be assessed to any player who uses the hands to obtain such stoppage.

- A minor penalty shall be assessed to a goalkeeper who falls on or gathers the ball into the body, when the body is entirely outside the boundaries of the privileged area or who falls on or gathers the ball into the body, when the body is entirely outside the goal crease and the ball is behind the goal line.

- A minor penalty shall be assessed to a goalkeeper who holds the ball against any part of the goal or the boards.

- 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 into their body in any manner or picks up/closes their hand on the ball, while the ball is within the goal crease. No other penalty shall be assessed. Note 1: If the goaltender has been removed from the floor, then a goal is awarded. Note 2: 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 offense occurs. However in cases where the ball is outside the crease, a Minor penalty may be imposed, even though no Penalty Shot is awarded.



Rules - Section C

14. Goals and Assists

A goal shall be scored when the entire ball has legally passed between the goal posts, below the cross bar and completely across the goal line. Following any goal, the Referee will resume play by conducting a face-off at the center floor spot.

- A goal shall be scored when the ball is put into the goal in a manner by a player of the defending team unless the ball has been struck by a high stick. The player on the attacking team who last played the ball shall be credited with the goal, but no assist shall be given.
- A goal shall NOT be allowed if the ball has been directed into the net as a result of a distinct kicking motion by an attacking player, or after being kicked, the ball deflects off any player or stick into the net.
- If the shot of an attacking player has been deflected into the goal by striking the stick, feet, 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 shall be credited with the assist. The goal shall not be allowed if the ball is deliberately directed into the net by any part of the body of an attacking player including his feet.
- If a goal is scored as the result of a ball deflecting directly into the goal off the person or feet of an official, the goal shall not be allowed.
- 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.
- A goal and assist shall count one point in the scoring records. Not more than two assists shall be credited on any one goal.
- Any goal scored, other than as covered by the Official Rules, shall not be allowed. The resulting face-off shall be determined as per face-off rules.



Penalties/Infractions - Section D

1. Penalties

Minor: 1 Minute

Major: 3 Minutes

Misconduct: 5 Minutes

- All penalties result in the face-off taking place deep in the penalized team's zone.
- EXCEPT, if the non-offending team ICES the ball.

2.. Exclusion from Game

- 3 Minor Penalties - exclusion from the remainder of that game.
- 1 Major - exclusion from the remainder of that game.
- Misconduct Penalty - exclusion from the game.
- **Exclusions subject to review and discipline.**

3. Penalties are divided into the following classes:

- Minor Penalties
- Bench Minor Penalties
- Major Penalties
- Misconduct Penalties
- Game Ejection
- Game Misconduct Penalties
- Gross Misconduct Penalties
- Match Penalties
- Penalty Shot

- Any player or team official may be assessed penalties at any time before, during, or after a game.

4. Coincidental Penalties

Teams are not short handed and game will be played 4 vs 4 or 3 vs 3.

5. Major and Minor Penalty

When a player is assessed both a Minor and Major penalty at the same time, the Major penalty shall be served first. The same principle will apply when a player is assessed both a Minor and Match penalty at the same time.

- For ALL Major penalties the offending player shall be assessed a game misconduct penalty and the offending team shall be short-handed for 3 minutes. **THIS NEEDS TO BE REPORTED TO NSHA ASAP.**



Penalties/Infractions - Section D

6. Misconduct Penalty

A player, except a goaltender, incurring a Misconduct penalty, shall be ruled off the floor for a period of 5 minutes actual playing time. A substitute for the penalized player shall be permitted immediately. A player serving a Misconduct penalty shall remain on the penalty bench until the first stoppage of play following the expiry of their penalty. When a player is assessed a Minor and a Misconduct penalty or a Major and a Misconduct penalty at the same time, the penalized team shall immediately place a substitute player on the bench to serve the Minor or Major penalty. The Misconduct penalty will commence on the termination of the Minor or Major penalty.

7. Game Misconduct Penalties & Game Ejection

Any player incurring a Game Misconduct penalty shall be suspended for the remainder of the game, and needs to be reported to NSHA.

8. Gross Misconduct Penalties

Any player incurring a Gross Misconduct penalty shall be suspended for the remainder of the game and shall be reported to the NSHA for further action. A substitute for the penalized player shall be permitted immediately. Gross Misconduct penalties, gross misconduct includes, but is not limited to, using racial or ethnic slurs or obscene gestures, biting or spitting on another person, deliberately inflicting physical harm to a Game or Team Official, or behaving in any manner which is critically detrimental to the conduct of the game.

9. Match Penalties

In every instance where a Match penalty has been assessed, the offending player's team shall be required to send a player to the penalty box for five minutes. The player who serves the five minutes must have been on the floor at the time of the infraction. Where an offending player has been assessed penalties in addition to the Match penalty those penalties will be served by the same player who serves the five minute penalty. This section would not apply in the case of the coincident Major or Match penalty rule.

