

2024 RMLL Rules & Procedure Package (Revised-April 2, 2024)

This document serves as a shared resource for all RMLL stakeholders (commissioners, players, coaches, managers, officials, and fans) to be informed by and referenced throughout the 2024 season. This has been sourced from previous years OJLL, BCLA and RMLL rule packages/clarifications. 2024 also the launch of the [RMLL Casebook](#), which provides more information for rules and procedures not necessarily related to the 2024 Playing Rules Updates.

Special Note:

The 2024 RMLL Playing Rules being implemented have nothing to do with crease dives. Crease dives for all RMLL Divisions, including Jr. A, are and have been as per LC Rules (see Rule 39). Implementing the changes for RMLL Rules in 2024 will NOT change how crease dives are currently being called in each Division. Although the rule and the standard is the same for all Divisions, differences might be perceived between divisions. This is mostly a result of skill and execution differences. A legal crease dive looks and is called the same at all levels.

2024 RMLL Rule Modifications ¹

4-second count: When a team gains possession of the ball in their crease, the player in possession must vacate the crease within four (4) seconds.

8-second count: When a team gains possession in their defensive half of the floor, they must advance the ball with both feet across the center line within eight (8) seconds of gaining possession. If a team calls a timeout on their defensive side of half, the 8-second count will reset, but the 30 clock will not reset.

Clarification: Teams must keep the ball in their offensive half after gaining possession or carrying the ball with both feet across and making contact in that zone. Possession will be awarded to the non-offending team. ²

Face-offs & restraining lines: In addition to revised face-off procedures which restrict stick and body contact, sticks must be placed eight (8) inches apart and touching the floor. The sticks must be placed so they are parallel to the centre line, four (4) inches from the centre line, and the players must keep their feet and body on their defensive half of the floor. Greater distance has been implemented between restraining lines; which are 85' apart and 42'6" from the centre line. Players are immediately released from their restraining lines upon the whistle to start play, but may not make contact with the players who are facing off until they are fully upright and in possession of the ball.

¹ From [OLA Jr A/Sr A Document](#)

² [NLL Rule 48](#)

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Mechanic: The players feet must be on their defensive side of half not in contact with the centre line, and their right foot not being more forward than their right hand with their foot to the left of the head of their stick. Players may clamp, rake or pull the ball once the whistle is blown, but both players must “contest the ball” meaning one player cannot simply stand up and immediately begin checking the other face-off player.

Delayed Penalty Mechanic: While a delayed penalty is signaled, the play is stopped if/when:

- the defending team gains possession of the ball;
- if the ball goes out of bounds;
- an over-and-back violation occurs;
- a goal is scored;
- the shot clock or game clock expires; or
- an offensive player commits a penalty/infraction.

NOTE: Completion of the play shall also mean:

- (i) The ball has come into possession and control of an opposing player/goalkeeper.
- (ii) A second infraction has occurred, regardless of which team commits the infraction.**
- (iii) The ball proceeds loose out of the zone.**
- (iv) Any reason that would have normally caused a stoppage in play.

The play will continue upon a shot on goal if the offensive team regains possession on the rebound, and the shot clock is reset; and if the ball contacts the defensive player’s stick or body but the defensive team does not gain possession and control of the ball.

Coincidental Penalties: If multiple penalties to each team are assessed during the same stoppage in play, minor penalties can be “canceled” without major penalties being required and will not be time-served penalties. When penalties “canceled” in this way, teams will be able to substitute from the bench for that player(s) and play at full-strength. The offending players will serve until a goal, penalty, time-out, or end of period upon the expiration of their penalty.

4-on-4 after Coincidental Penalties: Notwithstanding the above, when teams are playing at Full-Strength, regardless of the goalie being in or substituted from the bench, and a single minor penalty is called at the same stoppage to both teams with no other penalties at that stoppage, teams will resume playing 4-on-4 with the minor penalty on the clock as a time-served penalty. Players will be released upon the expiration of their penalty time. This is consistent with current LC rules (Situation 15b).

Multiple Penalties: If a team is short-handed with two players time-served penalties and a third penalty is called, a penalty shot will be awarded to the non-offending team.

Administration: The penalty serving with the least amount of time remaining will be canceled off of the clock by the penalty shot, and the new penalty time (either a minor, double minor or major) will be added to the clock. The player with the least amount of time on their penalty will return to the players bench prior to the penalty shot. The outcome of the penalty shot does not

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impact any other penalties serving, and play restarts with a face-off, regardless of whether or not a goal is scored.

Over and back/Back Over: “Over and back” is in effect for all possessions using the centre line. Teams who are in possession of the ball may not carry, pass, or allow the ball into their defensive half once they have entered their opponent’s half of the playing surface. An “over and back” violation does not occur if the ball hits the goal/goalie for a reset or the defending team is last to touch the ball.

Clarification: Should a “back over/over and back” violation occur, play may not restart within the 24-foot dotted line, including on a fast break. The Bill Hunter does not have a 24-foot circle. As such, officials will use the face-off restraining line as the threshold for when the play will be whistled-dead. Play will be restarted once the offensive team has moved approximately 5-yards from the top of the crease. It can be subject to the fast-restart rule, provided the ball is starting 5-yards from the top of the crease.

If the offensive team was the last to touch the ball prior to the ball going back over centre without a reset of the shot clock, the referee shall withhold the sounding of the whistle until it is apparent that the non-offending team will not gain possession. Possession shall be awarded to the non-offending team where the ball comes to rest..... If a goaltender is pulled for an extra attacker, and the ball travels back across centre into the goal, the goal shall count and be considered a good goal.

Clarification On a face-off, a team may go into their defensive half with the ball off a face-off provided they have not begun traveling towards the opposition’s goal while in possession or are forced into their defensive half by a defender. This includes carrying, passing or batting a loose ball into their defensive half during the first possession following a face-off.

Illegal Substitution: In all situations, if a team has too many players on the floor, a minor penalty will be assessed to the offending team.

Administration: Officials will use the “illegal substitution” stacked forearm signal when reporting these fouls, not the “Too Many Players” palm signal.

Clarification: Rule 36(c) - Too Many Players - Penalty Shot

If a player has their path altered by a player illegally on the floor (calling for a delayed penalty for Too Many Players and they meet the criteria for a breakaway, a penalty shot will be awarded. If the goalkeeper of the penalized team is not legally on the floor, a goal shall be awarded.

