



Official Rulebook

Version V

Table of Contents

Equipment Measurement Guidelines	4
Player Sticks	4
Goalie Sticks	4
Goalie Pads	4
SECTION 1 - The Rink	4
RULE 1 - Description of the Game	4
RULE 2 - Dimensions of Rink	4
RULE 3 - Division of the Rink Surface	5
RULE 4 - Goal Post and Nets	5
RULE 5 - Goal Crease and Goal Keeper's Privileged Area	5
RULE 6 - Centre Spot	5
RULE 7 - Defending and Attacking Zones	5
RULE 8 - Face-off Spots	5
RULE 9 - Players Bench	5
RULE 10 - Penalty Bench Area	6
RULE 11 - Referees' Crease	6
RULE 12 - Signal and Timing Devices	6
RULE 13 - Dressing Rooms	6
RULE 14 - Rinklighting	7
SECTION 2 - Teams	7
RULE 15 - Composition of the Team	7
RULE 16 - Players Uniform	7
RULE 17 - Line-up	8
RULE 18 - Captain of the Team	8
RULE 19 - Change of Players	9
RULE 20 - Injured Players	10
SECTION 3 - Equipment	11
RULE 21 - Measurement Guidelines	11
RULE 22 - Sticks	11
RULE 23 - Skates	12
RULE 24 - Goalkeeper's Equipment	12
RULE 25 - Protective Equipment	12
RULE 26 - Dangerous Equipment	13

RULE 27 - The Puck	13
SECTION 4 - Penalties	13
RULE 28 - Penalties	13
RULE 29 - Minor Penalties	14
RULE 30 - Bench Minor Penalties	15
RULE 31 - Major Penalties	15
RULE 32 - Misconduct Penalties	15
RULE 33 - Game Ejection / Game Misconduct Penalties	16
RULE 34 - Gross Misconduct Penalties	16
RULE 35 - Match Penalty	16
RULE 36 - Suspensions	16
RULE 37 - Penalty Shots	17
RULE 38 - Awarded Goals	18
RULE 39 - Goalkeeper Penalties	18
RULE 40 - Delayed Penalties	19
SECTION 5 - Officials	19
RULE 41 - Calling of Penalties	19
RULE 42 - Appointment of Officials	20
RULE 43 - League Associates	21
RULE 44 - Referees	21
RULE 45 - Goal Judges	22
RULE 46 - Penalty Timekeeper	22
RULE 47 - Official Scorer	22
RULE 48 - Game Timekeeper	23
SECTION 6 - Player Rules	23
RULE 49 - Abuse of Officials, Unsportsmanlike Conduct / Misconduct	23
RULE 50 - Adjustment to Clothing and Equipment	25
RULE 51 - Attempt to Injure or Deliberate Injury	25
RULE 52 - Boarding and Body Checking	26
RULE 53 - Broken Stick	26
RULE 54 - Charging	26
RULE 55 - Checking from Behind	26
RULE 57 - Delay of Game	27
RULE 58 - Elbowing and Kneeing	28
RULE 59 - Face-Offs	28
RULE 60 - Falling on the Puck	30
RULE 61 - Fighting and Roughing	30
RULE 62 - Goals and Assists	31

RULE 63 - Handling the Puck	31
RULE 64 - High Sticks	32
RULE 65 - Holding	33
RULE 66 - Hooking	33
RULE 67 - Clearing the Puck	33
RULE 68 - Interference	33
RULE 69 - Interference by Spectators	34
RULE 70 - Kickshot	34
RULE 71 - Kicking the Puck	34
RULE 72 - Leaving the Players' or Penalty Bench	34
RULE 73 - Physical Harassment	35
RULE 74 - Offsides	36
RULE 75 - Passes and Offside Passes	36
RULE 76 - Puck Must be Kept in Motion	36
RULE 77 - Puck Out of Bounds or Out of Play	36
RULE 78 - Puck Out of Sight	36
RULE 79 - Puck Striking Official	37
RULE 80 - Refusing to Start Play	37
RULE 81 - Slashing	38
RULE 82 - Spitting	38
RULE 83 - Start of Game and Periods	38
RULE 84 - Throwing the Stick	39
RULE 85 - Tied Games	39
RULE 86 - Time of Match	39
RULE 87 - Tripping	39
RULE 88 - In the Goal Crease	40
RULE 89 - Beginning Play	40
RULE 90 - Slew Footing	40
SECTION 7 - RHC Suspension Guidelines	41
Code Infraction Minimum Suspension	41
Misconduct & Game Misconduct	41
Gross Misconduct	41
Match Penalties	42
SECTION 8 - Recommended Tie Breaking System	42
SECTION 9 - Penalty Codes	43

Equipment Measurement Guidelines

Player Sticks

- There are no illegal curves for player sticks for inline hockey.
- Shaft: Not to exceed 63" in length (from heel to end of shaft).
- Blade: Not to exceed 12.5" from heel to end of blade, not to exceed 3" in height & min. 2".

Goalie Sticks

- Shaft: Not to exceed 55" in length (from heel to end of
- Blade: Not to exceed 3.5" in height & min. 2"
- Width: Not more than 26" from the heel up the shaft Not to exceed 3.5" in width.

Goalie Pads

- No goalie shall have pads wider than 13" at the largest point cannot be altered from the manufacturer making the pad larger.

SECTION 1 - The Rink

RULE 1 - Description of the Game

- A. The game is played on a reasonably flat surface, free of debris and obstacles. The surface may be indoors or outside. The surface is known as a rink.
- B. The game is played between two teams of 5 players including one goalie. The object of the game is to advance the puck down the rink past your opponent's Goalie into their net. The team with the most goals at the end of the allotted time period is declared the winner.

RULE 2 - Dimensions of Rink

- A. As nearly as possible the dimensions of the rink shall be 200 feet long by 85 feet wide.
- B. The rink must be surrounded (by bordering material) known as the "Structure," which will extend no less than 3 feet 4 inches and not more than 4 feet above the playing surface.

RULE 3 - Division of the Rink Surface

- A. The rink will be divided into two halves with a centre line.

RULE 4 - Goal Post and Nets

- A. The official size of the goalie nets are 4 feet high by 6 feet wide.
- B. Attached to each goal frame must be a net. Each net must have goal posts and a cross bar. Painted from post to post must be a line. This is known as the "goal line."
- C. The recommended area behind each goal net, measured from the goal line to the bordering structure shall be 15'.

RULE 5 - Goal Crease and Goal Keeper's Privileged Area

- A. In front of each goal a "goal crease" area shall be marked. The goal crease area shall be laid out as follows: a semi-circle, 6 feet in radius and 2 inches in width shall be drawn using the centre of the goal line as the centre point.

RULE 6 - Centre Spot

- A. A circular spot shall mark the centre of the rink on the centre line.
- B. This spot will be known as the centre face-off spot.
- C. The centre face-off spot is where "face-offs" occur at the beginning of each period and after each goal.

RULE 7 - Defending and Attacking Zones

- A. The team area that contains their goal will be called the "defending zone." The opposition area will be known as the "attacking zone."

RULE 8 - Face-off Spots

- A. In both halves of the rink will exist two "spots" marked in a different color than the surface equal distance from the rink's side structure, where face-offs will occur.

RULE 9 - Players Bench

- A. A designated area outside the playing surface will be assigned as the players bench. Each rink will accommodate adequate space for two separated teams.

- B. Only players in uniform and a maximum of four (4) team officials shall be permitted to occupy the players' bench. Those individuals shall be registered and entered on the official game report.
- C. The home team will occupy the designated home bench, and will begin the game defending the end opposite from their bench. At half time, teams shall change ends and remain in that end for any overtime.

RULE 10 - Penalty Bench Area

- A. Each rink shall provide a designated area outside the playing surface where a player or players will serve their penalty time. When possible, the penalty bench should be on the opposite side of the surface away from the players' benches.

RULE 11 - Referees' Crease

- A. A red line, 2 in. (5.08cm) wide, in the shape of a semicircle and with a 10 ft. (3.05m) radius shall be marked on the surface immediately in front of the Penalty Timekeeper's location. The area enclosed by this line shall be known as the Referees' crease.

RULE 12 - Signal and Timing Devices

- A. Each rink must have a suitable sound device to be used by the Game Timekeeper.
- B. Each rink must have a clock in order that spectators, players and game officials may be accurately informed as to the time remaining in the game.
- C. In a suitable location behind each goal, a red light shall be provided for the use of each Goal Judge in identifying the scoring of a goal. Wherever possible, Roller Hockey Canada recommends that an electric buzzer or bell and a green light be installed in the same location as the red light and that this buzzer or bell and green light be synchronized with the time clock. To provide the Referee with an audible and visual signal for the end of a playing period or game. (Note) A goal cannot be scored when the green light is showing.

RULE 13 - Dressing Rooms

- A. Each rink shall provide suitable dressing rooms equipped with a sanitary toilet and shower for the use of the home and visiting teams. Must provide a separate room for all female players and officials.
- B. A separate dressing room shall be provided for the use of Referees. It shall be equipped with a sanitary toilet and shower.
- C. No team official, player, parent or employee of any club may enter into any inappropriate discussion with any Referee during or after a game.

RULE 14 - Rinklighting

- A. All rinks shall be lighted so that the players and spectators may clearly follow play.

SECTION 2 - Teams

RULE 15 - Composition of the Team

- A. A team shall have no more than FIVE players on the Surface at any one time while play is in progress.
- B. Each player shall wear an individual number of at least 8 inches (20.32cm) in height on the back of her/his sweater.
- C. Age Categories
 - U8 - 8 & under
 - U10 - 10 & under
 - U12 - 12 & under
 - U14 - 14 & under
 - U16 - 16 & under
 - U18 - 18 & under
 - Adult - 18+

*Ages determined by December 31st of the current season.

*Female players are entitled to one EXTRA year of eligibility.