10. Harassment of Officials, Unsportsmanlike Conduct/Misconduct

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



Penalties/Infractions - Section D

10. **Harassment of Officials, Unsportsmanlike Conduct/Misconduct cont.**
A Minor penalty shall be assessed to any player or team official who challenges or disputes the rulings of any official during the game or who displays unsportsmanlike conduct. If a player or goaltender persists, they shall be assessed a Misconduct penalty and any further disputes will result in a Game Misconduct penalty being assessed to the offending player or goaltender. If a team official persists, they shall immediately be assessed a Game Misconduct penalty. A Referee is not required to assess a Minor penalty under this rule before assessing the Misconduct or Game Misconduct, but may assess either of these penalties initially.
- A Misconduct penalty shall be assessed on any player who:
 - Uses obscene, profane or abusive language or gestures to any person.
 - Persists in disputing or shows disrespect for the ruling of any official.
 - Intentionally knocks or shoots the ball out of reach of an official who is retrieving it.
 - A player who, after receiving a Misconduct penalty, persists in any of the actions above, shall be assessed a Game Misconduct penalty.
Note: In the case of a team official, a Bench Minor penalty shall be assessed instead of a Misconduct penalty. A team official after receiving a Bench Minor penalty would receive a Game Misconduct penalty if the actions continue. A Referee is not required to assess a Bench Minor penalty under this rule before assessing a Game Misconduct penalty.
 - If the Referee is unable to identify the person responsible for the use of obscene, profane or abusive language, a Bench Minor penalty shall be assessed to the offending team.
 - A Misconduct penalty shall be assessed to any player who shows any course of conduct (including threatening and abusive language or gestures or similar actions) designed to incite an opponent into incurring a penalty. Any player who removes his helmet to incite an opponent would also receive a Misconduct penalty under this rule.
 - Any player or team official who engages in verbal taunts, insults or intimidation based on discriminatory grounds (race, ethnicity, religion, gender, sexual orientation, language) shall be assessed a Game Misconduct penalty. Report full details of the incident to the NSHA for further action.



Penalties/Infractions - Section D

- 11.. **Attempt to Injure or Deliberate Injury**
A Match penalty shall be assessed any player or team official who deliberately attempts to or deliberately injures an opponent, official, team official or spectator in any manner.
12. **Boarding and Body Checking**
- A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty, based upon the degree of violence of the impact with the boards, shall be assessed to any player who body checks, cross-checks, elbows, charges or trips an opponent in such a manner that causes the opponent to be thrown violently into the boards. If a player is injured a Major penalty and a Game Misconduct penalty must be assessed. When the offensive player is running towards the defensive player, the defending player may not hit the offensive player by going in the opposite direction to that player. The body contact must be as a result of the movement of the offensive player. There must be no action where the offensive player is pushed, checked or shoved into the boards.
13. **Broken Sticks**
- A player or goalkeeper whose stick is broken may participate in the game provided the broken stick is dropped immediately. A minor penalty shall be assessed for an infraction of this rule. A broken stick is one which, in the opinion of a Referee, is unfit for normal play. Note: When a player discards the broken portions of a stick by tossing them to the side of the rink (not over the boards) in such a way that they do not interfere with play or opposing players, no penalty shall be assessed.
- A player will be penalized if he throws, tosses, slides, or shoots a stick to a teammate on the rink.
 - A player may not participate in the play using a goalkeeper's stick. A minor penalty shall be imposed for an infraction of this rule.
 - A player who participates in play, intentionally prevents the movement of an opponent, or who intentionally plays the ball while carrying two sticks (including while carrying a replacement stick to their teammate) shall incur a minor penalty under this rule.
 - A player tendered a stick thrown on the rink from the players' or penalty bench will not receive a penalty. However, the team shall be assessed a bench minor penalty.



Penalties/Infractions - Section D

13. Broken Sticks cont.

- A goaltender who breaks or loses their stick may use a stick of a player handed to them by a player until the next stoppage of play. In this case the players' stick will not be considered an illegal stick. A goaltender may not continue to play with a broken stick of any kind.
- A goaltender may receive a stick from a teammate without proceeding to the players bench providing the stick is handed to them. A goaltender receiving a stick illegally shall be assessed a Minor penalty.
- A goaltender may not go to the players' bench during a stoppage of play for a replacement of their stick, but must receive a replacement stick from a teammate. For a violation of this section, a Minor penalty for Delay of Game shall be assessed the goal tender.

14. Charging

A Major penalty and a Game Misconduct penalty shall be assessed any player who charges a goaltender while the goaltender is within their crease or who injures an opponent as a result of a charge. Note: A goaltender is not "fair game" just because they are outside the goal crease area. A penalty for interference (Minor or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty) or charging (Minor or, at the discretion of the Referee, Major penalty and a Game Misconduct penalty) shall be called where an opposing player makes unnecessary contact with a goaltender. Likewise, Referees should be alert to penalize goaltenders for tripping, slashing or spearing in the vicinity of the goal.

15. Checking from Behind

A Minor penalty and a Game Misconduct penalty or a Major penalty and a Game Misconduct penalty at the discretion of the Referee, based on the degree of violence of the impact; shall be assessed any player who intentionally pushes, body checks or hits an opposing player from behind, anywhere on the floor. If a player is injured, a Major penalty and a Game Misconduct penalty must be assessed. A Match penalty could also be assessed under this rule.



Penalties/Infractions - Section D

16. Cross-Checking

- A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who cross-checks an opponent.
- Any player who strikes an opponent above the normal height of their shoulders with a cross-check shall incur a Major penalty and a Game Misconduct penalty, whether or not injury results.
- A Major penalty and a Game Misconduct penalty shall be assessed any player who cross-checks a goaltender while they are in the crease.
- A Major penalty and a Game Misconduct penalty shall be assessed any player who injures an opponent as a result of a cross-check.
- A Match penalty shall be assessed any player who deliberately injures an opponent with a cross-check.