Fast restarts: Upon the restart of play, the non-offending team may gain possession at any location on the playing floor where the ball comes to rest. Upon stoppage of play, the offending team must immediately put the ball down and allow for a fast restart by the opposing team. As well, all offending team players must immediately move a minimum of six (6) feet away from the ball. If a player does not move 6 feet away from the ball, a minor penalty for delay-of-game will be assessed to the offending player.

Clarification: Officials are instructed to use discretion when determining if a player is intentionally delaying the game. It is reasonable to expect minimal movement of the ball when placing it down on a concrete playing surface vs a turf playing surface.

In-Homes³

In-homes are a player designated by the coach to serve all bench minor penalties or penalties that may require an additional player to serve them (coincidentals, majors with game misconducts, goalkeeper penalties, etc.) This saves the teams and officials time in determining who may or may not have been on the floor at a given time of an infraction.

In-homes will be provided to the officials prior to the game by being indicated on the game sheet similar to a captain or affiliated player with the designation “IH.”

Each club's designated in-home player will be indicated on the game sheet. A goaltender cannot be designated in-home. Any non-designated player penalty, bench minor, or minor penalty to the goaltender, will be served by the in-home player.⁴

Penalty Administration

Timeserve penalty “cancelling” has changed this year to adopt the below framework.⁵

Cancelling refers to placing penalties on the scoreboard and teams being permitted to play with substitutes from the bench for “canceled” non-timeserve penalties.



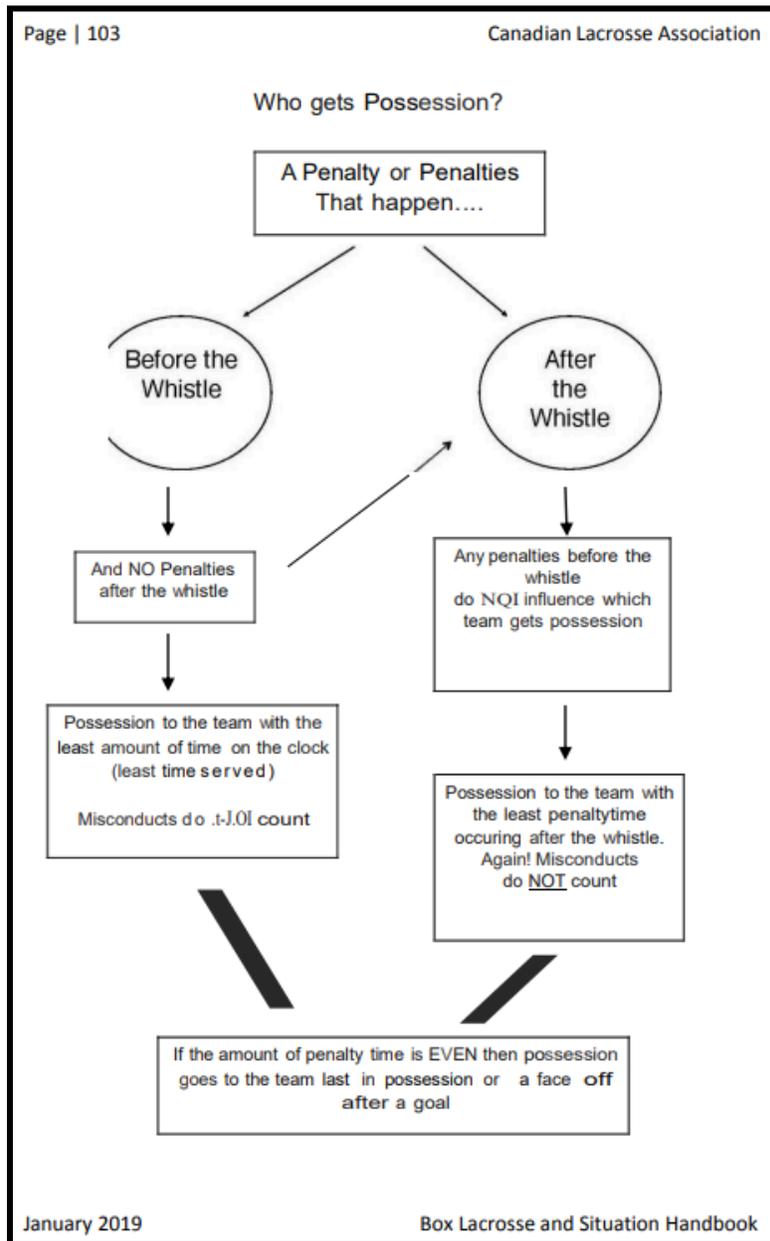
CANCEL AS MANY PENALTIES AS POSSIBLE
CANCEL IN A WAY TO MAKE THEM ONLY ONE PLAYER SHORT
CANCEL IN A WAY TO AVOID TAKING AN EXTRA PLAYER OFF THE FLOOR
ALL COINCIDENTAL MAJOR PENALTIES WITH MATCHING MINORS ARE OFFSETTING. SUBSTITUTION OFF BENCH TO FLOOR. NO TIME ON CLOCK.
ALL COINCIDENTAL MAJOR PENALTIES WITH NON-MATCHING MINORS REQUIRE SUBSTITUTION IN PENALTY BOX.
FIRST IN FIRST OUT. LEAST AMOUNT OF PENALTY TIME RELEASED FIRST.
WHEN A PLAYER RECEIVES A MINOR AND MAJOR. HE WILL SERVE THE MINOR FIRST.
IF A GOAL HAS BEEN DEDUCTED FROM A MAJOR OR MATCH YOU MUST CONTINUE TO WORK ON MAJOR OR MATCH.
PENALTY SHOTS – WORK ON ONE PLAYER WITH LEAST AMOUNT OF TIME ON MINOR OR ONE GOAL OFF MAJOR.
PLAYER RECEIVING A MAJOR PENALTY WILL SERVE THE PENALTY TIME IN ITS ENTIRETY. PLAYER IS RELEASED UPON EXPIRY OF FULL PENALTY TIME ON NEXT NON TECHNICAL STOPPAGE. IF TWO GOALS ARE SCORED ON THE MAJOR – TEAM MAY SUBSTITUTE A PLAYER FROM PLAYERS BENCH.
IF A PLAYER WHO HAS INCURRED PENALTY TIME WHICH RESULTS IN A SUBSTITUTE FROM THE BENCH TO SERVE A PORTION OF HIS TIME THEN THE PLAYER WILL ONLY REMAIN IN THE PENALTY BOX FOR THE BALANCE OF TIME THE SUB IS NOT SERVING.
MATCH PENALTIES – SUBSTITUTE MUST SERVE PENALTY. IT IS FULL TIME SERVED UNLESS THREE GOALS SCORED.
MINOR PENALTY RELEASE AFTER GOAL
- IS THE TEAM SCORED AGAINST SHORT-HANDED?
- ARE THEY SERVING A MINOR PENALTY ON THE CLOCK?
IF THE ANSWER IS YES TO BOTH AND THERE IS NO GOAL(S) ATTACHED TO A MAJOR OR MATCH PENALTY, THEN YOU ARE TO DELETE THE MINOR PENALTY WITH THE LEAST AMOUNT OF TIME ON THE CLOCK. NO GOALS WILL AFFECT COINCIDENTAL PENALTIES BEING SERVED.
WHEN A MAJOR AND MINOR PENALTY ARE ASSESSED AT THE SAME TIME TO A TEAM THE MINOR SHALL BE SERVED FIRST.
WHEN A MINOR PENALTY IS ALREADY SERVING TIME IN THE PENALTY BOX AND A DELAYED PENALTY IS BEING ASSESSED AGAINST THE SAME TEAM AND A GOAL IS SCORED THE EXISTING MINOR PENALTY IS RELEASED AND THE DELAY PENALTY ENTERS PENALTY BOX TO SERVE THE PENALTY THAT WAS ON DELAY.
WHEN COINCIDENTAL MINORS OR MAJORS ARE ASSESSED AND NO OTHER PENALTIES ARE BEING SERVED THEN TEAMS WILL PLAY FIVE ON FIVE. PENALTIES TIME WILL NOT BE ON CLOCK.