RULE 16 - Players Uniform

- A. Each team shall be entitled to a maximum of 12 players & 2 goalies in uniform (14 players total), for any game or pre-game warm-up, all of whom shall be duly registered in accordance with Roller Hockey Canada regulations. A minimum of six eligible players in uniform (not necessarily a goaltender) on each team shall be necessary to start the game.
- B. Before the start of the game, the Official in charge of each team shall give the Referee or Official Scorer a list of names and numbers of (to the maximum 14 who the players and goaltenders shall be eligible to play in that game). No change in the list or addition to the list shall be permitted after the commencement of the game except:
 - a. When a player is late and her/his name has been included on the Official Game Report prior to the game, he will be permitted to participate;
 - b. When a player has been inadvertently omitted Referee from the Official Game Report, the shall permit the name to be added to the Game Report before the

game has ended; providing such player was in on the surface or on her/his uniform and players' bench at the start of the game.

- C. Any team official who gives a false statement on the Official Game Report with regard to eligible players shall be dealt with by her/his Provincial association.
- D. Each team shall be allowed one goaltender on the surface at one time. The goaltender may be removed and another "Player" substituted. Such players shall not be permitted the privileges of a goaltender.
- E. No player, other than a goaltender or her/his replacement, shall be permitted to wear the equipment of a goaltender. (Note) Teams are allowed to dress two goaltenders, either of whom may be used at the team's discretion.
- F. When the substitute goaltender enters the game, she/he shall take her/his Position without delay and no warm-up shall be permitted.
- G. If both teams are on the surface during the pre-game warm-up, players shall be restricted to their own half of the surface. When a team violates this rule, the Referee shall report the violation to the provincial association who may take appropriate action.
- H. No player or member of the coaching staff under suspension may participate in the pre-game warm-up or occupy a spot on the players' bench.

RULE 17 - Line-up

- A. Before the start of the game the Official in charge of the visiting team must be the first to list her/his team roster on the Official Game Report.

RULE 18 - Captain of the Team

- A. Each team may appoint a Captain and not more than three Alternate Captains. Only a Captain or Alternate Captain who is on the surface shall have the privilege of asking the Referee for her/his interpretation of any rule during the progress of the game. Prior to the start of the game, the Manager or Coach of each team shall note on the Official Game Report and advise the Referee or Official Scorer of the names and numbers of the Captain and Alternate Captain(s).
- B. The Captain shall wear the letter "C" and the Alternate Captain(s) the letter " A " in a conspicuous position on the front of their sweaters. The letters should be in a contrasting colour and be approximately 3in. (7.62cm) in height. If the letters are not worn the Captain and Alternate Captains privileges will not be permitted.
- C. When the Captain or Alternate Captain receives a penalty, he shall lose all her/his privileges for the duration of the penalty and must proceed directly to the penalty box. Such players failing to do so will be assessed a Misconduct penalty.
- D. Goaltenders or a replacement for a goaltender shall not be entitled to the privileges of a Captain or Alternate Captain.
- E. A playing Coach or Manager shall not be entitled to privileges of a Captain or Alternate Captain.

- F. A Minor Penalty for delay of game shall be assessed if any Captain, Alternate Captain or other player who leaves her/his players' bench to discuss any interpretation of the rules with the Referee.

RULE 19 - Change of Players

- A. When play is in progress, not more than five players (including a goaltender) are permitted on the surface at any one time.
- B. Players may be changed at any time from the players' bench, provided that the player or players leaving the surface shall be at the players' bench (within 10 ft. 3.05 m) and out of play before any change is made.
- C. Any player on the penalty bench who is to be changed after her/his penalty has been served must proceed by way of the surface and be at the players' bench before change can be made.
- D. A team shall be required to place the correct number of players on the surface when requested by the Referee. The Visiting Team must be the first to place any playing line-up on the surface to commence play at all times. Each team is allowed only one change of player(s) during a stoppage of play.
- E. After a warning a Bench Minor Penalty shall be assessed for a violation of any section of this rule. The penalty shall be served by the player committing the infraction, as covered under the Bench Minor Penalties rules.
- F. If, in the last two minutes of regular playing time, a Bench Minor Penalty is imposed for DELIBERATE illegal substitution, a Penalty Shot shall be awarded against the offending team. The Bench Minor shall not be served. See the Delay of Game rules.

(Note 1) If in the course of making a substitution, either the player entering the game or the player leaving the game intentionally plays the puck with her/his stick, skates or hands or makes any physical contact with an opposing player while the player respectively leaving or entering the game is actually on the surface, then the infraction of "too many men on the surface" shall be called.

(Note 2) If in the course of substituting, either the player entering the play or the player retiring is struck by the puck accidentally, the play should not be stopped and no penalty shall be called.

(Note 3) When a goaltender leaves her/his goal area, and proceeds to her/his players' bench for the purpose of substituting another player, she/he must be within 10 ft. (3.05m) of the bench before the substitute may enter the play. If the substitute is made prematurely, the official shall stop the play immediately. There shall be no time penalty to the team making the premature substitution, providing their team has possession of the puck, but the resulting face-off will take place at the centre face-off spot. If the offending team does not have possession of the puck at this time, a Minor Penalty will be assessed.

- G. For player changes during stoppages in play, the Referee will assume her/his normal position for the ensuing face-off and then allow a five-second period during which the Visiting Team may make a player change. After this five-second period has elapsed, the Referee will raise an arm to indicate that the Visiting Team may no longer change any player(s). With the arm still up, the Referee will allow a five-second period during which the Home Team may make a player change. After this five-second period has elapsed, the Referee will blow her/his whistle to signal the end of the opportunity for teams to change players, before waiting five seconds and dropping the puck. When a team attempts to make a player change after their allotted period of time, the Referee shall send the player(s) back to their bench. Any subsequent infraction to this procedure at any time during the course of the game shall incur a Bench Minor Penalty.
- H. During games played with running time for the duration of any penalty, the penalized team will not be allowed to substitute any players during the stoppage of play. A minor penalty will be assessed if this occurs. Only during the play will the penalized team be allowed to substitute a player. If a penalty is called during a short handed situation the clock should be stopped.

RULE 20 - Injured Players

- A. When a player, other than a goaltender, is injured or compelled to leave the surface during a game, he must be replaced by a substitute, and play must continue without the teams leaving the surface.
- B. If a goaltender goes to the players' bench due to an injury, she/he shall retire from the surface and her/his place shall be taken by an alternate goaltender and no warm-up will be permitted. However, this will only apply where an alternate goaltender is dressed. In cases where an alternate goaltender is not dressed the injured goaltender will be allowed ten minutes to recuperate.
- C. If a replacement for the injured goaltender by a player is necessary, an additional five minutes shall be allowed. This replacement shall be subject to the rules governing Goaltenders and be allowed the goaltender's full equipment.
- D. When a goaltender is injured, players may be permitted to leave the surface at the discretion of the Referee, but must be ready to resume play immediately, on notice by the Referee.
- E. A penalized player who has to serve a time penalty and who has been injured may proceed to the dressing room or be attended to on her/his own bench, provided she/he is replaced on the penalty bench by a substitute. She/He may not enter the game until her/his penalty time has expired. A penalized player may player who does not have to serve a time penalty and who has been injured may proceed to the dressing room without having to be replaced by a substitute on the penalty bench. For a violation of this rule, Bench Minor Penalty shall be assessed.
- F. If an injured penalized player returns to the players' bench before her/his penalty has expired, she/he shall take her/his place in the penalty bench or replace the player substituting for her/him on the penalty bench during the first stoppage of play. If she/he

takes part in the play before her/his penalty has expired, she/he shall be assessed an additional Minor Penalty. When a player is injured so that she/he cannot continue play or go to her/his bench, the play shall not be stopped until the injured player's team has secured possession and control of the puck. If the injured player's team is in possession of the puck at the time of the injury, the play shall be stopped immediately unless her/his team is in scoring position, at which time the Referee shall allow the play to be completed.

(Note 1) Where there is suspicion that a player has sustained a serious injury, the Referee may stop the play immediately.

(Note 2) Where play has been stopped due to an injured player, excluding the goaltender, the injured player shall leave the surface and may not return to the surface until the play has resumed. If the player refuses to leave the surface, a Delay of Game Penalty shall be assessed.

SECTION 3 - Equipment

RULE 21 - Measurement Guidelines

- A. The measurement of any equipment (players' and goaltenders' sticks, goaltenders' pads and gloves) shall be carried out immediately when requested by a team through the Captain or Alternate Captain(s). No measurements of any kind will be carried out by the Referee unless a formal request has been made by a team using the proper procedure. If the complaint for any measurement of sticks or equipment is not sustained, the complaining team will be assessed a Bench Minor Penalty.
- B. Only one measurement of any kind will be allowed per stoppage of play.
- C. Any illegal equipment shall be removed, corrected or adjusted without any unnecessary delay.
- D. No measurement of any kind will be allowed immediately following the scoring of a goal.

RULE 22 - Sticks

The intent of this rule is to only permit the use of conventional sticks. Any special changes, deviations or innovations require review and approval by the provincial association.

- A. All sticks (including goaltenders' sticks) may be made of wood, fiberglass or aluminum and/or any other material approved by Roller Hockey Canada. They must not have any projections, pockets, netting or other similar contrivance designed to give the player or goaltender undue assistance in the playing of the game. The end of the shaft of all sticks

must be covered to protect against injury. A player may carry only one stick while participating in the play. A Minor Penalty shall be assessed for a violation of this rule.

- B. No stick shall exceed 63 inches (1.52m) in length from the heel to the end of the shaft nor more than 12 ½ inches (31.75cm) from the heel to the end of the blade. The blade shall be no more than three inches (7.62cm) in width at any point nor less than two inches (5.08cm). All Edges must be smooth.
- C. The shaft of the goalkeeper's stick shall not exceed more than 55 inches (1.4m) from the heel to the end of the shaft. The wide portion of the goalkeeper's stick extending up the shaft shall not exceed more than 26 inches (66.04cm) from the heel or extend 3-1/2 inches (8.89cm) in width. The blade shall be no more than 3-1/2 inches (8.89cm) in width at any point nor less than two inches (5.08cm). All edges must be smooth.
- D. A Minor Penalty shall be imposed on any player or goalkeeper who uses a stick not conforming to the provisions of this rule. The stick will be removed from play.

RULE 23 - Skates

- A. All players and goaltenders must wear inline skates. The number of wheels on a skate must correspond to the design of the frame. A player will not be allowed to play with an incorrect number of wheels. The only exception would be when a wheel breaks during the course of playing a game. In such a case the player would be allowed to finish the game unless the situation were deemed dangerous. Note: The missing wheel cannot be the front nor the rear wheel.