17. Delay of Game

- A Bench Minor penalty shall be assessed to a team which, in the opinion of the Referee, is deliberately delaying the game in any manner.
- A Minor penalty shall be assessed to any goaltender who shoots or bats the ball out of the playing surface with their stick.
- When the goaltender shoots the ball directly out of the playing surface where there is no glass, such as at the players' bench or penalty bench, or if the ball touches the glass or deflects off a player or official, no penalty shall be assessed.
- This penalty will also be assessed to any player or goaltender who shoots the ball out of the playing surface with their stick during a stoppage of play.
- Referees must be strict in enforcing the rules where a team is deliberately stalling, freezing the ball, shooting the ball out of the playing surface, the goaltender holding the ball or throwing it out of the playing surface, or the team committing a "series of intentional icings", thereby forcing a face-off.
- Any player who leaves the players' bench to deliver instructions to their teammates and does not remain on the floor as a substitute, will be assessed a Minor penalty.



Penalties/Infractions - Section D

17. **Delay of Game cont.**
- Any deliberate action by a defending player, including the goaltender, in their defending zone which results in the goal net being knocked from its position, shall constitute an act of deliberate delay of game. If this action occurs in the last two minutes of regular playing time, of any time in overtime, a Penalty Shot shall be awarded against the offending team and the Minor penalty shall not be served.
 - A Penalty Shot shall be awarded should the goaltender by deliberate action, dislodge the goal net from its position when a player is on a breakaway in the neutral zone or attacking zone.
 - If in the last minute of regular playing time, or anytime in overtime, a team is penalized for any of the following infractions, a Penalty Shot shall be awarded against the offending team: Deliberate Illegal Substitution, Deliberately Knocking the Goal Net from its Position, Refusing to Start Play.
 - A Bench Minor penalty shall be imposed upon any team which, after a warning by the Referee fails to place the correct number of players on the floor and commence play.
18. **Elbowing and Kneeing**
- A Minor or Major penalty, at the discretion of the Referee, shall be imposed on any player who uses their elbow or knee to foul an opponent. A major penalty must be imposed under this rule for a foul resulting in an injury to the face or head of an opponent.
 - Elbowing is the use of an extended elbow in a manner that may or may not cause injury.
 - Kneeing is the act of a player leading with their knee and in some cases extending his leg outwards to make contact with his opponent.
19. **Face-offs**
- A face-off shall take place when the Referees drop the ball on the floor between the sticks of the players facing-off. The players taking the face-off shall stand squarely facing their opponents' end of the rink, approximately one stick length apart with the full blade of the sticks flat on the floor. All other players on both teams must be outside the circles or at least 15 ft. from the players taking the face-off and they must be on-side.



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19. Face-offs cont.

When the face-off takes place at any of the face-off spots in the end zones, the players taking part in the face-off shall take their positions so that they stand squarely facing their opponents' end of the rink. The sticks of both players facing-off shall have the toe of the blade touching the surface within the designated area and the player of the Visiting Team shall place their slick first. All other players on the floor must position themselves and their sticks on sides. If a player, other than the player taking the face-off, moves off-side, makes physical contact with an opponent or encroaches on the face-off circle prior to the dropping of the ball, then the offending team's player taking the face-off shall be ejected from the face-off.

- On all face-offs the ball must first hit the floor before the players can make a play on the ball. Once the ball has hit the floor the player must first play the ball with their stick without contacting their opponent. Failure to execute a face-off in this manner will result in encroachment being called against the offending player and the face-off will be repeated.
- At the discretion of the Referee, the offending team's player taking the face-off shall be ejected from the face-off if repeated infractions occur during the same face-off.
- All face-offs will be conducted at one of the nine face off spots located on the playing surface. No player facing-off shall make any physical contact with their opponent's body by means of their own body or by stick, except in the course of playing the ball, after the face off has been completed. For a violation of this rule, the Referee shall assess a Minor penalty or penalties to the player(s) whose action(s) caused the physical contact. Note: "Conduct of a face-off" commences when the Referee designates the face-off spot on one of the nine dots on the playing surface and takes their position to drop the ball.
- When a team commits a face-off infraction (late arrival, not immediately taking a proper position, early movement), the Referee may order a replacement for that face-off by a teammate on the playing surface that has not committed a face-off infraction during the same stoppage of play.
- If, after a warning by the Referee, either of the players fails to take the proper position for the face-off promptly, the Referee shall be entitled to conduct the face-off regardless of such default.
- A team committing a second violation of any of the provisions during the same face-off will be assessed a Minor penalty for "face-off violation" by the Referee.



Penalties/Infractions - Section D

19. Face-offs cont.

- When a violation of a rule has been committed, or a stoppage of play has been caused by any player of the attacking team in the Attacking Zone, the ensuing face-off shall take place at the nearest neutral high zone face-off spot. Note: This Includes a stoppage of play caused by a player of the attacking side shooting the ball on the back of the defending teams' net without any intervening action by the defending team.
- When an Infringement of any rule has been committed by players of both teams, the ensuing face-off shall be at the nearest end zone face-off spot based on the cause of the stoppage of play and not related to the location of the ball when play was stopped.
- All face-offs in the neutral zone shall be conducted at the designated face-off spots as dictated by reason for the stoppage of play. The face-off location to be used will be one of the two face-off spots nearest the offending team's blue line in the neutral zone, thus causing a loss of territorial advantage to the offending team. When players of both teams cause the stoppage of play the face-off will take place at nearest neutral zone face-off spot to where the stoppage occurred and not related to the location of the ball when play was stopped. For the purpose of an off-side pass: if the pass originated from the offending team's side of center in the neutral zone the face-off will be at the face-off dot outside the offending teams blue line how ever If the offending team has crossed the center red line into the opposing team's neutral zone (the area between the blue line and red line of the opposition) and an off-side pass is made from this area the face-off will take place outside the oppositions blue line at the closest face-off dot.
- When any stoppage of play In the end zone is caused by a defending player or the goaltender the ensuing face-off shall take place the nearest end zone face-off spot based on the cause of the stoppage of play and not related to the location of the ball when play was stopped.
- When one or both defensemen, point players or any player coming from the players' or penalty bench of the attacking team, enter deeply into the attacking zone (the top of the circle being the limit) when a gathering is taking place following a stoppage of play, the ensuing face-off shall take place at the nearest face-off spot in the neutral zone, near the blue line of the defending team.
- Face-offs at the Center face-off spot will only be conducted: at the start of each period, following the scoring of a goal, an error by the referees, or premature substitution of the goaltender.