³ From BCLA Document;

⁴ Adapted from the NLL Rule 24.2

⁵ NLL Casebook Penalty Priority Checklist

Possession: NLL possession rules, (with the exception of penalties after goals - this will result in possession)



See Appendix for Situations.

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Crease-Play

An offensive or riding player cannot use the opponents' crease to their advantage. The LC rulebook uses the 24-foot dotted line (extended from the elbow in a straight line perpendicular to the end boards) to establish if the player was far enough away from the crease that the advantage does not exist. Floors, such as the Bill Hunter Arena, that do not have a 24-foot crease, will have a more easily determined set of guidelines. A player who is in the offensive zone (on their defending side of the restraining line closest to their net) will be considered to have received an advantage by cutting through the crease and may not pick-up a loose ball, or interfere with an opponent picking up or battling for a loose ball.

A player may not run through their opponents' crease to hit an opponent. If this has occurred in the offensive zone, the player shall be assessed penalized with a minor for crease play, or more severe penalty, if the action dictates (5 + game for high sticking, match, major for boarding, etc.)

Position of Nets:

The back edge of the post will be in-line with the back-edge of the goal crease to establish the plane of the goal.

Jewelry

The Lacrosse Canada rulebook specifies that jewelry cannot be worn under any circumstances by participating athletes, as this presents a safety issue. This stance is consistent with other amateur sport bodies who do not permit jewelry of any kind to be worn. Under the Lacrosse Canada playing rules, box lacrosse players who are participating while wearing jewelry are assessed a minor penalty and a game misconduct.

The application of the rule will be completed in the same manner that any other piece of equipment will be inspected - by a captain or assistant captain completing the request during a deadball situation. The player in question needs to be on the floor at the time of the request and only one request for inspection (jewelry or equipment or stick) is allowed per deadball stoppage. This means only one team may make a request at a given deadball situation.

While jewelry is a safety issue, the assessment of the penalty for this infraction comes only upon the request of the opposing team. During previous seasons, this rule was used for competitive advantage to create a power play while also eliminating an opponent from the game, not for participant safety which is the purpose and spirit of the rule.

For the 2024 season, officials are encouraged, but not required, to send players off the floor, and without penalty, to remove jewelry if the official notices and communicates the presence of jewelry. This will only be done prior to a team requesting an inspection. There will be no undue delay in the restart of play. If the official sends the player off of the floor, there will be no penalty assessed. This will hopefully satisfy the need for the safety precautions to be followed, while reducing the gamesmanship of eliminating a player from the game who has forgotten to remove a piece of jewelry.

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Illegal Equipment

No warnings for equipment, handle as per the LC guidelines, with the following clarifications:

If a player is not wearing the helmet chin strap appropriately, or at all, a minor penalty and the player is required to fix it before participating in play again, upon the expiration of their penalty.

If a player is not wearing the face-mask chin-cup appropriately, or at all, a minor penalty and the player is required to fix it before participating in play again, upon the expiration of their penalty.

If a player is not wearing the face-mask as designed (ie bolted on), a minor penalty and a 10-minute misconduct shall be assessed

If a player is wearing a helmet that has been modified to reduce its physical safety or impact the safety of opponents, a minor penalty and a game misconduct shall be assessed (ear-pieces removed, mounts added for video devices, visor (peaked or tinted), etc.)

Delay of Game Clarification

Teams shooting, passing, or lobbing the ball into the netting in a manner that does not delay the game will not be assessed a minor penalty for delay of game. If a team shoots, passes, or lobs the ball over the netting in a way that intentionally delays the game, the officials may assess a delay of game penalty.

APPENDIX A: NLL Penalty Administration Situations 2023-2024 (Adopted for Consistency across the RMLL for 2024)

All situations will impose penalty cancellations as outlined below, with the following updates:

1. Match penalties only require 2 goals to have them end in LC play
2. All penalties must be served in their entirety. The in-home's time does not count towards the penalty time served, only to correct the floor-strength.

Coincidental Minor Penalties when Playing at Full-Strength

When teams are playing at Full-Strength, regardless of the goalie being in or substituted from the bench, and a single minor penalty is called at the same stoppage to both teams with no other penalties at that stoppage, teams will resume playing 4-on-4 with the minor penalty on the clock as a time-served penalty. Players will be released upon the expiration of their penalty time. This is consistent with current LC rules (Situation 15b).

Situation 1	
Team "A"	Team "B"
A1 - 2min @ 6:00	
Floor Strength 4 on 5. Team "B" possession.	
A2 - 2min @ 5:00	
Floor Strength 3 on 5. Team "B" possession.	
Goal @ 4:30	
Floor Strength 4 on 5. A1 returns to the floor @ 4:30 due to having the least amount of penalty time remaining for Team "A."	