RULE 24 - Goalkeeper's Equipment

- A. With the exception of skates and the stick, all the equipment worn by the goalkeeper must be constructed solely for the purpose of protecting the head or body, and she/he must not wear any garment or use any "aid" which would give her/him undue assistance in keeping goal.
- B. The individual leg pads worn by goalkeepers shall not exceed 13" in extreme width when on the leg of the player and cannot be altered from the manufacturer making the pad larger.
- C. It is compulsory for all goalkeepers to wear helmets and full face masks, that are CSA approved and throat guards or throat protectors.
- D. A Minor Penalty shall be imposed on a goalkeeper using illegal equipment in the game.
- E. Goalies are permitted to remove one wheel to accommodate pad straps, but that wheel cannot be the front nor the rear wheel.
- F. Goaltenders cannot wear clear full visors or bubbles of any colour.

RULE 25 - Protective Equipment

- A. Full equipment to be worn includes CSA approved helmet with attached Full face mask, (except Adult by division), shin pads (covered), elbow pads (covered sleeves of sweater), jock strap, hockey gloves, and protective pants or girdle (covered). Non-compliance will result in a Minor Penalty. It is recommended that adult players wear visors.
- B. A player, excluding the goalie, whose helmet or face mask falls off during play may not resume play until her/his helmet or mask is properly replaced. Failure to do so will result in a minor penalty.
- C. If a goalkeeper's helmet or face mask falls off during play the Referee shall stop play immediately. A Minor Penalty shall be given to any goalkeeper who deliberately removes her/his mask or helmet during play.

RULE 26 - Dangerous Equipment

- A. The use of pads or protectors made of metal, or any, other material that may cause harm to another player is prohibited and will result in a Misconduct Penalty.
- B. A glove from which all or part of the palm and/or fingers has been cut or worn away to permit use of the bare hand and/or expose bare fingers shall be considered illegal equipment. A Minor Penalty will be imposed on any player wearing such equipment.

RULE 27 - The Puck

- A. The puck shall be approved by the provincial association.

SECTION 4 - Penalties

RULE 28 - Penalties

- A. Penalties shall be in actual playing time and are divided into the following classes:
 - Minor Penalties
 - Bench Minor Penalties
 - Major Penalties
 - Misconduct Penalties
 - Game Ejections
 - Game Misconduct Penalties
 - Gross Misconduct Penalties
 - Match Penalties
 - Penalty Shots

- B. Penalties may be assessed at any time before, during or after a game, when an offense is committed, regardless of whether or not play is in progress. Penalties may also be assessed for infractions of the rules committed during the pre-game warm-up, when observed by the Referee or the appointed Stand-by Official.
- C. A player who is assessed any penalty in the pre-game warm-up shall automatically have her/his name placed on the Official Game Report and be counted as one of the eligible players, as per the Players in Uniform rules.

(Note 1) The maximum of 4 players per team being assessed Game Misconduct Penalties (as per the Leaving the Players' or Penalty Bench rules) also applies to the pre-game warm-up.

- D. If an offense occurs after the conclusion of a game and before the players have left the surface, a penalty shall be assessed. Such a penalty shall be reported to the provincial association by the Referee on the Official Game Report. Where the rules state that the Manager or Coach shall designate a player to serve a penalty and the Manager or Coach refuses to name a player, the Referee shall name any player of the offending team to serve the penalty.
- E. Where penalties are assessed to players of both teams at the same time, the penalized players of the Visiting Team shall take their position in the penalty bench first, in the place designated for the visiting players. Where there is no special designation they must take a position on the bench furthest from the gate.

RULE 29 - Minor Penalties

- A. For a "Minor Penalty", any player, except a goaltender, shall be ruled off the surface for two minutes of actual playing time. Teams are allowed to change while play is going on.
- B. If, while a team is short-handed because of one or more Minor or Bench Minor penalties, the opposing team scores a goal, the first of such penalties shall automatically terminate.

(Note) Coincident Minor penalties to both teams do not cause either team to be short-handed.

- C. When a goal is scored on a Penalty Shot against a team that is short-handed by reason of a Minor or Bench Minor Penalty, no player of the short-handed team shall return to the surface with the scoring of the goal.
- D. When a player is assessed both a Minor Penalty and a 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 Penalty and Match Penalty at the same time. The five-minute time penalty which accompanies the Match Penalty is to be served first.
- E. If a goal is scored against a team that is short-handed because of one or more Minor Penalties, the first Minor Penalty shall be terminated. In the case of a player serving more than one Minor Penalty, the first Minor Penalty shall be terminated.

- F. When coincident Minor or coincident Minors of equal duration are imposed against players on each team during the same stoppage of play, immediate substitutions shall be made for those penalties, and such penalties shall not be taken into account for the purpose of the delayed penalty. Unless they have been ejected from the game, such penalized players shall take their place on the penalty bench and remain there until the first stoppage of play following the expiry of their respective penalties. Where at least one Major and/or Match Penalty is assessed to each team during the same stoppage of play, the coincident Major/Match Penalty rule shall take precedence over the coincident Minor Penalty rule.
- G. Any player incurring 3 penalties (including a misconduct penalty) During the same game shall receive a game ejection penalty.

RULE 30 - Bench Minor Penalties

- A. A "Bench Minor Penalty" requires the team against which the penalty is assessed to play a man short for a period of two minutes of actual playing time.
- B. Whenever a Bench Minor Penalty is to be assessed according to the rules, if the player guilty of the actual infraction is identified by the Referee, that player shall serve the penalty except when such identified player is already on the penalty bench serving a penalty. However, if the player is not identified, then the Manager or Coach of the penalized team, through the playing Captain, shall designate any player of her/his team to serve the penalty.

RULE 31 - Major Penalties

- A. Any Major Penalty shall also carry a Game Misconduct. The penalized player shall be ruled off the surface for the remainder of the game. It shall be necessary to place a substitute in the penalty bench immediately. The substitute will be permitted to return to the surface after five minutes of playing time has elapsed.
- B. All major penalties plus a game misconduct will carry with it a minimum additional game suspension.

RULE 32 - Misconduct Penalties

- A. A player, except a goaltender, incurring a "Misconduct Penalty", shall be ruled off the surface for a period of ten minutes of actual playing time. A substitute for the penalized player shall be permitted immediately. A player serving a Misconduct Penalty shall remain in the penalty bench until the first stoppage of play following the expiry of her/his 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.

- B. The Referee in charge shall report to the Tournament Coordinator or League Manager any player who is assessed a Misconduct Penalty within ten minutes of the conclusion of the game.
- C. Any player who is assessed a second Misconduct Penalty in the same game shall automatically be assessed a Game Misconduct Penalty.

RULE 33 - Game Ejection / Game Misconduct Penalties

- A. A player incurring a "Game Ejection" Penalty in accordance with Rule 28(f) - Minor Penalties, shall be ordered to the dressing room for the remainder of the game.
- B. A player incurring a "Game Misconduct Penalty" shall be ordered to the dressing room for the remainder of the game and shall be reported to the Tournament Coordinator or League Manager for further action. A substitute for the penalized player shall be permitted immediately.

RULE 34 - Gross Misconduct Penalties

- A. Any player or team official incurring a "Gross Misconduct Penalty" shall be ordered to the dressing room for the remainder of the game and shall be reported to the Tournament Coordinator or League Manager for further action. A substitute for the penalized player shall be permitted immediately.
- B. Gross Misconduct penalties shall be assessed where a person conducts herself/himself in such a manner as to make a travesty of the game.

RULE 35 - Match Penalty

- A. Any player or team official incurring a "Match Penalty" shall be ordered to the dressing room immediately, for the balance of the game, and will not be permitted to take part in any further games until her/his case has been dealt with by the provincial association.
- B. 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. 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 Penalty or Match Penalty rule.

(Note) Referees are required to report all Match Penalties on officials and the surrounding circumstances to the provincial association following the game involved. THIS IS IMPORTANT.

RULE 36 - Suspensions

- A. Any player that is rostered on teams in different divisions and receives a suspension MAY NOT play in ANY DIVISION until the suspension has been served in full in the division the suspension was received.
- B. Any coach/manager/coaching staff suspended during the tournament and is involved, as part of the coaching staff with more than one team will not be permitted to coach any team until the suspension is fully served in the division in which the suspension was received.

RULE 37 - Penalty Shots

- A. Any infraction of the rules which calls for a "Penalty Shot" shall result in the following: The Referee shall cause to be announced over the public address system the name of the player designated by him or selected by the team entitled to take the Shot (as appropriate), and shall then place the puck on the centre face-off spot and the player taking the shot will, on instruction of the Referee, play the puck from there and shall attempt to score on the goaltender. The puck must be kept in motion towards the opponents' goal line and once it is shot the play is to be considered complete. No goal can be scored on a rebound of any kind and any time the puck crosses the goal line, the shot shall be considered complete.
- B. The goaltender must remain in her/his goal crease until the shooter makes contact with the puck. In the event of a violation of this rule, the player designated or selected to take the shot shall be entitled to take the shot over again. The goaltender may attempt to stop the shot in any manner except by throwing her/his stick or any other object or deliberately dislodging the goal, in which case a goal shall be awarded.

(Note 1) No player other than the goaltender is permitted to tend goal during a Penalty Shot.

- C. In cases where a Penalty Shot has been awarded under throwing a Stick rules, fouling from behind rules and Interference from players, or Penalty Bench rules, the referee shall designate the player who has been fouled as the player who shall take the Penalty Shot. If by reason of injury, the player designated by the referee to take the Penalty Shot is unable to do so or again if the player fouled is not identifiable, the Penalty Shot shall then be taken by a player selected by the Coach of the non-offending team and her/his selection reported to the Referee.
- D. In cases where a Penalty Shot has been awarded under the Delaying the game rules, Falling on the puck in the crease area rules and Picking up the puck from the crease rules, the Penalty Shot may be taken by a player selected by the Coach of the non-offending team and her/his selection reported to the Referee. This player must be on the surface at the time of the infraction.
- E. Should the player in respect to whom a Penalty Shot has been awarded, herself/himself commit a Minor Penalty infraction in connection with the same play or circumstances

after the Penalty Shot has been awarded, she/he shall first be permitted to take the shot before being sent to the Penalty Bench to serve the penalty, provided the Penalty assessed was not a Major Penalty, Game Ejection, Game Misconduct, Gross Misconduct, or Match Penalty. If at the time a Penalty Shot is awarded, the goaltender of the penalized team has been removed from the surface to substitute another player, the goaltender shall be allowed to return to the surface before the Penalty Shot is taken.