Penalties/Infractions - Section D

20. Falling on the Ball

- A Minor penalty shall be assessed any player except a goaltender, who deliberately falls on or gathers the ball into their body by any means, while standing or lying on the surface.
- Any player who drops to block a shot shall not be penalized if the ball is shot under the player or becomes lodged in any clothing or equipment. A minor penalty shall be assessed to any player who uses the hands to obtain such stoppage.
- A minor penalty shall be assessed to a goalkeeper who falls on or gathers the ball into the body, when the body is entirely outside the boundaries of the privileged area or who falls on or gathers the ball into the body, when the body is entirely outside the goal crease and the ball is behind the goal line.
- A minor penalty shall be assessed to a goalkeeper who holds the ball against any part of the goal or the boards.
- 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 into their body in any manner or picks up/closes their hand on the ball, while the ball is within the goal crease. No other penalty shall be assessed. Note 1: If the goaltender has been removed from the floor, then a goal is awarded. Note 2: 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 offense occurs. However in cases where the ball is outside the crease, a Minor penalty may be imposed, even though no Penalty Shot is awarded.

21. Fighting and Roughing

- A Major penalty and a Game Misconduct penalty shall be assessed to any player who fights with an opposing player. A player who is identified by the Referee as being the instigator or the aggressor in a fight shall be assessed a Minor penalty, in addition to any other penalties they may incur.
- A minor or a double minor penalty shall be assessed to a player who, having been struck, retaliates with a punch or an attempted punch. However, at the discretion of the Referee, a major plus a game misconduct penalty shall be assessed if the player continues the altercation.
- Any player who does not retaliate after being struck will not be assessed a penalty under this section, but may be assessed a penalty for a violation of other rules.



Penalties/Infractions - Section D

21. Fighting and Roughing cont.

- Any player wearing a ring or rings, tape or any other material on their hands, who becomes involved in a fight and who uses such materials to gain an advantage or to inflict punishment and/or injury shall be assessed a Match penalty in addition to any other penalties they may incur. Note: The prior sections shall also apply to goaltenders.
- When a fight occurs, all other players except the goaltender shall immediately retire to the front of their respective benches or to a neutral zone (should the fight occur in front of a player's bench) designated by the Referee and remain there until the Referee calls them back to resume play. The goaltenders must stay in their goal creases or proceed to a neutral zone designated by the Referee. Any player(s) refusing to do so after being instructed by the Referee shall be assessed a Misconduct penalty, plus any other penalty they may incur.
- Any player joining in a fight, acting as a peacemaker or taking part in another fight during the same stoppage of play will be assessed a Game Misconduct penalty plus any other penalty the offender incurs under the rules.
- Any player or team official who becomes involved in a fight with a team official shall be assessed a Gross Misconduct penalty. This does not eliminate the possibility of further penalties being assessed for such an infraction.
- A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any player who is guilty of unnecessary rough play. Note: If the penalty assessed is for an infraction after the whistle, "Roughing after the Whistle" shall be recorded. Note 2: The Major penalty for roughing is not to be confused with and utilized in lieu of the Major Penalty and a Game Misconduct Penalty for fighting.
- A Minor penalty or, at the discretion of the Referee, a Major and a Game Misconduct penalty shall be assessed any player who, in the Referee's judgment, makes deliberate physical contact with an opponent after the whistle.
- The Referee is provided with very wide latitude in regard to the penalties which may be assessed under this rule. This is done to enable the Referee to differentiate between the obvious degrees of responsibility of the participants either for, starting the fight, or persisting in continuing the fight. Referees are directed to employ every means provided by these rules to prevent "fighting."



22. Goals and Assists

- A goal shall be scored when the entire ball has legally passed between the goal posts, below the cross bar and completely across the goal line. Following any goal, the Referee will resume play by conducting a face-off at the center floor spot.
- A goal shall be scored when the ball is put into the goal in a manner by a player of the defending team unless the ball has been struck by a high stick. The player on the attacking team who last played the ball shall be credited with the goal, but no assist shall be given.
- A goal shall NOT be allowed if the ball has been directed into the net as a result of a distinct kicking motion by an attacking player, or after being kicked, the ball deflects off any player or stick into the net.
- If the shot of an attacking player has been deflected into the goal by striking the stick, feet, 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 shall be credited with the assist. The goal shall not be allowed if the ball is deliberately directed into the net by any part of the body of an attacking player including his feet.
- If a goal is scored as the result of a ball deflecting directly into the goal off the person or feet of an official, the goal shall not be allowed.
- 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.
- Fact, goal and assist shall count one point in the scoring records. Not more than two assists shall be credited on any one goal.
- Any goal scored, other than as covered by the Official Rules, shall not be allowed. The resulting face-off shall be determined as per face-off rules.