Situation 2	
Team "A"	Team "B"
A1 - 2min @ 6:00	
Floor Strength 4 on 5. Team "B" possession.	
	B1 - 2min @ 5:30
Floor Strength 4 on 4. Team "A" possession.	
A2 - 2min @ 5:00	
Floor Strength 3 on 4. Team "B" possession.	
Goal @ 4:30	
Floor Strength 4 on 4. A1 returns to the floor @ 4:30 due to having the least amount of penalty time remaining for Team "A."	

Situation 3	
Team "A"	Team "B"
A1 - 2min @ 4:00	B1 - 2min @ 4:00
Floor Strength 5 on 5. Apply Rule 37.2 to determine possession for the restart of play. Total penalty time is equal therefore all penalty time cancels out. No penalty time is put on the game clock. A1 and B1 will return to the floor at the first non-technical stoppage following the expiration of their penalty time.	

Situation 15b	
Team "A"	Team "B"
A1 - 2min @ 4:00	B1 - 2min @ 4:00
Without any other penalties currently on the penalty clock, which would create a 4 on 4	
A2 - 2min @ 4:15	
At 4:15 play restarts 4 on 3 for Team B	
A3 - 2min @ 4:30	
This will result in a penalty shot for Team B. PENALTY SHOT FOR TEAM B. RESTART FLOOR STRENGTH 4 ON 3 WITH A FACEOFF. ROLL THE BOX, IN THIS CASE A2 IS RELEASED, A3 GOES IN THE BOX AS THE A1 AND B1 COINCIDENTALS ARE 'LOCKED IN' AND WILL RETURN TO THE FLOOR UPON THEIR EXPIRATION OF PENALTY TIME.	

Situation 5	
Team "A"	Team "B"
A1 - 2min @ 6:00	
Floor Strength 4 on 5. Team "B" possession.	
A2 - 2min @ 5:00	B1 - 2min @ 5:00
Floor Strength 4 on 5. Apply Rule 37.2 to determine possession for the restart of play. Total penalty time is equal therefore all penalty time cancels out. No penalty time is put on the game clock. A2 and B1 will return to the floor at the first non-technical stoppage following the expiration of their penalty time.	
Goal @ 4:30	
Floor Strength 5 on 5. A1 returns to the floor @ 4:30.	

Situation 6	
Team "A"	Team "B"
A1 - 4min @ 4:00	B1 - 4min @ 4:00
Floor Strength 5 on 5. Apply Rule 37.2 to determine possession for the restart of play. Total penalty time is equal therefore all penalty time cancels out. No penalty time is put on the game clock. A1 and B1 will return to the floor at the first non-technical stoppage following the expiration of their penalty time.	

Situation 7	
Team "A"	Team "B"
A1 - 2min + 5min @ 4:00	B1 - 2min @ 4:00
A2 - 2min @ 4:00	B2 - 2min @ 4:00
	B3 - 5min @ 4:00
Floor Strength 5 on 5. Apply Rule 37.2 to determine possession for the restart of play. Total penalty time is equal therefore all penalty time cancels out. No penalty time is put on the game clock. A1, A2, B1, B2 and B3 will return to the floor at the first non-technical stoppage following the expiration of their penalty time.	

Situation 8	
Team "A"	Team "B"
A1 - 2min + 5min @ 6:00	
Floor Strength 4 on 5. Team "B" possession.	
Goal @ 5:45	
Floor strength remains 4 on 5. A1 - 2min is terminated and A1 - 5min starts.	
Goal @ 5:30	
Floor strength remains 4 on 5. 1st goal off A1 - 5min.	
Goal @ 5:10	
Floor strength 5 on 5. 2nd goal off A1 - 5min. Team A substitutes from the players bench. A1 will return to the floor at the first non-technical stoppage following the expiration of their penalty time.	
If one player gets a 2 + 5 min penalty, the minor penalty will be served first.	

Situation 9	
Team "A"	Team "B"
A1 - 2min @ 6:00	
A2 - 5min @ 6:00	
Floor strength 3 on 5. Team "B" possession.	
Goal @ 5:45	
Floor strength 4 on 5. A1 returns to the floor @ 5:45.	
Goal @ 5:30	
Floor strength remains 4 on 5. 1st goal off A2 - 5min.	
Goal @ 5:10	
Floor strength 5 on 5. 2nd goal off A2 - 5min. Team A substitutes from the players bench. A1 will return to the floor at the first non-technical stoppage following the expiration of their penalty time.	
If one players gets a 2min and another player gets a 5min at the same time (both on the same team), the minor penalty is worked on first.	

Situation 10	
Team "A"	Team "B"
A1 - 2min @ 6:00	
Floor strength 4 on 5. Team "B" possession.	
Delayed penalty on A2 - 2min @ 5:30	
Goal while penalty to A2 on delay @ 5:30	
Floor strength 4 on 5. A1 returns to the floor @ 5:30 and A2 goes into the penalty bench for 2min.	
When a goal is scored with a penalty on delay and a penalty is being served, "roll the box."	

Situation 11	
Team "A"	Team "B"
A1 - 5min @ 6:00	
Floor strength 4 on 5. Team "B" possession.	
Goal @ 5:30	
Floor strength remains 4 on 5. 1st goal off A1 - 5min.	
A2 - 2min @ 5:00	
Floor strength 3 on 5. Team "B" possession.	
Goal @ 4:30	
Floor strength 4 on 5. 2nd goal off A1 - 5min. Team A substitutes from the players bench. A1 will return to the floor at the first non-technical stoppage following the expiration of their penalty time.	
Once a goal comes off a major penalty, the next powerplay goal will count against the major penalty. You continue to work on the major until its completion.	

Situation 12	
Team "A"	Team "B"
A1 - 2min + 5min @ 4:00	B1 - 5min @ 4:00
A2 - 5min @ 4:00	B2 - 2min @ 4:00
	B3 - 5min @ 4:00
Floor Strength 5 on 5. Apply Rule 37.2 to determine possession for the restart of play. Total penalty time is equal therefore all penalty time cancels out. No penalty time is put on the game clock. A1, A2, B1, B2 and B3 will return to the floor at the first non-technical stoppage following the expiration of their penalty time.	