- F. While the Penalty Shot is being taken, players of both sides shall withdraw to their respective players bench.
- G. If, while the Penalty Shot is being taken, any member of the opposing team shall have by some action interfered with or distracted the player taking the shot, and because of such action the shot should have failed, a second attempt shall be permitted and the referee shall assess a Misconduct Penalty on the team member so interfering or distracting.
- H. If a goal is scored from the Penalty Shot, the puck shall be faced-off at the centre face-off spot in the usual way. If the goal is not scored, the puck shall be faced-off at either end zone face-off spot in which the Penalty Shot was attempted. Should a goal be scored from a Penalty Shot, a further penalty to the offending player shall not be applied unless the offense for which the Penalty Shot was awarded was such as to incur a Major Penalty or Match Penalty, in which case the penalty prescribed for the particular offense shall be assessed. If the offense for which the Penalty Shot was awarded was such as would normally incur a Minor Penalty, then regardless of whether the Penalty Shot results in a goal or not, no further Minor Penalty shall be served.
- I. If the foul upon which the Penalty Shot is based occurs during actual playing time, the Penalty Shot shall be awarded and taken immediately in the usual manner notwithstanding any delay occasioned by a slow whistle by the Referee to permit the play to be completed, which delay results in the expiry of the regular playing time in any period. The time required for the taking of a Penalty Shot shall not be included in the regular playing time or any overtime.

RULE 38 - Awarded Goals

- A. A "Goal" will be awarded to the attacking team when the opposing team has taken their goaltender off the surface and an attacking player has possession and control of the puck on the opponents' side of the centre red line, without a defending player between herself/himself and the opposing goal and:
 - a. she/he is interfered with by an opposing player who has illegally entered the game, or
 - b. a stick or any other object is thrown by a player on the defending team, or
 - c. the puck carrier is fouled from behind and prevented from having a clear shot on the open goal, or
 - d. any member of the defending team including the team officials, whether on the players' bench or penalty bench, interferes by means of her/his body, stick or any other object with the puck or the puck carrier.

- B. A Goal will be awarded when the goaltender is removed from the surface and he or any teammate, has deliberately piled any obstacle at or near her/his net, or has deliberately dislodged the net from its moorings, when any such action has prevented a goal from being scored.

RULE 39 - Goalkeeper Penalties

- A. A goalkeeper shall not be removed from her/his net for a Minor Penalty. Another team member shall serve this penalty.
- B. If the goalie receives a Major Penalty, Game Ejection Penalty, Game Misconduct Penalty, Match Penalty or Gross Misconduct Penalty he shall be removed from the game and replaced by a substitute goalie or another player. This player will be allowed time to put on the goalkeeper's equipment.
- C. A Minor Penalty shall be assessed to any goalie leaving her/his crease During a fight plus any other penalties he may receive.
- D. A Minor Penalty shall be assessed to any goalie participating in play beyond the centre face off spot.

RULE 40 - Delayed Penalties

- A. If an additional player of any team shall be penalized while two players of the same team are serving penalties, the penalty time of the additional player shall not commence until the penalty time of one of the two penalized players has elapsed. Nevertheless, the additional player penalized must at once proceed to the penalty bench, but shall be replaced on the surface by a substitute until time as the penalty time the penalized player shall commence.
- B. When the penalties of the player or players have expired and the penalized team is entitled to more than three players on the surface, the Penalty Timekeeper shall permit the penalized players to return to the surface in the order of the expiry of their penalties.
- C. In cases where Minor penalties are assessed at the same time to more than one player from the same team, those penalties shall be served in order of occurrence. Rule 40(D) does not apply when the coincident Minor Penalty rule is applied.
- D. When a Major Penalty and a Minor Penalty are assessed at the same time against two different players of the same team, the Penalty Timekeeper shall record the Minor as being the first penalty assessed. (See Rule 28(C)).

SECTION 5 - Officials

RULE 41 - Calling of Penalties

- A. If a player on the team in possession of the puck commits an infraction of the rules which would call for a Match, Major, Misconduct, Bench Minor or Minor Penalty, the Referee shall blow her/his whistle immediately and give the penalty(ies) to the deserving player(s). The resulting face-off shall be where the play was stopped, unless the stoppage occurred in the offending player's attacking zone, in which case the face-off is brought out to the centre face-off spot.
- B. If a player on the team not in possession of the puck commits an infraction of a rule which would call for a Match, Major, Misconduct Bench Minor or Minor Penalty, the Referee shall signal the penalty by extending her/his arm straight up. The Referee shall blow her/his whistle and stop play immediately when the offending team gains possession and control of the puck.

(Note 1) The play is not considered completed until the offending team gains possession and control of the puck.

- C. If the penalty to be assessed is a Minor Penalty and a goal is scored on the play by the non-offending side the Minor Penalty shall not be assessed. But other Minor, Bench Minor, Major, Match and Misconduct penalties shall be assessed in the normal manner, regardless of a goal being scored.

(Note 2) If after the Referee has signaled a penalty, but before the whistle has been blown, a member of the non-offending team shall put the puck in her/his own net in any manner through no contact by the offending team, the goal shall be allowed and the penalty signaled shall be assessed in the normal manner.

- D. If the Referee signals a minor or bench minor penalty(ies) against a team that is short handed by reason of one or more Minor or Bench Minor Penalties, and a goal is scored by the non-offending side before the whistle is blown, the goal shall be allowed and the player who is serving the first minor or bench minor penalty terminate, but if that player had a double minor, no player would return to the surface, while the signaled penalty(ies) shall be assessed and served in the normal manner. (See Rule 29(D))
- E. If further infractions are committed by the same offending player, either before or after the Referee blows her/his whistle, that player shall serve the penalties consecutively.
- F. The Referee has the right to stop play immediately in the case of a Match penalty. The resulting face-off will be where the play was stopped, unless the stoppage occurred in

the offending player's attacking zone, in which case the face-off is brought out to the centre face-off spot.

RULE 42 - Appointment of Officials

- A. All Referees operating within the jurisdiction of the provincial association shall be affiliated and under the control of the associate league in which they are officiating.
- B. Referees and Off-surface Officials shall be treated with courtesy at all times by players and team officials. Any infraction of this rule will be reported to the provincial association who may assess such penalties as the infraction warrants.
- C. A Referee shall have full authority and the final decision in all matters under dispute. Her/His decision shall be final on all questions of fact and not subject to appeal.
- D. Complaints regarding any official's behaviour or professional conduct should be reported to the provincial association.

RULE 43 - League Associates

- A. A League Associate representative or Associate representative must be present at all games.
- B. League and Team officials must be registered with the Associate League or recognized by a Roller Hockey Canada provincial branch if on surface or on the bench.

RULE 44 - Referees

- A. The Referees are the official representatives of the league in which the game is being played. They shall be in full control of the players on and off the surface. All referees should be prepared to work 15 minutes prior to the Scheduled start time of the game.
- B. The Referees shall see that the teams are called to the surface at the appointed time for the commencement of each game, and at the start of each regulation and overtime period. The Referees shall remain on the surface at the conclusion of each period, and any overtime, until the players have proceeded to their dressing rooms.
- C. The Referees shall check the equipment worn by any player when requested to do so by the Manager or Coach of either team through the Captain on the surface.
- D. The Referees shall assess all penalties as prescribed by the rules for infractions thereof.
- E. The Referees shall give the final decision in the matter of disputed goals, after having consulted with the Goal Judge involved.
- F. Before starting the game, the Referees shall see that the appointed Game Timekeeper, Penalty Timekeeper, Official Scorer and Goal Judges are in their respective positions.
- G. The Referees shall announce to the Official Scorer the duration of the penalties and the rule infractions involved, and also to whom the goals and assists are credited.
- H. The Referees shall, when possible, see that players of the opposing teams are separated on the penalty bench to prevent feuding.

- I. After each game, the Referees shall check and sign the Official Game Report and return it to the Official Scorer.
- J. Should an official accidentally leave the surface, or receive an injury which would affect her/his duties while play is in progress, the play shall be stopped.
- K. If for whatever reason, the Referees appointed are prevented from appearing, a League Associate representative shall appoint replacements who shall act as the Referees.
- L. If the regularly appointed officials appear during the progress at the game, they shall replace the temporary officials immediately.
- M. The Referees in charge shall be thoroughly disinterested parties.
- N. While on the surface, all Referees shall be garbed in black trousers, a Referee sweater with a Roller Hockey Canada Officials crest attached, and wear a black CSA certified hockey helmet with attached half shield. Helmets shall be removed during the playing of the national anthem(s).
- O. Referees are required to report on the back of the Official Game Sheet, all Match, Gross Misconduct and Game Misconduct penalties, immediately following the game, giving full details to the provincial association.
- P. Referees shall check the goal and nets before the start of the game and at the end of each period. The Referees shall check the goal lights, timing device, and surface markings. If the surface markings are not in accordance with Roller Hockey Canada, it must be reported to the provincial association.
- Q. The official method of refereeing in a Roller Hockey Canada hockey game is with a two person system.

RULE 45 - Goal Judges

- A. There shall be one Goal Judge behind each goal, when available. The Goal Judges shall not be members of either competing team, nor shall they be replaced during the progress of the game, unless it becomes apparent that either Goal Judge, on the account of partisanship or any other cause, is guilty of giving unjust decisions. In such cases, the Referees in charge may appoint another Goal Judge to act in her/his place.
- B. Each Goal Judge shall be stationed in the designated area behind each goal for the duration of the game, and she/he shall not change ends at any time after the game begins. Her/His jurisdiction is limited to that game only.
- C. In the event of a goal being claimed, the Goal Judge shall decide whether or not the puck has passed between the goalposts and entirely over the goal line. Her/His decision will simply be "goal" or "no goal". The Referee will have the final decision.