23. Handling the Ball

- You can **GRAB THE BALL**. When a player simply closes their hand on the ball and immediately drops it to the floor, without gaining or attempting to gain an advantage by this action, play shall be allowed to continue.
- A Minor penalty shall be assessed who deliberately holds the ball, or changes direction with the ball and in the opinion of the Referee, is causing an unnecessary stoppage in play. But play shall immediately be stopped if any player changes direction on the ball and gains an advantage or causes a stoppage a Minor Penalty shall be assessed.



23. **Handling the Ball cont.**

- A Minor penalty shall be assessed a goaltender who deliberately holds the ball and in the opinion of the Referee, is causing an unnecessary stoppage in play. Note: Where the ball is thrown forward between the two circles by the goaltender and it is received by an opponent, the Referee shall allow play to continue. However if a teammate receives the ball, play shall be stopped and a deep face-off should occur.
- A Minor penalty shall be assessed to any player (except the goaltender) who, while play is in progress, picks up the ball with their hand. If a player of the defending team (except the goaltender) picks up the ball from the floor while it is in their team's goal crease, the play shall be stopped and a Penalty Shot shall be awarded to the non-offending team.
- A player shall be permitted to stop or bat a ball in the air with their open hand, or to push it along the floor with an open hand and play shall not be stopped, unless the player has directed the ball to a teammate in the neutral or attacking zone. When this occurs, play shall be stopped and a face-off shall ensue at the face-off spot that penalizes the offending team most near to the location that the hand pass occurred. Where an attacking player in the attacking zone, makes a hand pass and the defending team refrains from playing the ball, stop play and conduct the face-off at the nearest face-off spot.
- A goal shall not be allowed if the ball has been batted with the hand or any part of the body by the attacking player into the net.

24. **High Sticking**

- The carrying of sticks above the normal height of the shoulder of the opponent is prohibited, and a warning will be assessed at the discretion of the Referee. A High Stick penalty is any illegal contact to an opponent's body above the top of the shoulders, including the neck, throat and head(helmet), whether intentional or unintentional.
- Any player who checks or intimidates an opponent while carrying their stick above the shoulder of their opponent shall be assessed a Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty. If injury results, a Major penalty and a Game Misconduct penalty MUST be assessed.
- Any player who calls for the ball with a High Stick shall NOT be assessed a penalty.



24. **High Sticking cont.**

- Any player who strikes an opponent on the follow through of a standard shot shall NOT be assessed a penalty.
- If a player injures an opponent with an accidental high stick due to the actions of a player on the opposing team the player would receive a double Minor Penalty in place of the Major penalty and the Game Misconduct. Any player who strikes an opponent on the follow through of a “golf shot” shall be assessed a Minor Penalty or a Major Penalty and a Game Misconduct at the discretion of the Referee.
- Contacting the ball above the normal height of the shoulders with the stick is prohibited. When it occurs, play shall be stopped immediately and a Minor penalty shall be assessed to the offending player. If defending team high sticks the ball into their own net; immediate stoppage in play, a Minor penalty assessed and the goal is not allowed.
- Any play at the ball above the normal height of the shoulders with the stick is prohibited. Play is NOT stopped immediately, it is a delayed penalty and a Minor penalty shall be assessed to the offending player.

25. **Holding**

- A minor penalty shall be assessed to a player who holds an opponent with the hands, legs, feet, stick, or in any other way. If the penalty assessed is for holding the stick, a Minor penalty for “holding the stick” shall be assessed.
- A major penalty shall be assessed to any player who grabs or holds the face mask of an opponent with the hand.
- When a player injures an opponent as the result of “holding the face mask,” the Referee shall assess a major plus a game misconduct penalty to the offending player.

26. **Hooking**

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



27. Illegal Clearing (Icing) the Ball

- Icing the ball is automatically completed the instant the ball crosses the goal line, and the Referee shall immediately blow their whistle, stopping play. For the purpose of this rule, the center red line will divide the floor into halves. Should any player of a team, equal or superior in numerical strength to the opposing team, shoot, “bat” or deflect the ball from behind the blue line of their own half of the floor, beyond the goal line of the opposing team, play shall be stopped and the ball faced-off at the end zone face-off spot of the offending team. If during the play, the ball shall have entered the net of the opposing team, the goal shall be allowed, except if the ball has been batted with the hand into the opposing net. Any contact with the ball over the center red line, with the ball continuing down over the goal line, nullifies “Icing” the ball.
- If during the play of a delayed penalty due to an infraction by a player of the side NOT in possession of the ball, the side in possession “ices” the ball, the face-off following the stoppage of play shall take place deep in the zone of the team “icing” the ball.
- A team shall not be considered below the numerical strength of its opponent by reason of a penalized player remaining in the penalty box after their penalty has expired.
- When the ball is shot and rebounds from the body or stick of an opponent in their own half of the floor and crosses the goal line, it shall NOT be considered as “icing”.
- “Icing the ball” shall not be called if a team is below the numerical strength of the opposing team at the instant the ball is shot.
- Play shall continue and the “Icing the ball” infraction shall not be called if it is caused directly from either player taking the face-off.
- If, in the opinion of the Referee, a player of the opposing team, except the goaltender, is able to play the ball before it crosses the goal line, but has not done so, the play shall continue and the “Icing the ball” rule shall not apply.
- The “Icing the ball” Infraction shall not be called and play shall continue when:
 - The ball has touched by any part of an opposing players stick, or feet
 - The ball has touched the goaltender at any time before crossing the goal line.
- The goaltender leaves their crease in an attempt to play the ball that may impede players or create an unsafe environment.