Situation 13	
Team "A"	Team "B"
A1 - 2min + 5min @ 6:00	B1 - 5min + GM @ 6:00
Floor Strength 4 on 5. Team "B" possession. B1 removed from the game (no In-Home required). A1 - 2min is put on the game clock and is served by Team "A" In-Home. A1 returns to the floor at the first non-technical stoppage after 1:00 since any time served by the In-Home reduces the total penalty time.	

Situation 15	
Team "A"	Team "B"
A1 - 2min @ 4:00 A2 - 2min @ 4:00	B1 - 2min @ 4:00 B2 - 2min @ 4:00
Floor Strength 5 on 5. Apply Rule 37.2 to determine possession for the restart of play. Total penalty time is equal therefore all penalty time cancels out. No penalty time is put on the game clock. A1, A2, B1 and B2 will return to the floor at the first non-technical stoppage following the expiration of their penalty time.	

Situation 16	
Team "A"	Team "B"
A1 - 2min @ 4:00 A2 - 2min @ 4:00	B1 - 2min + 2min @ 4:00
Floor Strength 5 on 5. Apply Rule 37.2 to determine possession for the restart of play. Total penalty time is equal therefore all penalty time cancels out. No penalty time is put on the game clock. A1, A2, and B1 will return to the floor at the first non-technical stoppage following the expiration of their penalty time.	

Situation 17	
Team "A"	Team "B"
A1 - 2min @ 4:00 A2 - 2min @ 4:00	B1 - 2min @ 4:00
Floor Strength 4 on 5. Team "B" possession. Team "A" Captain has the choice as to which player's penalty time goes on the clock (A1 or A2) and remaining player (A1 or A2) penalty is coincidental with B1 and they will release at the first non-technical stoppage following the expiration of their penalty time.	

Situation 18	
Team "A"	Team "B"
A1 - 2min @ 4:00	B1 - 2min @ 4:00
Floor Strength 5 on 4. Team "A" possession. B1's 2min appears on the game clock and B1 will return to the floor at the expiration of the 2 min penalty. All other players will return to the floor at the first non-technical stoppage following the expiration of their penalty time. A1 and A2 will be released at the first stoppage after 2:00 and B2 at the conclusion of the period since any time served by the In-Home reduces the total penalty time.	

Situation 19	
Team "A"	Team "B"
A1 - 2min @ 4:00	B1 - 2min + 2min @ 4:00
Floor Strength 5 on 4. Team "A" possession. One of B1 - 2min appears on the clock and is served by Team "B" In-Home. Team "B" In-Home returns to the floor at the expiration of the 2min penalty. A1 and B1 return to the floor at the first non-technical stoppage following the expiration of their penalty time (including B1 since any time served by the In-Home reduces the total penalty time).	

Situation 20	
Team "A"	Team "B"
A1 - 2min @ 4:00	B1 - 2min + 2min @ 4:00 B2 - 2min @ 4:00
Floor Strength 5 on 4. Team "A" possession. B1 - 4min (2min + 2min) goes on the game clock. A1 and B2 return to the floor at the first non-technical stoppage following the expiration of their penalty time.	

Situation 21	
Team "A"	Team "B"
A1 - 2min @ 6:00	B1 - 2min @ 6:00
Floor Strength 5 on 5. Apply Rule 37.2 to determine possession for the restart of play. Total penalty time is equal therefore all penalty time cancels out. No penalty time is put on the game clock. A1 and B1 return to the floor at the first non-technical stoppage following the expiration of their penalty time.	
A2 - 2min @ 5:30	
Floor Strength 4 on 5. Team "B" possession.	
	Goal @ 5:00
Floor Strength 5 on 5. A2 returns to the floor @ 5:00.	

Situation 22	
Team "A"	Team "B"
	B1 - 2min @ 6:00
Floor Strength 5 on 4. Team "A" possession.	
A1 - 2min @ 5:30	
Floor Strength 4 on 4. Team "B" possession.	
A2 - 2min @ 5:00	
Floor Strength 3 on 4. Team "B" possession.	
	Goal @ 4:30
Floor Strength 4 on 4. A1 returns to the floor @ 4:30.	

Situation 23	
Team "A"	Team "B"
A1 - 2min @ 5:30	B1 - 2min @ 5:30
Floor Strength 5 on 5. Apply Rule 37.2 to determine possession for the restart of play. Total penalty time is equal therefore all penalty time cancels out. No penalty time is put on the game clock. A1 and B1 return to the floor at the first non-technical stoppage following the expiration of their penalty time.	
A2 - 5min @ 5:00	
Floor Strength 4 on 5. Team "B" possession.	
	Goal @ 4:30
Floor strength remains 4 on 5. 1st goal off A2 - 5min	
	Goal @ 4:00
Floor strength 5 on 5. 2nd goal off A2 - 5min. Team "A" can substitute from their bench but A2 will return to the floor at the first non-technical stoppage following the expiration of total penalty time. A1 and B1 return to the floor at the first non-technical stoppage following the expiration of their penalty time.	

Situation 24	
Team "A"	Team "B"
A1 - 2min @ 5:10	
Floor Strength 4 on 5. Team "B" possession.	
	B1 - 2 min @ 5:00
Floor Strength 4 on 4. Team "A" possession.	
Delayed penalty on A2 - 2min @ 4:50	
Goal while penalty to A2 on delay @ 4:50	
Floor Strength 4 on 4. Faceoff to restart play. A1 returns to the floor @ 4:50, A2 - 2min put on the game clock.	

Situation 25	
Team "A"	Team "B"
A1 - 2min @ 4:00	B1 - 2 min @ 4:00
A2 - 5min @ 4:00	
Floor Strength 4 on 5. Team "B" possession.	
	Goal @ 3:30
Floor strength remains 4 on 5. 1st goal off A2 - 5min	
	Goal @ 2:50
Floor strength 5 on 5. 2nd goal off A2 - 5min. Team "A" can substitute from their bench but A2 will return to the floor at the first non-technical stoppage following the expiration of total time. A1 and B1 return to the floor at the first non-technical stoppage following the expiration of their penalty time.	

Situation 26	
Team "A"	Team "B"
A1 - 2min @ 4:00	B1 - 2 min + 5min @ 4:00
Floor Strength 4 on 5. Team "A" possession. B1 - 5min goes on the game clock and is served by B1. Team "B" In-Home will sit for B1 - 2min penalty. A1 and Team "B" In-Home will return to the floor at the first non-technical stoppage following the expiration of their penalty time.	

