



LUMBY MINOR AMATEUR HOCKEY ASSOCIATION

OFFICIATING TIPS

(updated for 2023-24 season)

The Officiating Tips provided within this document are meant as an additional resource for developing hockey officials in addition to the Rule Book, the annual Clinic Program and ongoing mentoring and coaching. These ‘tips’ are an accumulation of coaching and supervision observations from games played within the BC Minor Hockey System at the Recreational Level. It is hoped that officials at all levels will benefit from these useful reminders.

It would be prudent for this document to be updated before each season (last updated for the 2023-24 season).

General Tips – pages 3-5

Procedures – pages 6-8

Rules – pages 8-16

Communication – page 16-17

Attitude – page 17-19

Linesperson Duties – pages 19-21

Dealing with Coaches – pages 21-22

General Tips

1. Relax and remember to breathe on the ice. There are times where you will anticipate a play on net and have to really hustle in but as a rule, relax and follow the play. Try not to be even with the play because your view is more likely to be blocked out by players.
2. If the puck ends up between your skates and players are working to get the puck, do not lift a skate off the ice. Keeping both your skates on the ice will keep you secure, stable and safe. Don't worry about the players as their focus will be the puck.
3. When assessing a penalty and or at any other time on the ice, keep your cool. Your job is to stay focused and unemotional as you are simply the caretaker of the rules. It should never become personal and you should always remain neutral towards all parties.
4. Approach each game with the expectation to do your best. Expect your best and do your best.
5. To enhance your development it is good to watch senior officials work. Watch their procedures, positioning, signals and how they interact and communicate with the players and coaches.
6. Arrive at the rink to be in your dressing room at least 20 minutes before your game. 30 minutes is ideal and arriving earlier than later will be appreciated by your fellow officials. If you are officiating more than one game, please ensure you bring adequate food and water for between games.
7. Be job ready – prior to your assignments keep your skates sharp, keep snacks packed, keep your uniform packed, keep your hard copy of rules in your bag and be organized so you aren't rushing around or panicking at the last minute because you are missing something required for the job.
8. Practice blowing your whistle. This may sound silly but it takes some practice to have a precise, loud and sharp whistle on the ice. Wear your whistle on your left hand and on your index and middle finger. Many officials think they need to take a big, extra breath and then blow but this causes an unnecessary delay in making a call. You already have air in your lungs so you don't need to take any extra breaths – practice!
9. A common error by officials is when skating and then stopping to go the other direction, they drop their head to look at the ice. Most are not even aware they are doing this. As a linesperson or referee, an important part of your job is to always keep your eye on the play. Same thing when you are assessing a penalty. Always be watching and observing. As a linesperson when you turn to break to the other end, whether skating backwards or forwards, have your head up and on a swivel to watch.
10. Most officials have strong skating skills and great anticipation is a bonus. Read the play. Recognize the flow or lack of flow and adjust your positioning and skating appropriately. We all get caught flat-footed or out of position at times but limiting those times is what you want. Mastering your officiating skills makes a difference in every game.