27. **Illegal Clearing (Icing) the Ball**

- If the goaltender takes 2 steps out of their crease immediately recognizes that “Icing the ball” is in progress and returns to her crease, the “Icing the ball” situation will remain in effect.
- If the Referee has erred in calling an “Icing the ball” infraction under any conditions, the face-off shall take place at the center floor face-off spot.

28. **Interference / Protection of the Goaltender**

- A Minor penalty for Interference or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed any player who:
 - Interferes with or impedes the progress of an opponent who is NOT in possession of the ball, or
 - Deliberately knocks a stick out of an opponent’s hand, or
 - Prevents an opponent who has lost or dropped their stick from regaining possession of it
- The last player to touch the ball - other than the goaltender - shall be considered the player in possession.
- Often the action and movement of the attacking player causes the Interference, since the defending players are entitled to stand their ground or shadow the attacking players. Players of the side in possession of the ball shall not be allowed to “run” deliberate interference or setup a “pick” for the ball carrier.
- A Minor penalty for interference with the goaltender shall be imposed on a player who, by means of their stick or body, interferes with or impedes the movements of the goaltender by actual physical contact. Note: A goaltender is not “fair game” just because they are outside the goal crease. A penalty for Interference (Minor or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty) or charging (Minor or, at the discretion of the Referee, Major penalty and a Game Misconduct penalty) shall be called where an opposing player makes unnecessary contact with the goaltender. Likewise, Referees should be alert to penalize goaltenders for interference, tripping, slashing, or spearing in the vicinity of the goal.
- Unless the ball is in the goal crease area, a player of the attacking side may not stand in the goal crease. If the ball should enter the net while an attacking player is in the crease, the goal shall not be allowed. If an attacking player has physically interfered with the goaltender, prior to or during the scoring of the goal, the goal will be disallowed and a penalty for “Interference with the goaltender” will be assessed. The ensuing face-off shall be taken in the neutral zone, at the face-off spot nearest the attacking zone of the offending team.



28. **Interference / Protection of the Goaltender cont.**

- If a player of the attacking team has been physically interfered with by the actions of any defending player so as to cause him to be in the goal crease and the ball should enter the net while the player so interfered with is still in the goal crease, the goal shall be allowed.
- A Minor penalty shall be assessed to an attacking player, who while their team has possession of the ball, is interfered with by a defending player, but fails to attempt to avoid making contact with the goaltender. In addition, if a goal is scored it shall be disallowed. A Minor penalty shall be imposed on an attacking player not in possession of the ball, who is tripped or caused to fail and fails to attempt to avoid contact with the goaltender whether they are in or out of their crease.
- A Minor penalty shall be imposed on any attacking player, who makes deliberate contact with a goaltender whether in or out of the goal crease. At the discretion of the Referee a Major penalty and a Game Misconduct penalty may be imposed.
- In the event that a goaltender has been pushed into the net together with the ball after making a stop, the goal will not be allowed. If applicable, the appropriate penalties will be assessed.
- Where a stick or any object is thrown on the floor from the players' or penalty bench or where a player on the floor is interfered with by an opposing player or team official on the players' or penalty bench, (whether or not play is in progress), a Bench Minor penalty shall be assessed to that team if the Referee is unable to identify the person responsible. If a goal is scored, no Bench Minor penalty would be assessed.
- If any player on the penalty bench or player's bench interferes with any player on the floor while the ball is in play, they shall be assessed a Bench Minor Penalty for Interference, provided the Referee is able to identify the person responsible.
- A Major penalty and a Game Misconduct penalty shall be assessed any player who injures an opponent by interference.
- A Minor penalty shall be assessed a goaltender who deliberately places obstacles at or near his net which, in the Referees opinion, tend to prevent a goal from being scored.
- A Penalty Shot shall be awarded to the non-offending team if, in the Referee's opinion, such object or obstacle actually prevents a goal where the offending team's goaltender is legally on the surface. If a Penalty Shot awarded under this rule, the Minor Penalty shall not be assessed. A goal shall be awarded if, in the opinion of the Referee, such object or obstacle actually prevents a goal after the offending goaltender has been legally substituted for by another player.



29. **Kicking the Ball**

Kicking the ball shall be permitted in all zones; however, a goal that is scored as the result of the ball being kicked by an attacking player and entered the goal either directly or after deflecting off any player including the goalkeeper, shall not be allowed. Note: In order for a goal to be disallowed under this rule, an intent to redirect the ball must be present.

- No goal can be scored when an attacking player kicks another object which, in turn, propels the ball directly or indirectly into the goal.

30. **Leaving the Players' or Penalty Bench**

- No player may leave the players' bench or penalty bench at any time during a fight on the floor, or for the purpose of starting a fight. Substitutions made prior to the fight shall be permitted, provided the players so substituting do not enter the fight.

- A Game Misconduct penalty shall be imposed on the player of the team who was the first to leave the players' or penalty bench during a fight.

31. **Physical Harassment of Officials**

- Any player or team official who intentionally touches, holds, or pushes a Referee or Off-floor Official before, during, or after a game shall be assessed a Match penalty and shall be reported to the NSHA.

- Any player or team official who deliberately strikes, trips, or body checks a Referee or Off-floor Official before, during, or after a game shall be assessed a Match penalty and shall be reported to the NSHA.