Situation 27	
Team "A"	Team "B"
A1 - 2min @ 6:00	
Floor strength 4 on 5. Team "B" possession.	
	B1 - 2min @ 5:30
Floor strength 4 on 4. Team "A" possession.	
A2 - 5min @ 5:00	
Floor strength 3 on 4. Team "B" possession.	
	Goal @ 4:10
Floor strength 4 on 4. A1 returns to the floor @ 4:10.	

Situation 28	
Team "A"	Team "B"
A1 - 5min @ 6:00	
Floor strength 4 on 5. Team "B" possession.	
	Goal @ 5:00
Floor strength remains 4 on 5. 1st goal off A1 - 5min	
A2 - 2min @ 4:30	
Floor strength 3 on 5. Team "B" possession.	
	B1 - 2min @ 3:40
Floor strength 3 on 4. Team "A" possession.	
	Goal @ 2:50
Floor strength 4 on 4. 2nd goal off the A1 - 5min. Team "A" can substitute from their bench but A1 will return to the floor at the first non-technical stoppage following the expiration of their total penalty time.	
Once a goal comes off a major penalty, the next powerplay goal will count against the major penalty. You continue to work on the major until its completion.	

Situation 29	
Team "A"	Team "B"
A1 - 5min @ 4:00	B1 - 5min @ 4:00
Floor Strength 5 on 5. Apply Rule 37.2 to determine possession for the restart of play. Total penalty time is equal therefore all penalty time cancels out. No penalty time is put on the game clock. A1 and B1 will return to the floor at the first non-technical stoppage following the expiration of their penalty time.	

Situation 30	
Team "A"	Team "B"
A1 - 2min + 5min @ 6:00	B1 - 5min @ 6:00
Floor Strength 4 on 5. Team "B" possession. A1 - 2min goes on the game clock and is served by Team "A" In-Home. Team "A" In-Home returns to the floor at the expiration of the 2min penalty. A1 and B1 return to the floor at the first non-technical stoppage after 1:00 since any time served by the In-Home reduces the total penalty time.	

Situation 31	
Team "A"	Team "B"
A1 - 5min @ 4:00	B1 - 5min @ 4:00
A2 - 5min @ 4:00	B2 - 5 min @ 4:00
Floor Strength 5 on 5. Play will restart with the team in possession prior to the stoppage in play. A1, A2, B1 and B2 return to the floor at the first non-technical stoppage following the expiration of their penalty time.	

Situation 32	
Team "A"	Team "B"
A1 - 2min + 5min @ 6:00	B1 - 5min @ 6:00
A2 - 5min @ 6:00	B2 - 5 min @ 6:00
Floor Strength 4 on 5. Team "B" possession. A1 - 2min goes on the game clock and is served by Team "A" In-Home. Team "A" In-Home returns to the floor at the expiration of the 2min penalty. A1, A2, B1 and B2 return to the floor at the first non-technical stoppage after 1:00 since any time served by the In-Home reduces the total penalty time.	

Situation 33	
Team "A"	Team "B"
A1 - 2min + 5min @ 4:00	B1 - 2min + 5min @ 4:00
Floor Strength 5 on 5. Apply Rule 37.2 to determine possession for the restart of play. Total penalty time is equal therefore all penalty time cancels out. No penalty time is put on the game clock. A1 and B1 will return to the floor at the first non-technical stoppage following the expiration of their penalty time.	

Situation 34	
Team "A"	Team "B"
A1 - 5min @ 6:00	B1 - 5min @ 6:00 B2 - 5 min @ 6:00
Floor Strength 5 on 4. Team "A" possession. Team "B" must declare whether B1 or B2's penalty time is going on the game clock. B1 or B2 (whichever appears on the clock) is treated as a standard 5min penalty and releases at its expiration. A1 and B1/B2 (whichever is NOT on the clock) will return to the floor at the first non-technical stoppage following the expiration of their penalty time.	

Situation 35	
Team "A"	Team "B"
A1 - 2min + 5min @ 10:00	B1 - 2min + 2min + 5min @ 10:00
Floor Strength 5 on 4. Team "A" possession. B1 - 2min goes on the game clock and is served by Team "B" In-Home. Team "B" In-Home returns to the floor at the expiration of the 2min penalty. A1 and B1 return to the floor at the first non-technical stoppage after 3:00 since any time served by the In-Home reduces the total penalty time.	

Situation 36	
Team "A"	Team "B"
A1 - 2min @ 6:00 A2 - 5min @ 6:00	B1 - 2min + 5min @ 6:00
Floor Strength 5 on 5. Apply Rule 37.2 to determine possession for the restart of play. Total penalty time is equal therefore all penalty time cancels out. No penalty time is put on the game clock. A1, A2 and B1 will return to the floor at the first non-technical stoppage following the expiration of their penalty time.	

Situation 37	
Team "A"	Team "B"
A1 - 2min + 5min @ 9:00 A2 - 2min + 2min + 5min @ 9:00	B1 - 2min + 5min @ 9:00 B2 - 5min + 5min + GM @ 9:00
Floor Strength 4 on 4. Team "A" possession. B2 is removed from the game. A2 2min + 2min goes on the game clock and is served by Team "A" In-Home. B2 5min goes on the game clock and is served by Team "B" In-Home. Team "A" In-Home returns to the floor at the expiration of the 2min + 2min penalties. Floor Strength is then 5 on 4. Team "B" In-Home returns to the floor at the expiration of the 5min penalty. A1 and B1 will return to the floor at the first non-technical stoppage following the expiration of their penalty time. A2 will return to the floor at the first non-technical stoppage after 4:00 since any time served by the In-Home reduces the total penalty time.	

Situation 38	
Team "A"	Team "B"
A1 - 2min + 5min @ 10:00 A2 - 5min @ 10:00	B1 - 2min + 2 min + 5min @ 10:00 B2 - 5min + 5min + GM @ 10:00
Floor Strength is 5 on 4. Team "A" possession. B2 is removed from the game. Team "B" In-Home shall serve 2min + 5min (7min on the game clock) and will return to the floor following the expiration of the 2min + 5min penalties. A1 and A2 return to the floor on a non-technical stoppage after their penalty time expires. B1 will return to the floor at the first non-technical stoppage after 3:00 since any time served by the In-Home reduces the total penalty time.	