RULE 46 - Penalty Timekeeper

- A. The Penalty Timekeeper shall keep the time served by each penalized player during the game and, upon request, inform the penalized player as to the unfinished time of her/his penalty.

- B. If a player leaves the penalty bench before her/his time has expired, the Penalty Timekeeper shall note the time and signal that to the Referee, who will stop the play as soon as possible.
- C. Where public address systems are used, the Penalty Timekeeper shall announce or have announced the name of each penalized player, the nature of the offense and the time the penalty was assessed.

RULE 47 - Official Scorer

- A. The Official Scorer shall enter on the "Official Game Sheet" a correct record of the goals scored, by whom they were scored and to whom assists, if any, are to be credited. She/He shall also keep a correct record of all penalties assessed, stating the names and numbers of the penalized players, the duration of the penalty, the infraction, and the time when the penalties were assessed.
- B. The Official Scorer shall request that all affiliated players dressed for the game, be designated on the Official Game Report by the use of the symbols "AP" after their name (in a similar manner to that used to designate the Captain and Alternate Captains). They shall be players not signed to a regular card of the club with which they are playing.
- C. At the completion of each game, the Official Scorer shall sign the Official Game Report, and then have the Referees sign it. She/He shall then forward the Game Report to the league involved.
- D. Prior to the start of the game, the Official Scorer shall obtain from the Manager or Coach of each team their complete line-ups, verified and signed by the TEAM OFFICIAL IN CHARGE. The Captain and Alternate Captains of each team shall be duly noted on the Official Game Report.
- E. The Official Scorer shall submit the complete line-up of the competing teams to the Referees, prior to the start of the game and shall draw to their attention any case which she/he feels does not comply with the rules.
- F. The Official Scorer shall advise the Referees when the same player has received her/his second Misconduct Penalty, or her/his third penalty during the same game.
- G. Where a public address system is in use, the Official Scorer shall announce, or have announced, immediately following the scoring of each goal, the name of the player who scored the goal and the name of the player who received an assist(s).

RULE 48 - Game Timekeeper

- A. The Game Timekeeper shall record the start and finish time of each game and all actual playing time during the game.
- B. The Game Timekeeper shall signal the Referees for the commencement of the game, the start of the second period and for each overtime period. If the rink is not equipped with an automatic sound device, or if this equipment should fail to operate, the Game Timekeeper shall, by means of a siren or whistle, signal the end of each period. Each overtime period and the end of the game.

- C. The Game Timekeeper shall announce or have announced when ONE MINUTE of actual playing time remains in each regulation half or overtime period.
- D. In the event of any dispute regarding time, the matter shall be referred to the Referees in charge and their decision shall be final.

SECTION 6 - Player Rules

RULE 49 - Abuse of Officials, Unsportsmanlike Conduct / Misconduct

- A. Team officials shall be responsible for their conduct and that of their players at all times. They must endeavour to prevent disorderly conduct before, during or after the game, on or off the surface 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 provincial association.
- B. 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 the person persists, she/he shall be assessed a Misconduct Penalty and any further disputes will result in a Game Misconduct Penalty being assessed to the offending person. A Referee is not required to assess a Minor Penalty under this rule before assessing the Misconduct Penalty or Game Misconduct Penalty, but may assess either of these penalties initially.
- C. A Misconduct Penalty shall be assessed on any player who;
 - a. uses obscene, profane or abusive language or gestures to any person, or
 - b. persists in disputing or shows disrespect for the ruling of any official, or
 - c. intentionally knocks or shoots the puck out of reach of an official who is retrieving it.
 - d. A player who, after receiving a Misconduct Penalty, persists in any of the actions of 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 required to assess a Bench Minor Penalty under this rule before assessing a Game Misconduct Penalty, Referees are required to communicate effectively with team officials prior to any penalty being assessed (proper warning).

- D. 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.

- E. A Misconduct Penalty shall be assessed to any player who does not proceed immediately and directly to the penalty bench when she has been penalized. Where the penalized player causes any delay by returning for her/his equipment (gloves, sticks, etc.), the Misconduct Penalty shall apply. The equipment shall be delivered to her/him in the penalty bench by a player of her/his team on the surface at the time of the infraction.

(Note) It shall be necessary to place a substitute player on the penalty bench. Such substitutes may return to the surface as soon as the Misconduct Penalty to the offending player commences.

- F. A Misconduct Penalty shall be assessed any player who, after one warning by the Referee, persists in any course of conduct (including threatening and abusive language or gestures or similar actions) designed to incite an opponent into incurring a penalty.
- G. A Misconduct Penalty shall be assessed any player or players who, except for taking her/his position in the penalty bench, enters or remains in the Referees' crease while the Referee is reporting to or consulting with any game official, including the Timekeeper, Penalty Timekeeper, Official Scorer or Announcer.
- H. Where a team official has been assessed a Game Misconduct Penalty under this rule, the Referee shall report the individual in full details to the Roller Hockey Canada Office who may assess further penalties.
- I. A Bench Minor Penalty shall be assessed to a team where any player or team official on the bench bangs the boards or surface with a stick or any other object in protest of an official's ruling or in the case of overzealous celebrations.

(Note) When the penalty is assessed against a player in the penalty bench, another player must serve the Bench Minor Penalty.

- J. When the player on the surface commits the infraction described in (h), the Unsportsmanlike Conduct Penalty shall be assessed.

RULE 50 - Adjustment to Clothing and Equipment

- A. A player shall not be allowed to request a stoppage of time to adjust clothing or equipment. If adjustments are required, the player retires to the bench and is substituted with another player. The goalie may receive time to adjust padding without being substituted only when there is a stoppage of play.
- B. If a player requests a stoppage in play for whatever reason, the stoppage shall be noted as her/his team's one minute time out. If the team has already used its time out, the Referee shall not permit the stoppage. Persistence, or excessive delay to continue play can result in a Delay of Game Penalty being called.

RULE 51 - Attempt to Injure or Deliberate Injury

- A. 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.
- B. Players who engage in head-butting shall be assessed a Match Penalty.
- C. A player who attempts to kick or deliberately kicks an opponent shall be Assessed a Match Penalty.
- D. A player who pulls an opponent's hair or who grabs the facial protector, helmet, or chin strap of an opponent and uses this to gain an advantage or to inflict punishment or injury shall be assessed a Match Penalty. A player who grabs an opponent's hair, facial protector, helmet or chin strap, but does not use it to gain an advantage or to inflict punishment or injury shall be assessed a Double Minor Penalty.
- E. A Match Penalty shall be assessed on any player who uses her/his facial Protector as a weapon.
- F. A Match Penalty shall be assessed on any player or team official who deliberately butt-ends or deliberately attempts to butt-end an opponent by jabbing forcefully with the butt-end of the stick, or who injures an opponent by any butt-ending action.
- G. A Match Penalty shall be assessed any player or team official who deliberately spears or deliberately attempts to spear an opponent by jabbing forcefully with the toe of the blade of the stick, or who injures an opponent by any spearing action. A Double Minor Penalty shall be assessed any player who pokes or jabs or attempts to jab an opposing player with the toe of the blade of the stick.
- H. A Match Penalty shall be assessed any player who deliberately attempts to or deliberately injures an opponent with a slash, high stick or crosscheck.

RULE 52 - Boarding and Body Checking

- A. Accidental or incidental contact is permitted. It will be at the Referee's discretion if any body contact between two players is deemed intentional and warrants a penalty.
- B. In Inline Hockey no intentional body checking is allowed. A Major Penalty plus a Game Misconduct Penalty is to be imposed on a player Who intentionally body checks or boards an opponent.

RULE 53 - Broken Stick

- A. A player without a stick may participate in the game.
- B. Any player who breaks her/his stick during the course of the game must immediately drop her/his stick or receive a minor penalty.

RULE 54 - Charging

- A. A Major Penalty and a Game Misconduct shall be assessed any player Who runs or jumps into or charges an opponent.

(Note) If more than 2 steps or strides are taken, it shall be considered a charge.

- B. A Major Penalty and a Game Misconduct Penalty shall be assessed any player who charges a goaltender while the goaltender is within her/his crease or who injures an opponent as a result of a charge.
- C. (Note) A goaltender is not “fair game” just because he is outside the goal crease area. A penalty for interference (Minor Penalty or Major Penalty and 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.

RULE 55 - Checking from Behind

- A. A Major Penalty plus Game Misconduct shall be assessed any player Who intentionally pushes, bo checks, or hits an opposing player from behind, anywhere on the surface.
- B. Where a player is high-sticked, cross-checked, body-checked, pushed, hit or propelled in any manner from behind into the boards or goal net, in such a way that the player is unable to protect or defend himself, a Match Penalty shall be assessed.

(Note) Referees are instructed not to substitute other penalties when a player is checked from behind in any manner. This rule must be strictly enforced.

RULE 56 - Cross-checking

- A. A Minor Penalty, or a Major Penalty plus a Game Misconduct, at the referee's discretion shall be assessed on any player who cross-checks an opponent.
- B. Any player who strikes an opponent above the normal height of her/his shoulders with a cross-check shall incur a Major Penalty and a Game Misconduct Penalty, whether or not injury results.
- C. A Major Penalty and a Game Misconduct Penalty shall be assessed any player who cross-checks a goaltender while he is in her/his crease, or who injures an opponent as a result of a cross-check.
- D. A Match Penalty shall be assessed any player who deliberately injures an opponent with a cross-checks

RULE 57 - Delay of Game

- A. A Bench Minor Penalty shall be assessed on 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 puck out of the playing surface with her/his stick.

(Note 1) When the goaltender shoots the puck directly out of the playing surface where there is no glass, such as at the players' bench or penalty bench, or if the puck touches the glass or deflects off a player or official, no penalty shall be assessed.

(Note 2) This penalty will also be assessed to any other player or goalie who shoots the puck out of the playing surface with her/his stick during the stoppage of play.

(Note 3) Referees must be strict in enforcing the rules where a team is deliberately stalling, freezing the puck, shooting the puck out of the playing surface, thereby forcing a face-off.