- Any player or team official who threatens or attempts to strike a Referee or any Off-Floor Official before, during, or after a game shall be assessed a Match penalty and shall be reported to the NSHA.

32. **Off-sides**

- Players of the attacking team must not precede the ball into the attacking zone.

- A Floating Blue Line exists in ball hockey. Once the attacking team legally crosses the opponent's blue line with the ball, the blue line is eliminated and the attacking zone is now the area from the center red line in.

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



32. Off-sides cont.

- A player is on-side when either of their feet are in physical contact with, or on their own side of the line at the instant the ball completely crosses the outer edge of that line, regardless of the position of their stick.
- While the position of the player's feet is what determines whether a player is off-side, the question of an off-side never arises until the ball has completely crossed the outer edge of the line at which the decision is to be made.
- If an attacking player(s) precedes the ball that is shot, passed, or deflected into the attacking zone by a teammate, or deflected into the attacking zone by a defending player but a defending player is able to play the ball, the Referee shall signal a delayed off-side. The Referee shall drop his arm to nullify the off-side violation and allow play to continue if:
 - The defending team passes or carries the ball into the neutral zone, or
 - All attacking players in the attacking zone (at the time the ball crosses the blue line) clear the attacking zone by making foot contact with the blue line. If the ball is shot on goal, during a delayed off-side, the play shall be blown dead and face-off occurs as determined by the referee. If any attacking player touches the ball or attempts to gain possession of a loose ball while the ball is still in the attacking zone, the Referee shall stop play.
 - The attacking zone must be completely clear of attacking players before a delayed off-side can be nullified with the ball still in the attacking zone.
- If, in the opinion of the Referee, an intentional off-side play has been made, the ball shall be faced-off at the end zone face-off spot in the defending zone of the offending team.
- The "center line" blue line remains set until:
 - An attacking player has propelled the ball out of bounds that results in the face-off occurring outside the blue line.
 - The ball is propelled across the center red line.
 - In all cases noted, the blue line has to be reset.
- If a Referee shall have erred in calling an off-side pass infraction, the face-off shall take place at the center face-off spot.

33. Ball Must Be Kept In Motion

- A Minor penalty shall be assessed to any player who deliberately holds the ball against the boards or any part of the goal in any manner, unless he is being contacted by an opponent.



34. **Ball Out of Bounds or Unplayable**

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

35. **Slashing**

- A Minute Minor penalty or at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any player who impedes or seeks to impede the progress of an opponent by “slashing” with their stick.
- A Major penalty and a Game Misconduct penalty will be assessed to any player who injures an opponent with a “slash”.
- A “slashing” penalty shall be assessed to any player who swings their stick at an opponent (whether out of range or not) without actually striking them or when a player on the pretext of playing the ball, makes a wild swing at the ball with the objective of intimidating their opponent.
- A Match penalty shall be assessed to any player who deliberately attempts to injure or deliberately injures an opponent with a slash. Note: Any player who takes a careless golf like swing at the ball whether the player makes contact with the ball or an opponent within a sticks length of the offending player is to be penalized under this rule.
- Any player who swings the stick at another player during the course of any altercation shall be subject to a match penalty, and the circumstances shall be reported to the NSHA for further action.

36. **Spitting**

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



37. **Spearing**

- A major plus a game misconduct penalty shall be assessed to a player who spears an opponent.
- A minor penalty or a major plus a game misconduct penalty, at the discretion of the referee, may be assessed to a player who attempts to spear an opponent but makes no contact. An attempt to spear shall include all cases in which a spearing gesture is made.
- Spearing may also be treated as a match penalty under attempt to injure or deliberate injury to an opponent.

38. **Throwing Stick or Object**

- Where any player of the defending team, including the goaltender, deliberately throws their stick, any part or piece of equipment or any other object at the ball or ball carrier in the defending zone, the Referee shall allow the play to be completed and, if a goal is NOT scored, a Penalty Shot shall be awarded to the attacking team. If a goal is scored, the Penalty Shot shall not be awarded.
- A Minor penalty shall be assessed to any player who deliberately throws their stick, any piece of equipment or any other object at the ball or ball carrier in any zone, except when such act has been penalized by the awarding of a Penalty Shot or a Goal.
 - Example 1: If a player had possession of the ball in the neutral zone and an opposing player who is located in any one of the defending, neutral or attacking zones throws his stick or any other object at the ball or ball carrier, the penalty to be assessed would be a Minor Penalty except when such act has been penalized by the awarding of a Penalty Shot as in example 2 below.
 - Example 2: If a player has possession of the ball in his attacking zone and an opposing player who is located in any one of the defending, neutral or attacking zones throws his stick or any object at the ball or ball carrier a Penalty Shot would be awarded.

39. **Tripping**

- A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any player who trips an opponent. If injury results, a Major penalty and a Game Misconduct penalty shall be assessed. Note: A penalty shall not be assessed if, in the Referee's opinion, a player is unquestionably poke-checking the ball and obtains possession of it, thereby tripping the ball carrier.



39. **Tripping cont.**

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

40. **Diving**

- A Minor penalty for Unsportsmanlike Conduct shall be imposed on a player who attempts to draw a penalty by their action (diving). This penalty may be assessed with or without a foul to the opposing team at the discretion of the Referee.

41. **Head Shot**

- A Minor Penalty shall be assessed to any player who accidentally contacts an opponent in the head, face or neck with their stick or any part of the player's body or equipment.
- A Major Penalty plus a Game Misconduct penalty shall be assessed to any player who injures an opponent under this rule.
- A Match Penalty shall be assessed to any player who deliberately attempts to injure or deliberately injures an opponent under this rule.