Situation 39	
Team "A"	Team "B"
A1 - 2min @ 4:00 A2 - 2min + 2min @ 4:00	B1 - 2min @ 4:00 B2 - 2min @ 4:00
Floor Strength 4 on 5. Team "B" possession. One of A2 - 2min appears on the clock and is served by Team "A" In-Home. Team "A" In-Home returns to the floor at the expiration of the 2min penalty. All other players return to the floor at the first non-technical stoppage following the expiration of their penalty time (including A2 since any time served by the In-Home reduces the total penalty time).	

Situation 40	
Team "A"	Team "B"
A1 - 2min + 2min @ 4:00	
Floor Strength 4 on 5. Team "B" possession.	
	Goal @ 2:30
Floor Strength 4 on 5. First 2min terminates and the second 2min begins at 3:30	

Situation 41	
Team "A"	Team "B"
A1 - 5min @ 6:00	
Floor Strength 4 on 5. Team "B" possession.	
A2 - 2min @ 5:00	
Floor Strength 3 on 5. Team "B" possession.	
	Goal @ 4:50
Floor Strength 4 on 5. A2 returns to the floor @ 4:50.	
	Goal @ 4:30
Floor Strength 4 on 5. First goal off of A1 - 5min.	

Situation 42	
Team "A"	Team "B"
A1 - 2min + 2min @ 6:00	
Floor Strength 4 on 5. Team "B" possession.	
A2 - 2min @ 5:00	
Floor Strength 3 on 5. Team "B" possession.	
	Goal @ 4:30
Floor Strength 4 on 5. A2 returns to the floor @ 4:30. A1's penalty time continues to run.	
	Goal @ 3:30
Floor Strength 5 on 5. A1 returns to the floor @ 3:30.	

Situation 43	
Team "A"	Team "B"
A1 - 2min + 5min @ 4:00 A2 - 2min @ 4:00	
Floor Strength 3 on 5. Team "B" possession.	
	Goal @ 3:30
Floor Strength 4 on 5. A2 returns to the floor @ 3:30.	
	Goal @ 1:30
Floor strength remains 4 on 5. 1st goal off A2 - 5min (A1 2min is served first and expired at 2:00).	

Situation 44	
Team "A"	Team "B"
A1 - 2min + 5min @ 8:00	
Floor Strength 4 on 5. Team "B" possession.	
A2 - 2min @ 4:30	
Floor Strength 3 on 5. Team "B" possession.	
Goal @ 3:30	
Floor Strength 4 on 5. A2 returns to the floor @ 3:30. A1 serves 2min first so at 3:30 A1 is serving his 5min penalty and A2 is serving 2min.	

Situation 45	
Team "A"	Team "B"
A1 - 5min @ 6:00	
Floor Strength 4 on 5. Team "B" possession.	
Goal @ 5:30	
Floor strength remains 4 on 5. 1st goal off A1 - 5min.	
A2 - 2min + 2min @ 5:00	
Floor Strength 3 on 5. Team "B" possession.	
Goal @ 4:30	
Floor Strength 4 on 5. 2nd goal off A1 - 5min. Team "A" can substitute from their bench but A1 will return to the floor at the first non-technical stoppage following the expiration of total penalty time.	

Situation 46	
Team "A"	Team "B"
A1 - 2min + 5min @ 8:00	
Floor Strength 4 on 5. Team "B" possession.	
Delayed penalty on A2 - 2min @ 6:30	
Goal while penalty to A2 on delay @ 6:30	
Floor Strength 4 on 5. A2 - 2min wiped out, A1 penalty remains unchanged.	

Situation 47	
Team "A"	Team "B"
A1 - 2min @ 5:00	
Floor Strength 4 on 5. Team "B" possession.	
Delayed penalty on A2 - 2min @ 4:30	
Delayed penalty on A3 - 2min @ 4:30	
Penalty Shot for Team "B." A1 returns to the floor @ 4:30 and A2/A3 enter the penalty box to serve 2min. Floor Strength 3 on 5 after penalty shot (outcome of PS is irrelevant). Play restarts with a faceoff.	

Situation 48	
Team "A"	Team "B"
A1 - 5min @ 5:00	
Floor Strength 4 on 5. Team "B" possession.	
A2 - 2min @ 4:30	
Floor Strength 3 on 5. Team "B" possession.	
Delayed penalty on A3 - 2min @ 4:00	
Penalty Shot for Team "B." A2 returns to the floor @ 4:00 and A3 enters the penalty box to serve 2min. Nothing happens to A1 penalty time. Floor Strength 3 on 5 after penalty shot (outcome of PS is irrelevant). Play restarts with a faceoff.	

Situation 49	
Team "A"	Team "B"
A1 - 5min @ 5:00	
Floor Strength 4 on 5. Team "B" possession.	
A2 - 5min @ 4:30	
Floor Strength 3 on 5. Team "B" possession.	
Delayed penalty on A3 - 5min @ 4:00	
Penalty Shot for Team "B." A1's penalty time is removed from the game clock (A1 will serve the balance of the penalty time and will return to the floor at the first non-technical stoppage following the expiration of total penalty time). A2's penalty continues to serve and A3 - 5min is put on the game clock.	

Situation 50	
Team "A"	Team "B"
A1 - 5min @ 4:00	
Floor Strength 4 on 5. Team "B" possession.	
Goal @ 3:45	
Floor strength remains 4 on 5. 1st goal off A1 - 5min.	
A2 - 2min @ 3:30	
Floor Strength 3 on 5. Team "B" possession.	
Delayed penalty on A3 - 5min @ 3:00	
Penalty Shot for Team "B." A1 penalty time is erased from the penalty clock. Team "A" can substitute from their bench but A1 will return to the floor at the first non-technical stoppage after penalty time expires. A2 continues to serve penalty time and A3 penalty time is put on the game clock. Strength 3 on 5 after penalty shot (outcome of PS is irrelevant). Play restarts with a faceoff.	

Situation 51	
Team "A"	Team "B"
A1 - 2min @ 4:00	B1 - 5 min @ 4:00
Floor Strength 4 on 4. Team "A" possession. A1 and B1 return to the floor at the expiration of their penalty time.	