11. With Hockey Canada's culture shift underway, safety and respect are front and center and every official plays an important role. First of all, expect to be respected. Do not approach your games with anxiety or stress, expecting issues or problems. The game is changing for the better. If there is obvious disrespect or abuse of any kind, including unnecessary verbal mind games from coaches, towards you or others, we have rules that must be applied and reported. Many coaches, players and officials have bought into the new focus but with all change there is learning and adjustment. Disrespect and abuse are slights against the game itself and our job is to protect the game. Remember, when disrespect or abuse goes unpenalized, it will continue. Do your part.
12. Our local Minor Hockey Association treats us with respect and reimburses us well for our services. This adds to the responsibility and accountability we must accept. With this in mind: Are you mentally and physically prepared for your assignments? Are you a student of the game, studying the rules regularly and taking the time to watch and learn from other officials? Are you open to feedback? Are you willing to ask questions of fellow officials? Do you arrive at the rink more than 20 minutes prior to your game to connect with your partners? Are you willing to leave the texting and internet alone to focus on your preparation and the tasks at hand? Are you accepting of your mistakes and instead of being hard on yourself, willing to learn from them? It is a wonderful game and you have an important role.
13. After every game and no matter the level, you should be able to answer yes to these questions: Did you do your best? Some games will feel like work but hopefully you always enjoy and learn from your experience. Did you set a good example for your fellow officials? Did you show respect for every individual no matter how you perceived their actions?
14. The time for change was yesterday ... There is zero tolerance for disrespect, derogatory, negative, sarcastic or demeaning comments or actions towards officials and likewise players. Coach and player responsibilities do not include any type of verbal opinion, commentary or gesture, at any time, on any level of officiating. Game intensity, score, opposition or officiating are no longer excuses. There is no version of disrespect that is acceptable. Officials at all levels are directed and mandated by the Branches of Hockey Canada to immediately enforce rules governing disrespect. Rule 11.1 Unsportsmanlike Conduct includes, but is not limited to, any player or team official challenging or disputing an official's decision, or displaying any other form of unsportsmanlike behaviour towards any person. A Minor penalty will be assessed to any player who is guilty of Unsportsmanlike Conduct. Note, a team official would receive a Bench Minor penalty.
15. If You Want To Be Part, You Must Do Your Part! As on-ice officials, our training, development, progression and opportunity in the game is endless. It is our "job" to be responsible and accountable, to be prepared mentally and physically to contribute to each game as best we can. Do you have the Hockey Canada Rule Book app or a hard copy of the rules? Are you a student of the rules? Are you eating and drinking healthy enough and at the right time to effectively do your job? Are you fit enough to work the level of hockey you aspire to? Are you checking your equipment, helmet, visor, skates, laces, whistle and uniform before departing for your game? Are your skates sharpened enough to do your job? Are you planning ahead to be in the dressing room at least 20 minutes before your game?

16. BC Hockey has some officiating clothing and gear available at excellent prices. An ACME Thunderer whistle, the best to buy, locally costs \$40 and on BC Hockey's website the same product is \$25.00. Laces are \$4.25/pair instead of \$6.50. Check out their clothing and gear at <https://bc-hockey-officials-2022-2023.itemorder.com/shop/home/>
17. This is a dressing room conversation between periods and between officials working a 3 person system. The linesperson says to the referee, "you missed three penalties." The referee doesn't respond other than to look at the linesperson. This is not acceptable behaviour by the linesperson. We are our own worst critic and do not need to be critical of one another. Focus on your job and how you can improve. If a referee asks for linesperson's feedback or vice versa, be considerate and speak in a way that will enhance and support your partner and the game. Be professional – this is a paying job!
18. Young officials are using wave-offs far too often on routine plays or shots around the goal. If it is obvious that the puck missed the goal, no wave off is required. This can be a challenging habit to break but with focus you can. If the puck hits the post, crossbar or there is a scramble around the goal line by all means use your wave-off.
19. When considering your officiating assignments, your focus should not be on adding up your game fees. There is a job to do first. Top officials are thinking about and dedicating themselves to the job first, the skills to master and the positive contribution they need to make in every game.
20. Imagine this: a player goes offside, the play is stopped and one of the referees yells at the player "you are brutal. That was terrible. Get in the game." The official's career would likely be over. With this situation in mind, any type of verbal criticism or disrespect directed at an official or player by a coach must not be tolerated and immediately penalized. Disrespect in any form is never appropriate in hockey or life in general. Being in a sports environment, passion, experience, intensity, game score or importance are never excuses.
21. Pre-game checklist
 - Double check the time of your game assignments
 - Know who you are working with.
 - Check your equipment: Rule Book, skates sharpened, skate guards, tape, clean white laces, fresh, dry gear, whistle/s, helmet, visor and cleaner (ensure the screws on your helmet and visor are secure), shin and elbow pads, towel, appropriate layering of clothes for comfort, energy bars, water, sweater, pants, crests, arm bands, equipment bag.
 - Plan your departure time to arrive well in advance of your game. You don't want your partners wondering where you are or if you are coming. At higher levels officials are required to be in the dressing room at least 60 minutes prior to game time. Minor hockey will vary from 20-45 minutes depending on the Association.
 - Plan ahead where your parking options are.
 - Arrive at the rink looking professional and ready to perform your job.
 - Allow yourself time to stretch, dress and talk to your fellow officials.
 - Review your rules.
 - Be respectful of your peers and expect the same in return.

- Be mentally and physically ready to enjoy your experience.
 - Be completely ready with your helmet and visor on to depart your dressing room as one team. If working a three-person system the Referee leads the way out of the dressing room and onto the ice.
 - Enjoy the challenge and experience!
22. Officials must have a constant overall view of the playing surface, your partners, all players and player's benches. Train yourself to focus and be aware of everything that happens in a game. Be alert, mentally and physically, ready to react. These are important traits for officials at every level.