Boarding
Strike the clenched fist of one hand into the open palm of the other hand directly in front of the chest.



Charging
Rotating clenched fists around one another in front of chest.



Misconduct
Hands should be moved once from sides down to hips. Thus, point to player first, hands to hips second.



Contact to the Head
Extend arm above head and tap head with open palm.



Cross-Checking
A single forward and back motion with both fists clenched in front of the chest.



Delayed Calling of Penalty
Extend arm to upright position.



Delayed Offsides
Extend arm in the air and point to line with other arm.



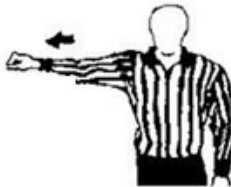
Delay of Game
The nonwhistle hand, palm open, is placed across the chest and then fully extended directly in front of the body.



Elbowing
Tapping either elbow with the opposite hand.



Slashing
One slap with the nonwhistle hand across the straightened forearm of the other hand.



Roughing
Fist clenched, fully extending arm from the side.



Goal Scored
Point at the net with the nonwhistle hand, palm open.



Obstruction
Hands in the middle of the body in the shape of an "O". Additional infraction following obstruction.



Hand Pass
The nonwhistle hand (open hand) and arm are placed straight down alongside the body and swung forward and up once in an underhand motion.



High-Sticking
Holding both fists, clenched, one a short space immediately above the other to the side of the head.



Kneeing
A single slapping of the right palm to the left knee, keeping both skate blades on the ice.



Holding
Clasp wrist of whistle hand with the other hand well in front of the chest.



Holding the Stick
Clasp wrist of whistle hand with the other hand well in front of the chest. Next, hold both fists, clenched, one a short space in front of the other at waist height.



Spearing
A single jabbing motion with both hands together, thrust forward in front of the chest, then dropping hands to the side.



Interference
Crossed arms with fists clenched stationary in front of chest.



Hooking
A series of fugging motions with both arms, as if pulling something toward the stomach.



Icing
The back official signals the icing situation by fully extending his free arm (without whistle) at a 90° angle. The front official shall indicate the icing is completed by extending his free arm over his head, up straight, and blowing his whistle. The back official then will move to the faceoff spot and cross arms to indicate the icing.



Timeout/Unsportsmanlike Conduct
Using both hands to form a "T" in front of the chest.



Tripping
Keep both skates on the ice when signaling, using right hand on the leg.



"Wash-out"
Both arms swung shoulder height, not waist height.





NSHA CODE OF CONDUCT

Penalties for Inappropriate Behavior

<i>Description of Infraction</i>	<i>Penguin/Beaver/ Cadet</i>	<i>Freshman</i>	<i>Coaches</i>	<i>Parents / Spectators</i>
Fighting with anyone by means of mutually exchanged blows delivered by hand, head, fist, or other portions of the body (see NSHA Tournament Rules for clarification)	1st-3 games, 2nd- 6 games 3rd- remainder of season	Any fight automatic review by board	Any fight automatic review by board	Any fight automatic review by board
Intent to Injure Penalty	3 Games & Review	3 Games & Review	N/A	N/A
Assaulting of a referee or linesman (deliberately pushing, striking, kicking, or attempting to kick, strike, or push a referee or linesman)	Season Min 10 Games Review by Board Max Life	Season Min 10 Games Review by Board Max Life	Season Min 10 Games Review by Board Max Life	Season Min 10 Games Review by Board Max Life
NJ State Law				
Leaving the bench during an altercation	Gm Misconduct + 1 gm suspension. Entering an altercation requires Board Review	Season Suspension	Gm Misconduct & Board Review- Consideration given to what was the coach doing leaving the bench. Helping or part of the problem? Referee should note on scoresheet	N/A
Throwing of objects at anyone (equipment, snow or ice balls, mud, dirt, rocks, etc. at anybody)	Game Misconduct, 3 Games & Review	Game Misconduct, 3 Games & Review	Game Misconduct, 3 Games & Review	Ejection, 3 Games & Review
Spitting at anybody	Game misconduct, 3 Games & NSHA Review	Game misconduct, 3 Games & NSHA Review	Game misconduct, 3 Games & NSHA Review	Ejection 3 Games & Review
Verbal abuse of a referee	As per game sheet and/or Review	As per game sheet and/or Review	As per game sheet and/or Review	As per game sheet and/or 2 Games & Review
Verbal threat delivered to a referee or linesman	NJ State Law on Assault carries more severe penalties for acts against any Referee, Coach, Manager League Representative.			
Gesturing, signaling obscenely or the use of profane language towards a referee or linesman	As per game sheet and/or Review	As per game sheet and/or Review	As per game sheet and/or Review	3 Games & Review
UNINVITED Entry to the playing surface by a coach, parent or spectator, to argue with a referee or linesman, disrupting play (penalty will be assessed against the coach)	N/A	N/A	Subject to Season ban and Board Review	Subject to Season ban and Board Review
Any ejection from a game not specifically defined above	Review By Board	Review By Board	Review By Board	Review By Board
Receiving any three ejections in any tournament season	Review By Board	Review By Board	Review By Board	Review By Board



Acknowledgments

*A Special Thank You to Michael Zambon,
Reuben Cuevas & the NSHA Board for your help
and contribution to the Official NSHA Rule Book.*



**If a situation occurs that is not outlined in the Official NSHA Rule Book,
please reference
The Official Street Hockey/Dek Hockey Regulations Rule Book.**