Situation 53	
Team "A"	Team "B"
A1 - 5min @ 3:30 of Q4 A2 - 2min @ 3:30 of Q4	B1 - 2min @ 3:30 of Q4 B2 - 2min @ 3:30 of Q4
Floor Strength 4 on 5. Team "B" possession. A2 and one of B1/B2 cancel out. Instruct the game clock operator to put 3min on the penalty clock for Team "A." Team "A" In-Home will serve the 3min penalty which is treated like a traditional major penalty for the purposes of releasing from the penalty box. A1 will return to the floor at the end of the game or first non-technical stoppage after penalty time expires in OT. B1 will return to the floor at the first non-technical stoppage after penalty time expires.	
Rule 38.3 This rule only applies when penalties are assessed to one player on each team or when coincidental penalties are negated leaving one player on each team with the aforementioned penalties.	

Situation 55	
Team "A"	Team "B"
A1 - 5min @ 4:00 of 4Q	
Floor Strength 4 on 5. Team "B" possession. Treated as a normal major penalty. DO NOT send players to the dressing room.	

Situation 57	
Team "A"	Team "B"
A1 (Goalie) - 5min @ 7:00	
Floor Strength 4 on 5. Team "B" possession. A1 (Goalie) remains in the net. Team "A" In-Home serves A1 (Goalie) - 5min.	

Situation 52	
Team "A"	Team "B"
A1 - 5min @ 3:30 of Q4	B1 - 2min @ 3:30 of Q4
Floor Strength 4 on 5. Team "B" possession. Instruct the game clock operator to put 3min on the penalty clock for Team "A." Team "A" In-Home will serve the 3min penalty which is treated like a traditional major penalty for the purposes of releasing from the penalty box. A1 will return to the floor at the end of the game or first non-technical stoppage after penalty time expires in OT. B1 will return to the floor at the first non-technical stoppage after penalty time expires.	
Rule 38.3 This rule only applies when penalties are assessed to one player on each team or when coincidental penalties are negated leaving one player on each team with the aforementioned penalties.	

Situation 54	
Team "A"	Team "B"
	B1 - 2min @ 2:30 of Q4
Floor Strength 5 on 4. Team "A" possession.	
A1 - 5min @ 0:56 of 4Q	B2 - 2 min @ 0:56 of 4Q B3 - 2 min @ 0:56 of 4Q
Penalty Shot for Team "A." B1 returns to the floor @ 0:56 and A1/B2/B3 enter the penalty box (all penalty time appears on the clock). Floor Strength 4 on 3 after penalty shot (outcome of PS is irrelevant). Play restarts with a faceoff.	

Situation 56	
Team "A"	Team "B"
A1 - 5min Match @ 6:00	
Floor Strength 4 on 5. Team "B" possession. A1 is removed from the game. Team "A" In-Home serves 5min Match	
	Goal @ 5:45
Floor Strength 4 on 5. 1st goal off A1 - 5min Match.	
	Goal @ 5:00
Floor Strength 4 on 5. 2nd goal off A1 - 5min Match.	
	Goal @ 2:00
3rd goal off A1 - 5min Match. Team "A" In-Home returns to the floor. Floor Strength 5 on 5.	

Situation 58	
Team "A"	Team "B"
A1 - 5min Match @ 4:00	
Floor Strength 4 on 5. Team "B" possession.	
	Goal @ 3:30
Floor Strength 4 on 5. 1st goal against A1 - 5 min Match.	
A2 - 2min @ 3:00	
Floor Strength 3 on 5. Team "B" possession.	
	Goal @ 2:30
Floor Strength 3 on 5. 2nd goal against A1 - 5min Match.	

Situation 59	
Team "A"	Team "B"
A1 - 2min @ 8:00	
Floor Strength 4 on 5. Team "B" possession.	
A2 - 2min INST, 5min FI & GM @ 7:30	B1 - 5min Match @ 7:30
Floor Strength 3 on 5. Team "B" possession. A2 and B1 are removed from the game. The A2 - 5min and B1 - 5min Match cancel out. Team "A" In-Home will serve A2- 2min. Team "B" does not require an In-Home.	

Situation 60	
Team "A"	Team "B"
A1 - 5min @ 7:00	
Floor Strength 4 on 5. Team "B" possession.	
A1 - 2min @ 6:30 (while in box)	
Floor Strength 4 on 5. Team "B" possession. At 6:30, have the game clock operator add the 2min to the penalty time already serving. Since no goals have been scored against A1 - 5min, A1 - 2min will be served first before the balance of the 5min.	

Situation 61	
Team "A"	Team "B"
Delayed penalty on A1 - 5min @ 6:00	
Goal while penalty to A1 on delay @ 6:00	
A2 - 2min @ 6:00 (immediately after the goal)	
Floor Strength 4 on 5. Face Off to restart play. A2 - 2min is cancelled by the goal. A1 - 5min goes onto the game clock with no goals attached.	

Situation 62	
Team "A"	Team "B"
A1 - 2min @ 6:00	
A2 - 5min @ 6:00	
Floor strength 3 on 5. Team "B" possession.	
A3 - 4min @ 5:00	
A4 - 2min @ 5:00	
2 Penalty Shots for Team "B." A1 returns to the floor and A4 does not serve penalty time. A2 - 5min remains unchanged and A3 - 4min goes onto the penalty clock. Floor Strength 3 on 5 after penalty shots (outcome of PSs is irrelevant). Play restarts with a faceoff.	

Situation 63	
Team "A"	Team "B"
A1 - 5min @ 6:00	
A2 - 5min @ 6:00	
Floor strength 3 on 5. Team "B" possession.	
A3 - 2min @ 5:00	
A4 - 2min @ 5:00	
2 Penalty Shots for Team "B." A1 - 5min and A2 - 5min remain unchanged. A3 and A4 penalties are unserved as a result of PSs. Floor Strength 3 on 5 after penalty shots (outcome of PSs is irrelevant). Play restarts with a faceoff.	

Situation 64	
Team "A"	Team "B"
A1 - 2min @ 6:00	
A2 - 5min @ 6:00	
Floor strength 3 on 5. Team "B" possession.	
A3 - 5min Match @ 5:00	
A4 - 2min @ 5:00	
2 Penalty Shots for Team "B." A1 returns to the floor and A4 - 2min is mitigated by a PS. A2 - 5min remains unchanged and A3 - 5min Match goes onto the penalty clock. A3 is removed from the game and the penalty time is served by Team "A" In-Home. Floor Strength 3 on 5 after penalty shots (outcome of PSs is irrelevant). Play restarts with a faceoff.	

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2024 RMLL Rules of Play - Signals

To be Released

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Original Documents Used in the creation of this document:

[OLA Jr A/Sr A Document](#)