Procedures

1. Remember that obvious, routine plays on the net that are not questionable to the players, coaches or spectators, do not have to be waved off. Close plays obviously require your strong signal and a verbal recognition such as "NO" or if an offside, blowing your whistle and calling out, "offside."
2. There is now zero tolerance for disrespect, derogatory, negative, sarcastic or demeaning comments or actions towards officials and likewise players. Coach and player responsibilities do not include any type of verbal opinion, commentary or gesture, at any time, on any level of officiating. Game intensity, score, opposition or officiating are no longer excuses. There is no version of disrespect that is acceptable. Officials at all levels are directed and mandated by the Branches of Hockey Canada to immediately enforce rules governing disrespect. Rule 11.1 Unsportsmanlike Conduct includes, but is not limited to, any player or team official challenging or disputing an official's decision, or displaying any other form of unsportsmanlike behaviour towards any person. A Minor penalty will be assessed to any player who is guilty of Unsportsmanlike Conduct. Note, a team official would receive a Bench Minor penalty.
3. There is never a time for a soft whistle. Whether there is a stoppage of play at the net, on an off-side, icing, goal, altercation, face-off, injured player, penalty or at the end of the period or game, a loud, sharp whistle is necessary and exudes confidence.
4. It has been four months since the season began. You are working games and have gained experience as both referee and linesperson. So far, so good but you are noticing a shift in the intensity of games. At all age groups, the players have steadily improved. Players, coaches and parents are beginning to look at the standings while anticipating playoffs. The question nagging in the back of your mind is "do I have the rule knowledge to work the games should something happen?" You haven't opened the Rule Book and might not even own one ([Hard Copy of Rule Book](#)) or have not downloaded the free Rule Book app ([Rule Book App](#)). It is never too late to spend some time in study and review rule areas where you know you have questions or hesitation. You, your fellow officials and the game will be better for it. Time spent with the rules will enhance your confidence and experience as an official!
5. When a player is injured during a game – **Remember the Rule Book states - Where there is suspicion that a player has sustained serious injury, any On-Ice Official**

may stop play immediately. In Recreational Hockey and all Minor Hockey, it is far better to error on the side of safety and blow the play down than risk a player's health. In Minor Hockey it is often difficult to determine serious or not.

If you are sure it is not serious, and you better be sure, the Rule Book states the following: When a player is injured so that they cannot continue play or go to their bench, the play will 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 will be stopped immediately unless their team is in scoring position, at which time the Referee will allow the play to be completed.

6. When a whistle is blown for an injured player, one linesperson will retrieve the puck and go to wherever the next faceoff will be. The other officials may signal players to return to their respective benches but then they also move into their next position. Once the injured player starts to return to the player's bench the whistle should be blown to alert players to where the play will begin.
7. Icing Procedure – Proper communication on icings is critical. The back official signals with an arm straight up whenever the puck has been shot from back of the centre red line. The back official will also yell out "icing" to further communicate the potential call to players and your partners. The front official, upon seeing the back official's signal, will proceed into the end zone to either blow the whistle once the puck crosses the goal line OR if the puck is not going to make the goal line or a defending player can play it before the goal line, wave off the icings and yell "no." The front official should make the decision as early as possible to prevent any unnecessary player contact. As the front official leaves their blue line to make the icing call, the back official should move up to cover their partner's line.
8. What is the most appropriate position for a linesperson on a potential play at the blue line?
 - a) On the blue line.
 - b) Outside the blue line.
 - c) Well inside the blue line.
 - d) Straddling the blue line.

The answer is definitely C, well inside the blue line. A linesperson wants to be well inside the blue line as the play and players cross the line. Players are trying to stay on or before the blue line to not be in an offside position when the puck crosses the line. If a linesperson is on or straddling the blue line the linesperson can be screened or blocked out. If a linesperson is well inside the line, any player screening the linesperson must be offside and this position offers the linesperson an excellent angle and view of the play.

9. What exactly does “working the line” entail?

“Working the line” is where a linesperson anticipates and moves into the correct position to make a call at the blue line whether the puck is approaching the attacking zone or is already within the attacking zone. As the play approaches the end zone an alert, anticipating linesperson will be one to five feet inside the zone to make a call. This position will also be advantageous if the puck hits the linesperson. Being within the zone will not inhibit or cause the attacking team to be offside.