- B. Any player who leaves her/his players' bench to deliver instructions to her/his teammates and does not remain on the surface as a substitute will be assessed a Minor Penalty.
- C. Any deliberate action by a defending player including the goalie, 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, a Penalty Shot shall be awarded against the offending team and the Minor Penalty shall not be served.
- D. A Penalty Shot shall be awarded should the goalie by deliberate action dislodge the goal net from its position when a player is on a breakaway on the opponents' side of the centre red line.
- E. If in the last two minutes of regular playing time, a team is penalized for any of the following infractions, a Penalty Shot shall be awarded against the offending team: Deliberate Illegal Substitution -19(F); Protective Equipment -24(C); Deliberately Knocking the Goal Net from its Position -57(C); Refusing to Start Play -80(A).

(Note) In overtime, a Minor Penalty shall be assessed under this rule, except in the case of Rule 80(A) Refusing to Start Play, in which case a Major Penalty shall be assessed.

- F. 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 surface and commence play.

RULE 58 - Elbowing and Kneeing

- A. A Minor Penalty, or a Major Penalty plus a Game Misconduct Penalty, at the referee's discretion, shall be assessed on any player who fouls an opponent in any manner with her/his elbow or knee.
- B. A Major Penalty and Game Misconduct Penalty shall be assessed on any player who injures an opponent by elbowing or kneeling.

RULE 59 - Face-Offs

- A. A face-off shall take place when the Referee drops the puck on the surface 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 surface. All other players on both teams must be at least 15 ft. (4.57 m) from the players taking the face-off and they must be on-side. 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 will stand squarely facing their opponents' end of the rink. The sticks of both players facing-off shall have the toe of the blade touching within the designated area and the player of the Visiting Team shall place her/his stick within the designated area first. All other players on the surface must position themselves and their sticks on-side. If a player, other than the player taking the face-off, moves offside, makes physical contact with an opponent or encroaches on the face-off circle prior to the dropping of the puck, then the offending team's player taking the face-off shall be ejected from the face-off.
- B. In the conduct of a face-off anywhere on the playing surface, no player facing-off shall make any physical contact with her/his opponent's body by means of her/his own body or by her/his stick, except in the course of playing the puck, after the face-off has been completed. For a violation of this rule, the Referee shall assess a Minor Penalty or penalties on the player(s) whose action(s) caused the physical contact.
- C. If a player facing-off fails to take her/his proper position immediately, when directed by the Referee, the official may order her/him replaced at the face-off by any player on the surface.
- D. No substitution of players shall be permitted until the face-off has been completed and play has resumed, except when a penalty is imposed which will make a team short-handed.
- E. A team committing a second violation of any of the provisions of Section (a) during the same face-off may be assessed a Minor Penalty for "Face-Off violation" by the Referee.
- F. When an infringement of a rule has been committed or a stoppage of play has been caused by an attacking player in her/his attacking zone, the ensuing face-off shall be at the centre face-off spot.

(Note 1) This includes a stoppage of play caused by a player of the attacking side shooting the puck on the back of the defending team's net without any intervening action by the defending team.

(Note 2) A face-off commences when the Referee gets in position to drop the puck.

- G. When an infringement of any kind has been committed by players of both teams, the ensuing face-off shall be at the place where stoppage of play occurred unless otherwise stated in the rules.

- H. All face-offs shall be conducted on one of the 5 designated face-off Spots as dictated by reason for the stoppage of play.
- I. When a stoppage of play occurs between the end zone face-off spots and the nearest end of the rink, the face-off shall be at the nearest end zone face-off spot, unless otherwise stated in the rules.
- J. When any stoppage of play in the end zone is caused by the goaltender, the ensuing face-off shall take place at either end zone face-off spot regardless of the location of the puck when play was stopped.
- K. When a goal is illegally scored as a result of the puck being deflected off the Referee directly into the net, the face-off position will be decided as follows;
 - a. If the defending team was in possession of the puck, the face-off shall be at either end zone face-off spot in that zone.
 - b. If the attacking team was in possession of the puck, the face-off shall be at the centre face-off spot.
- L. When one or both defenseman, 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 centre face-off spot.

RULE 60 - Falling on the Puck

- A. A Minor Penalty shall be assessed on any player except a goalie, who deliberately falls on or gathers the puck into her/his body by any means, while standing or lying on the surface.
- B. A Minor Penalty shall be assessed any goalie who deliberately falls on or gathers the puck into her/his body or holds or places the puck against any part of the goal, or the boards, when the puck is behind the goal line and the goalie's body is entirely outside the boundaries of her/his own goal crease area.
- C. A Penalty shot shall be awarded against the offending team when a defending player (except the goalie) deliberately falls on the puck, holds or gathers the puck into her/his body in any manner, or picks up the puck with her/his hands, while the puck is within her/his goal crease. No other penalty shall be assessed.

(Note 1) If the goalie has been removed, she/he may return to the surface for the Penalty Shot.

(Note 2) This rule shall be interpreted so that a Penalty Shot will be awarded only when the puck is in the crease at the instant the offense occurs. However, in cases where the puck is outside the crease, Rule 60(A) may still apply and a Minor Penalty may be imposed, even though no Penalty Shot is awarded.

RULE 61 - Fighting and Roughing

- A. A Major Penalty plus a Game Misconduct Penalty shall be assessed on any player who fights.
 - a. 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 she/he may incur.
 - b. A Minor Penalty shall be assessed any player who, having been struck, shall retaliate with a blow or attempted blow. Should such a player continue to retaliate, she/he shall be assessed a Major Penalty plus a Game Misconduct Penalty.
 - c. 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.
 - d. Any player wearing a ring or rings, tape or any other material on her/his hands, who becomes involved in a fight and who uses such to gain an advantage or to inflict punishment and/or injury, shall be assessed a Match Penalty in addition to any other penalties she may incur.

(Note 1) The foregoing sections shall also apply to goaltenders. 5) 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 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 the designated area by the Referee. Any player(s) refusing to do so after being instructed by the Referee shall be assessed a Game Misconduct Penalty, plus any other penalty she/he/they may incur.

- B. A Minor Penalty or Major Penalty plus a Game Misconduct Penalty shall be assessed on any player who, in the Referee's judgment, is guilty of unnecessary rough play. If injury results from an infraction of this rule, a Major Penalty plus a Game Misconduct Penalty shall be assessed.
- C. A Major Penalty plus a Game Misconduct Penalty shall be assessed on any player who is involved in fighting with another player off the playing surface.
- D. 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.

RULE 62 - Goals and Assists

It is the responsibility of the Referee to award goals and assists, and her/his decision in this manner is final.

- A. A goal shall be scored when the puck has legally passed between the goal posts by a player from in front, and below the crossbar and the puck entirely crosses the line drawn or imaginary between the two goal posts.

- B. A goal shall be scored if a player from the defending team, in any way, puts or deflects the puck into her/his own net. The last player who touches the puck from the attacking team shall be awarded the goal but no assist will be awarded.
- C. A goal shall be allowed from a deflection off an attacking player, including her/his skate.
- D. If an attacking player kicks the puck directly into the net or deflects off another player including the goalie, the goal will not be awarded.
- E. A goal may be scored contacting the puck above the playing surface, with the player's stick providing it is below the height of the crossbar and/or shoulders, or whichever is lower.
- F. When a goal is scored an assist shall be awarded to the player taking part in the play immediately preceding the goal. No more than two assists can be given per goal. Each goal and assist, so credited, shall count as one point on the player's record.
- G. Any player joining in a fight acting as a peacemaker or taking part in another fight during the same stoppage of play shall be assessed a game misconduct and any other penalties the offender occurs.

RULE 63 - Handling the Puck

- A. Play shall immediately be stopped and a Minor Penalty shall be;
 - a. assessed any player except a goalie who closes her/his hand on the puck and, while so doing, gains an advantage on her/his opponents,
 - b. when a player simply closes her/his hand on the puck and immediately drops it to the surface, without gaining or attempting to gain an advantage by this action, play may be stopped.
- B. A Minor Penalty shall be assessed on a goalie who deliberately holds the puck and in the opinion of the Referee, is causing an unnecessary stoppage in play.

(Note) Where the puck is thrown towards an opponent's goal by the goalie and it is received by an opponent, the Referee shall allow play to continue. However if a teammate receives the puck, play shall be stopped.

- C. A Minor Penalty shall be assessed on any player (except the goalie) who, while play is in progress, picks up the puck with her/his hand. If a player of the defending team (except the goalie) picks up the puck from the surface while it is in her/his team's goal crease, the play shall be stopped and a penalty shot shall be awarded to the non-offending team.
- D. A player shall be permitted to stop or "bat" a puck in the air with her/his open hand, or to push it along the surface with her/his hand and play shall not be stopped, unless the player has directed the puck to a teammate in the attacking half. When this occurs play shall be stopped and the puck faced-off at the spot where the offense occurred, unless the offending team gains a territorial advantage, then the face-off shall be where the stoppage of play occurred, unless otherwise covered in the rules. Play shall not be stopped for any hand pass by players in their own defending half.

- E. The puck may not be batted with the hand by an attacking player directly into the goal. A goal shall not be allowed when the puck has been batted with the hand by an attacking player, and is deflected into the goal off of a defending or attacking player or the goalie.
- F. Illegal Puck Handling: Stickhandling the puck with the tip, toe or heel of the stick into the centre of the puck shall be considered illegal and a minor penalty shall be assessed to the player doing so.

RULE 64 - High Sticks

- A. The carrying of sticks above the normal height of the waist of the opponent is prohibited. A Minor Penalty or Major Penalty and a Game Misconduct at the referee's discretion shall be assessed on any player who checks or intimidates an opponent while carrying her/his stick above the waist of her/his opponent.
- B. If injury results, a Major Penalty plus Game Misconduct Penalty shall be assessed. A player who contacts an opponent above the normal height of her/his shoulders with a high stick shall be assessed a Minor Penalty or Major Penalty plus a Game Misconduct Penalty at the discretion of the Referee. If injury results, a Major Penalty plus a Game Misconduct Penalty shall be assessed.
- C. A Match Penalty shall be assessed any player who deliberately attempts to injure or deliberately injures an opponent with a high stick.
- D. Contacting the puck above the normal height of her/his shoulders with the stick is prohibited and when it occurs, play shall be stopped and the ensuing face-off shall be at the spot where the offense occurred, unless;
 - a. a player of the non-offending team obtains possession and control of the puck, in which case play shall continue, or
 - b. a player of the offending side shall bat the puck into own net, in which case the goal shall be allowed, or
 - c. the offending team gains a territorial advantage, then the face-off shall be where the contact occurred, unless otherwise stated in the rules.
- E. A goal scored from a high stick shall not be allowed except when such a goal is scored by a player of the defending team into her/his own goal.