Once the play is within the end zone the linesperson will reposition one to five feet outside the zone. This will be a perfect position for the linesperson in case the puck is shot outside the zone, deflects off the linesperson and goes back into the zone. This would then become a delayed offside situation and would not inhibit the defending team’s attempt to clear the zone.

Once the play is within the zone, linespersons must remain alert for continuous action at or close to the line where a wave off, delayed offside or immediate whistle might be required.

Linespersons “working the line” are seldom stationary. Constant anticipation and movement are required to always be in the right position.

10. When reporting a goal or a penalty at the Timekeeper/Scorekeeper Bench it is best to stop and face the bench from a 4-6 feet away. Officials should make eye and verbal contact primarily with the Scorekeeper (the person with the tablet who is on the right as you face the bench area).

To report a goal situation, once eye contact is made with the Scorekeeper; verbally say for example, 7 from 3 and 12, or 7 unassisted. You do not have to mention a team, color or assisted by.

To report a penalty, once eye contact is made with the Scorekeeper, verbally say for example, 10 white, tripping, as you make the appropriate signal.

Whether reporting a goal or a penalty, once the official has done their part, watch for a head nod from the Scorekeeper acknowledging acceptance of your communication.

Rules

1. Remember the player's focus is to be on the puck, not the body. If a player uses their body or plays the other team’s player’s body or stick with their stick it is a penalty.
2. When assessing a penalty and or at any other time on the ice, keep your cool. Your job is to stay focused and unemotional as you are a caretaker of the rules. It should never become personal.
3. As officials we have a responsibility to become students of the game. We have completed the on-line Hockey University and attended our in- classroom clinic. Officials should now revisit the Rule Book weekly. Choose one or two rules to study until

you are confident. If you are not clear or have questions ask your peers. Good officials are always discussing rules and procedures in the dressing room. Don't be shy to ask and discuss.

4. As officials our responsibility is to ensure safety and apply the rules of the game. We do not approach a game wanting to call penalties or not wanting to call penalties. It is our job to apply the rules whenever necessary. Always keep your responsibilities in mind in a balanced way.
5. With Hockey Canada's culture shift, safety and respect are front and center. Every official plays an important role. First of all, expect to be respected. Do Not approach your games with anxiety or stress, expecting issues or problems. The game is changing for the better. If there is obvious disrespect or abuse of any kind, including unnecessary verbal mind games from coaches, towards you or others, we have rules that must be applied and reported. Many coaches, players and officials have bought into the new focus but with all change there is learning and adjustment. Disrespect and abuse are slights against the game itself and our job is to protect the game. Remember that when disrespect or abuse goes unpenalized, it will continue. Do your part.
6. It cannot be emphasized enough that the rules regarding respect must be applied to both players and team officials. We have complete support from our local Minor Hockey Association, Provincial Hockey Body and Hockey Canada. Experienced officials must lead the way without hesitation and set an appropriate, strong example for our younger officials.
7. A game situation: play is in the end zone corner and there is an attacking player in front of the net with a defending player right next to her. The defending player is very aggressively using her stick on the other player's stick and using her body to prevent the attacking player's movement. The referee assessed the defending player an interference penalty. The official made the right call. The puck was not there and the defending player's entire focus was in distracting and inhibiting their opponent's movement. A player's focus must be on the puck and if the puck is not there, there is a very thin line where it becomes interference. Body position is allowed in front of the net and incidental body contact as a result of body position is allowed but interference is an infraction that must be penalized anywhere on the ice. A call not made by the official here could have easily resulted in an escalation between players and further penalties. Calling the penalty is the right decision.
8. As we progress up the officiating ladder we quickly learn the importance of becoming a "student of the game" and that means studying the Rule Book. Rule knowledge brings a level of confidence to an official. Being scared on the ice of what might happen is not fun. Rule knowledge and their application will eliminate fear. BE A GOOD STUDENT! You can purchase a hard copy of the Rule Book that is good for two years for \$12 from BCHockey at ...<https://www.bchockey.net/officials/officiating-resources> You can download the Hockey Canada Rule Book app at https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Officiating/Downloads/rulebook_casebook_e.pdf
9. There is now zero tolerance for disrespect, derogatory, negative, sarcastic or demeaning comments or actions towards officials and likewise players. Coach and player responsibilities do not include any type of verbal opinion, commentary or gesture, at any