RULE 65 - Holding

- A. A Minor Penalty shall be assessed on any player who holds an opponent with her/his hands, stick or in any other manner. If the penalty assessed is for holding the stick, a Minor Penalty for "holding the stick" shall be recorded and announced.
- B. A Major Penalty and Game Misconduct shall be assessed on any player who injures an opponent by holding.

RULE 66 - Hooking

- A. A Penalty shall be assessed any player who impedes or seeks to impede the progress of an opponent by hooking. It will be within the Discretion of the Referee with regards to the significance of the act, in that a Minor Penalty, or Major Penalty and Game Misconduct.
- B. A Minor Penalty shall be assessed if a player uses the shaft of her/his stick above the upper hand to hold or hook an opposing player.
- C. A Major Penalty and Game Misconduct shall be assessed on any player who injures an opponent by hooking.

RULE 67 - Clearing the Puck

- A. Clearing (icing) of the puck is allowed for Inline hockey.

RULE 68 - Interference

- A. It is a violation of the rules to interfere with or impede the progress of an opponent who is not in possession of the puck. A Minor Penalty or Major Penalty plus a Game Misconduct shall be assessed on any player who interferes with an opponent. If injury results a Major Penalty plus a Game Misconduct shall be assessed.
- B. Incidental body contact will be permitted. All judgments in this case will be at the Referee's discretion.

(Note 1) Often it is the action and movement of the attacking player which causes the interference since defending players are allowed to stand ground.

(Note 2) Occasionally players of poor skating ability may create the appearance of interference. A Referee should only call a penalty for deliberate interference such as;

- *when the defending team secures possession of the puck in its own end and the other players of her/his team run interference for him by creating a protective screen limiting access to the opposition, a two minute penalty will be assessed, or*
- *when a player facing off deliberately obstructs her/his opponent after the face-off when the opponent does not have possession, or*
- *when the puck carrier makes a drop pass and follows through as to "take her/his opponent out" of the play opening the way for the puck carrier. Defensive interference consists of bodily contact with an opposing player when he does not have possession of the puck.*

RULE 69 - Interference by Spectators

- A. The Referee shall stop play if a player is being held or interfered with by a spectator, unless that player's team is in possession of the puck and in scoring position at the time. In this case, play shall be allowed to be completed before the stoppage. In either case, the face-off shall be where the stoppage took place, unless otherwise stated in the rules.

- B. The Referee shall stop play if any objects are thrown on the playing surface which interfere with the progress of the play. When the play resumes, the face-off shall be where the stoppage took place, unless otherwise stated in the rules.

RULE 70 - Kickshot

- A. A Minor Penalty shall be assessed to any player, except a goaltender, who uses a kickshot.

RULE 71 - Kicking the Puck

- A. Kicking the puck with your skate shall be permitted in all zones, However, a goal will not be counted if it is kicked in or kicked in deflecting off any player, including the goalie.

RULE 72 - Leaving the Players' or Penalty Bench

- A. A Double Minor Penalty shall be imposed on the player of the team who was the first to leave the players' or penalty bench during a fight. If players of both teams leave their respective benches at the same time, the first identifiable player of each team to do so, shall incur a Double Minor Penalty. A Game Misconduct Penalty shall also be imposed on any player penalized under this section, plus any other penalties he may incur.
- B. Any player (other than those dealt with under Section(A)) who leaves her/his players' or Penalty bench during a fight and is assessed a Minor Penalty, Major Penalty or Misconduct Penalty for her/his actions, shall also incur an automatic Game Misconduct Penalty, in addition to any other penalties she/he may incur.
- C. This includes a player leaving the penalty bench, for which he is to be assessed a Minor Penalty in addition to the Game Misconduct Penalty. Such a player would not have to be the first player to leave a bench.

(Note 1) A maximum of 4 players per team may be assessed Game Misconducts for violations of Sections (A) and (B) of this rule during the stoppage of play. The maximum of 4 players shall include any players penalized under Rule 61 - Fighting and Roughing.

(Note 2) Where one team has been clearly identified as the first to leave the bench and the Referee has assessed the 4 player maximum Game Misconducts, then in this situation a fifth player on one team may be assessed a Game Misconduct Penalty under this section. This fifth player must be the player who left the bench first.

(Note 3) Referees must record in detail, on the Official Game Sheet, any bench clearing incidents.

- D. A penalized player may not leave the penalty bench (whether or not play is in progress, except at the end of the period or on the expiration of her/his penalty. A Minor Penalty

shall be assessed for a violation of this rule, including the situations dealt with under Sections (A) and (B) of this rule. However, in the case of a player returning to the surface before her/his time has expired through an error of the penalty timekeeper, he is to serve only her/his unexpired time.

- E. When a player on a breakaway on the opponents' side of the centre red line is interfered with by a player of the opposing team who shall have illegally entered the game, or by a player or team official on the players' or penalty bench the Referee shall award a penalty shot to the non-offending team.
- F. Any team official who gets on the surface after the start of the game, without the permission of the Referee, shall be assessed a Game Misconduct Penalty and ordered to the dressing room for the remainder of the game. The Referee shall submit a report in full detail to the Directors, who may assess further penalties.
- G. If a penalized player returns to the surface from the penalty bench before her/his Penalty has expired, (either by her/his own error or the error of the Penalty Timekeeper), any goal scored by her/his own team while he is illegally on the surface shall not be allowed. All Penalties assessed on either team shall be served as regular Penalties.

RULE 73 - Physical Harassment

- A. Any player or team official who intentionally touches, holds, or pushes; deliberately strikes, trips or body-checks; threatens or attempts to strike a Referee, or any official; before, during or after a game shall be assessed a Match Penalty and shall be reported to the provincial association by the referee.

RULE 74 - Offsides

- A. There are no off-sides for Inline hockey, under Roller Hockey Canada playing rules.

RULE 75 - Passes and Offside Passes

- A. There are no off-side passes for Inline hockey, under Roller Hockey Canada playing rules.

RULE 76 - Puck Must be Kept in Motion

- A. Except to carry the puck behind her/his net, a team in possession of the puck in its own defending zone must always advance the puck towards the opposing goal, except if he is prevented from doing so by players of the opposing side or if the offensive team is shorthanded. For the first infraction of this rule, play shall be stopped and a face-off will be taken at the spot adjacent to the goal of the team causing the stoppage. The referees shall warn the captain or alternate captain of the offending team of the reason for the face-off. For a second violation by any player of the same team in the same period, a

minor penalty shall be imposed on the player violating the rule. A Minor Penalty shall be imposed on any player or goalie who holds the puck with her/his stick, skates or body along the rink walls in such a manner as to cause stoppage of the play unless he is actually being pursued by an opponent.

RULE 77 - Puck Out of Bounds or Out of Play

- A. When the puck goes outside the playing area it shall be considered "out of play" and faced-off at the nearest face-off spot or the point at which it left the playing surface equal distance from surrounding surface structure in relation to a face-off spot. [See Rule 59 (E)]
- B. When a puck becomes lodged in the netting and is unplayable, or if it is frozen between opposing players, unintentional or otherwise, the Referee will blow her/his whistle and a face-off will occur at the nearest face-off spot.
- C. A Minor Penalty shall be imposed on a goalkeeper who deliberately drops the puck on the goal netting to cause stoppage of play.

RULE 78 - Puck Out of Sight

- A. If the puck goes out of sight or view of the Referee, he will stop play by blowing her/his whistle and a face-off will occur at the nearest face-off spot.

RULE 79 - Puck Striking Official

- A. Play shall not be stopped because the puck touches one of the Referees anywhere on the surface, even if one team is shorthanded.
- B. If a goal is scored from deflecting a puck off a Referee, it shall not be allowed.

(NOTE) It is recommended that the Referees in the interest of time, shall always carry an extra puck.

RULE 80 - Refusing to Start Play

- A. If a team is withdrawn from the surface and fails to return and start play, or if being on the surface, fails to start play within TWO MINUTES after being ordered to do so by the Referee, the game or series shall be suspended. The team officials and or players of the team which are responsible for any of these actions may be suspended for one year or more from the date of the infraction. If a team after being ordered to return, does return to start play, then a Major Penalty shall be assessed for delay of game.
- B. If this infraction occurs in the last two minutes of regular playing time or anytime in overtime, a penalty shot (in addition to the major penalty) shall be awarded against the offending team, as stated in the delay of game rules.

- C. The commencement of the two-minute warning and the reason for such warning shall be announced over the public address system, on the instructions of the Referee.
- D. If a team is withdrawn from the surface or fails to go on the surface or being on the surface, fails to start play a SECOND TIME within the same game after being ordered to do so by the Referee, the two minute allowance shall not be granted and the game will be officially suspended. The team officials and/or players of the team which are responsible for any of these actions may be suspended for one year or more from the date of the infraction.

(Note) Should the offending team be on the surface the order shall be given in person by the Referee. If the offending team is not on the surface, the Timekeeper, on the instruction of the Referee, will convey the order to the offending team. The order may be given to any player or team official of the offending team.

- E. If a team fails to present itself at the time and place appointed to play any game, the game shall be awarded to the opposing team, unless such failure is caused by an unavoidable accident or unforeseen contingency. The team official and/or players responsible for any of these actions shall be reported to the provincial association by the Referee, giving full details of the incident.
- F. A player or team official who refuses to leave the bench, after he has been assessed a Game Misconduct Penalty, Gross Misconduct Penalty or Match Penalty may be suspended for up to one year or more from the date of the infraction.