time, on any level of officiating. Game intensity, score, opposition or officiating are no longer excuses. There is no version of disrespect that is acceptable. Officials at all levels are directed and mandated by the Branches of Hockey Canada to immediately enforce rules governing disrespect. Rule 11.1 Unsportsmanlike Conduct includes, but is not limited to, any player or team official challenging or disputing an official's decision, or displaying any other form of unsportsmanlike behaviour towards any person. A Minor penalty will be assessed to any player who is guilty of Unsportsmanlike Conduct. Note, a team official would receive a Bench Minor penalty.

10. Rule 10.2 Interpretation - a player in their defending zone gloves the puck to a teammate who is in the neutral zone. What, if any, is the call?

- a) Stop play and assess the player gloving the puck a minor penalty for handling the puck.
- b) No penalty and no stoppage of play.
- c) Gloving the puck to a teammate is legal anywhere on the ice as long as no one gets hurt.
- d) In House League/Recreational Hockey a hand pass to a teammate is always permitted.
- e) Gloving the puck in the defending zone to a teammate in the defending zone is legal. In this situation, the teammate receiving the puck is in the neutral zone so play would be stopped for an illegal gloved pass and the ensuing face-off is at one of the defending team's end zone face-off spots. No penalty is assessed. (This is the correct call)

11. Rule 7.9 Roughing is when a player is guilty of unnecessary rough play with an opposing player. Roughing may occur during the play or after the whistle has blown, in which case it should be penalized as Roughing After the Whistle.

Roughing penalties should not be utilized in lieu of more serious penalties for Rule 7.6 – Head Contact or Rule 7.10 – Fighting. Therefore, if a player punches an opponent in the head, face or neck, then the appropriate penalty will be assessed under Rule 7.6 – Head Contact.

7.9 (a) A Minor penalty will be assessed to any player who is guilty of unnecessary rough play. A Minor penalty will be assessed to any player who, in the Referee's judgment, makes deliberate physical contact with an opponent after the whistle. This should be announced as "Roughing after the whistle"

7.9 (b) At the discretion of the Referee, based on the degree of violence of the impact, a Major Penalty and Game Misconduct penalty may be assessed to any player who is guilty of unnecessary rough play. A Major penalty and a Game Misconduct penalty will be assessed to any player who injures an opponent by a roughing infraction that would otherwise call for a Minor penalty.

7.9 (c) A Match penalty will be assessed to any player who deliberately attempts to injure an opponent by Roughing. 7.9 (d) No Misconduct penalty may be assessed for Roughing. 7.9 (e) A Game Misconduct penalty must be assessed any time a Major penalty is assessed for Roughing, as detailed under 7.9 (b).

12. Rule 8.6 Tripping is where a player places their stick or body in such a way that causes an opposing player to trip or fall. This includes where a player deliberately slides across the ice, causing the puck carrier to trip, unless they make contact with the puck prior to contacting their opponent.

8.6 (a) A Minor penalty will be assessed to any player who trips an opposing player. A Penalty Shot will be awarded to the non-offending team, in lieu of a Minor penalty, when a player who is in control of the puck on a breakaway in the neutral or attacking zone is tripped, otherwise fouled from behind or fouled by the opposing goaltender, and thus prevented from having a reasonable scoring opportunity, having no other opponent to pass other than the goaltender (see Rule 4.11 – Penalty Shots).

8.6 (b) A Major penalty and Game Misconduct penalty will be assessed to any player who injures an opponent by a tripping infraction that would otherwise call for a Minor penalty.

13. 4.8 (b) Game Ejection A player will be assessed a Game Ejection penalty in the following circumstances:

- When a player is assessed three Minor penalties for “stick infractions” in the same game. For the purpose of this rule, “stick infractions” are Rule 9.1 – Butt Ending, Rule 9.2 -- Cross-Checking, Rule 9.3 – Slashing, Rule 9.4 – Spearing, (and Rule 9.5 -- High-sticking in Junior A/Senior Hockey).
- When a player, in Minor or Female divisions, is assessed three Minor or double Minor penalties for Rule 7.6 – Head Contact in the same game.
- Any player who is assessed a Game Ejection penalty will be removed from the game and ordered to the dressing room for the remainder of the game. No time will be recorded on the Official Game Report against the offending player for a Game Ejection penalty. A substitute for the penalized player will be permitted immediately.