RULE 81 - Slashing

- A. A Minor Penalty or Major Penalty and a Game Misconduct, at the discretion of the Referee, shall be assessed on any player who impedes or seeks to impede the progress of an opponent by "slashing" with her/his stick.
- B. A Major Penalty and a Game Misconduct Penalty will be assessed to any player who injures an opponent with a "slash".
- C. A "slashing" Penalty shall be assessed on any player who swings her/his stick at an opponent (whether out of range or not) without actually striking him, or who, on the pretext of playing the puck, makes a wild swing at the puck with the object of intimidating her/his opponent.
- D. A Match Penalty shall be assessed any player who deliberately attempts to or deliberately injures an opponent with a slash.

RULE 82 - Spitting

- A. A Match Penalty shall be assessed on any player or team official who deliberately spits on or at anyone.

RULE 83 - Start of Game and Periods

- A. The game shall commence at the time scheduled by a face-off in the centre of the rink. It shall be renewed promptly at the conclusion of each intermission in the same manner. No delay shall be permitted by reason of any ceremony, exhibition, demonstration or presentation, unless consented to and within reason in advance by the visiting team.

(Note) Teams and officials should be prepared to start the game 15 minutes prior to the scheduled time.

- B. To start the game, at the beginning of each period (including any overtime periods and following the scoring of a goal, the Referee shall conduct a face-off at the centre face-off spot.
- C. At the beginning of each period, only the players taking part in the actual face-off shall be allowed on the off surface. All other players not taking part in the face-off shall go directly to their benches. For an infraction of this rule, a Bench Minor Penalty for delay of game shall be assessed on the offending team.
- D. At the end of each period, all players must remain on their respective players' or penalty bench until directed off by the Referees. The visiting team shall leave the surface first, unless otherwise directed by the Referees. Failure to comply shall result in a Bench Minor Penalty.

RULE 84 - Throwing the Stick

- A. Where a player deliberately throws her/his stick at the puck or puck carrier in her/his defending half, and a goal is NOT scored, a Penalty Shot shall be awarded to the attacking team.
- B. A Minor Penalty shall be assessed for throwing a stick except when a Penalty Shot is assessed or a Goal is scored.

RULE 85 - Tied Games

- A. If at the end of regulation time the score remains tied, each team will be awarded one point in the league standings. In regular season play there will be no overtime play. In the event of season end play-offs there will be overtime played in the following fashion;
 - a. a series of 10 minute sudden victory overtime periods, in which teams will not change ends at the conclusion of each. Each overtime period will be followed by a 2 minute break.

(Note) For tournament play (excluding National Championship or Regional Qualifier) the host will determine the tie breaking procedures. For round robin play there will be no overtime and both teams will be awarded one point.

- b. The overtime periods are considered part of the game and all unexpired penalties remain in effect.

RULE 86 - Time of Match

- A. The match will consist of two equal halves, following a 5 minute warm-up.
- B. Two 22 minute running time halves with a 2 minute rest period between halves.
- C. Two 12 - 15 minute stop time halves with a 2 minute rest period between halves.
- D. Straight time is recommended where there is no visible game time clock.
- E. Each team will be allowed a 1 minute time out to be used during game play.
- F. If the score differential is 3 goals or less in the last 2 minutes of regulation play the clock will go to stop time.

RULE 87 - Tripping

- A. A Minor Penalty or Major Penalty plus a Game Misconduct Penalty at the referee's discretion shall be assessed any player who uses her/his stick, knee, hand, foot, arm or elbow in any manner or falls or slides along the surface directly in the path of the puck, of causing the puck carrier to trip and lose possession the puck. If injury results, a Major Penalty plus Game Misconduct Penalty may be assessed.

(Note) If a player in the process of falling or sliding along the surface, hits or knocks the puck from the opponent's stick prior to making actual body contact, the tripping action shall be ignored.

RULE 88 - In the Goal Crease

- A. Provided the attacking player does not interfere with the goaltender of the opposing team, a goal will be allowed if the attacking player is in the goal crease area, when the puck crosses the goal line.
- B. If the attacking player is pushed into the goal crease by the defending team the goal will be allowed.
- C. Any attacking player, while having possession of the puck and attempting to score, may enter the crease with the puck.

RULE 89 - Beginning Play

- A. The game begins with a face-off at the centre face-off spot and is renewed at the start of the second half of play. A face-off takes place when a Referee drops the puck on the surface between the sticks of the players taking the face-off. Players facing off must stand squarely facing their opponents' end of the surface approximately one stick length

apart with the blades of their sticks touching the surface. No other players may all come within 15 feet of the players facing off and players must be on side during all face-offs.

- B. During a face-off, no player facing-off may have physical contact with the opposing player with her/his body or using her/his stick until the puck is dropped. If a player does not leave the face-off area after being directed by an official, the player may be called with a Minor Penalty.

RULE 90 - Slew Footing

- A. The action of tripping a player by knocking a player's skates out from behind with a kicking or leg dragging motion. At the discretion of the referee a Major Penalty plus a Game Misconduct may be assessed.

SECTION 7 - RHC Suspension Guidelines

Code Infraction Minimum Suspension

Misconduct & Game Misconduct

- M20 Abusive language & behaviour - 10 minute misconduct
- M21 Trash talking - 10 minute misconduct
- M22 Inciting - 10 minute misconduct
- M23 Failure to go to Bench - 10 minute misconduct
- GM24 Profane Language & Behaviour - 1 Additional Game
- GM25 Second Misconduct of Game- 1 Additional Game
- GM26 Second Major. (Same Stoppage of Play) - 2 Additional Games
- GM27 Interference from Bench - 1 Additional Game
- GM28 Fighting (major + game) - 2 Additional Game
- GM29 Instigator - 1 Additional Game
- GM30 Aggressor - 1 Additional Game
- GM31 2nd Fight Same Stoppage of Play (3rd. 4th.etc) - 2 Additional Games
- GM32 Leaving Player or Penalty Bench (game ejection) - 3 Additional Games
- GM33 Team Official Responsible for Leaving Bench - 2 Additional Games
- GM35 Checking from Behind (major + game) - 2 Additional Games
- GM36 High Sticking (major + game) - 2 Additional Games
- GM37 Cross Checking (major + game) - 2 Additional Games
- GM38 Hooking/Slashing (major + game) - 2 Additional Games
- GM39 Boarding/Body (checking (major + game) - 2 Additional Games

- GM40 Elbowing/Kneeing (major + game) - 2 Additional Games
- GM41 Charging (major + game) - 2 Additional Games
- GM49 Game Ejection - 1 Additional Game
- GM99 Miscellaneous - 1 Additional Game

Gross Misconduct

- GRM50 Travesty of Game - 2 Additional Games
- GRM51 Obscene Gesture - 2 Additional Games
- GRM52 Removing Helmet - 2 Additional Games
- GRM53 Discriminatory Slur - 3 Additional Games
- GRM54 Trash Talking - 2 Additional Games
- GRM99 Miscellaneous - 2 Additional Games

Match Penalties

- MP60 Threatening an Official - 5 Additional Games
- MP61 Physical Abuse of Official - Indefinite (pending hearing)
- MP62 Spitting - 3 Additional Games
- MP63 Fighting- Ring or Tape on Hand - 3 Additional Games
- MP64 Attempt to Injure - 2 Additional Games
- MP65 Deliberate Injury - 3 Additional Games
- MP66 Butt Ending - 3 Additional Games
- MP67 Grabbing Facemask/Helmet/Strap - 3 Additional Games
- MP68 Hair Pulling - 3 Additional Games
- MP69 Kicking - 3 Additional Games
- MP70 Spearing - 3 Additional Games
- MP71 Head Butting - 3 Additional Games
- MP72 Check From Behind (Match) - 4 Additional Games
- MP99 Miscellaneous - 3 Additional Games

SECTION 8 - Recommended Tie Breaking System

The tie breaking procedure at the end of round robin play (in the event that teams are tied with equal number of points for the semi-final and/or final positions, the following procedure will apply:

- If Two Teams are Tied After Round Robin Play:

- a) The team with the most wins in the Round Robin gains the highest seed.
 - b) The winner of the Round Robin game between the two tied teams (head to head match) gains the highest seed.
 - c) If the two teams are tied after a & b above, then the team with the least amount of goals against gains the highest seed.
 - d) If two teams are still tied then the team who scored first in head to head match gains the highest seed.
 - e) If two teams did not play each other and are still tied to this point, the team with the least amount of penalties minutes gains the highest seed. This includes Bench, Minor, Major Misconducts and Match penalties (considered a Major).
 - f) If still tied, then the team with the lowest goal differential will gain the highest seed (GF-GA).
 - g) If still tied then a single coin toss will determine which team gains the highest seed.
- If Three or More Teams are Tied After RoundRobin Play*
 - a) The point record established in the games among the tied teams only will be used as the first tie breaking formula (this is only if teams are in the same pool), the team with the most wins gains the highest seed.
 - b) Team with the most wins gains the highest seed.
 - c) Team with the least amount of goals against gains the highest seed.
 - d) Team with the least amount of penalty minutes gains the highest seed.
 - e) Team with the lowest goal differential gains the highest seed(GF-GA).
 - f) The team that scored earliest in any Round Robin game gains the highest seed.
 - g) If still tied then a single coin toss will determine which team gains the highest seed.

*At any time through this process the number of teams still tied falls to two, then automatically reverts to the above Two Team Tie Breaking Formula beginning at (a).

SECTION 9 - Penalty Codes

ATI.....Attempt to Injure
 BC.....Body Checking
 FI.....Instigator
 FAAggressor
 BM.....Bench Minor
 BDG.....Boarding
 BSBroken Stick
 BE.....Butt Ending
 CH.....Charging
 CFBChecking from Behind
 CCCross Checking

DG.....Delay of Game
ELElbowing
FI.....Fighting
FOV.....Face-Off Violation
GM.....Game Misconduct
GRM.....Gross Misconduct
HHolding
HS.....High Sticking
HK.....Hooking
IEIllegal Equipment
INT.....Interference
KN.....Kneeing
LPB.....Leaving Player's Bench
MJM.....Major Misconduct
MP.....Match Penalty
RGRoughing
SL.....Slashing
SPSpearing
M10.....10 Minute Misconduct
F3rdM.....Third Man in
TMM.....Too Many Men
TRTripping
TST.....Throwing Stick
UsLCUnsportsmanlike