14. An offside or delayed offside only occurs and is signalled by the linesperson with a whistle and or arm raised for a delayed offside, once the puck completely crosses the blue line.

15. Officials should never downgrade penalties so they don't have to complete online Game Reports. An attitude like this hurts the integrity of the game and must be corrected. Penalize accordingly in every situation and game. If you have never completed an online Game Report, ask for help. You cannot cherry pick your responsibilities. Do your job.

16. The following comments are old school thinking that hurts the game. “You are calling too many penalties. You are ruining the game. Let the boys play.” As officials we do not take penalties. Players and coaches take penalties. Our job is to keep the game safe and to enforce the rules by assessing appropriate penalties.

17. Protecting the integrity of the game is challenging when you live in a small community where everyone knows you and you have to officiate important, pressure packed games, but this is exactly what leaders do.
18. Rule 6.12 Off-side An off-side violation occurs when players of the attacking team precede the puck into the attacking zone. Once the puck has completely crossed the blue-line, it is the position of the player's skates, and not that of their stick or any other part of their body, will be the determining factor in all instances in deciding an off-side. Only the player's skate(s) that are in physical contact with the ice surface will be used in determining an off-side.

The question of an off-side never arises until the puck has completely crossed the blue line.

6.12 (a) A player is off-side when both skates are completely over the edge closest to the defending zone of the blue-line involved in the play, prior to the puck crossing that blue-line.

If a pass deflects off a defending player, their skates or their stick, causing an attacking player to precede the puck into the attacking zone, the off-side rule will apply.

Note 1: A player is NOT off-side when any part of either of their skates, are in physical contact with, or on their own side of the line at the instant the puck completely crosses the edge closest to the defending zone of the blue-line involved in the play, regardless of the position of their stick.

6.12 (b) If an attacking player precedes a puck that is shot, passed or deflected into the attacking zone by a teammate, or deflected into the attacking zone by a defending player or On-Ice Official, the Linesperson will signal a delayed off-side.

The Linesperson will drop their arm to nullify the off-side violation and allow play to continue if:

- the defending team passes or carries the puck into the neutral zone, or
- all attacking players clear the attacking zone by making skate contact with the blue-line, so that the attacking zone is completely clear of attacking players.

During a delayed offside, if:

- the puck enters the net, either directly or as a deflection, the goal will not be allowed as the original shot was off-side.

Note 1: This applies even if, after the puck is shot, the attacking team clears the attacking zone and the linesperson drops their arm to nullify the delayed off-side, prior to the puck entering the net.

- If any attacking player touches the puck or attempts to gain possession of a loose puck while the puck is still in the attacking zone, the Linesperson will stop play.
- c) An attacking player who precedes the puck into the attacking zone will not be considered off-side if:
 - a player propelling the puck crosses the attacking blue-line ahead of the puck but is maintaining possession and control of the puck, which was gained prior to both skates crossing the blue-line.
 - a player legally carries or passes the puck from the neutral zone back into their own defending zone while a player of the opposing team is in the defending zone.

19. Common Penalty Calls

Rule 7.3 **Body-Checking** This rule applies only in divisions of U13 and below, in female hockey, (in BC all Rec/House League Hockey) and any other divisions approved by a Member of Hockey Canada.

Body contact is incidental contact of two opposing players in pursuit of the puck on the ice in the same direction. If, in the opinion of the Referee, incidental contact has occurred, no penalty will be assessed.

Body-checking is an attempt by a player to gain an advantage on their opponent with the deliberate use of the body. Body-checking results when a player makes deliberate contact with an opposing player with opposite-directional force, when a player leaves their skating lane to make contact, or when a player extends an arm, shoulder, or hip after angling an opponent.

(a) A Minor penalty will be assessed to any player who, in the opinion of the Referee, intentionally body-checks, bumps, shoves, or pushes any opposing player, in divisions of U13 and below, female hockey, (in BC all Rec/House League Hockey) and any other divisions approved by a Member of Hockey Canada.

(b) At the discretion of the Referee, based on the degree of violence of the impact, the Referee may assess a Major penalty and Game Misconduct penalty for body-checking. If a player is injured, as the result of a body-checking infraction that would otherwise call for a Minor penalty, a Major penalty and Game Misconduct penalty must be assessed.

(c) A Match penalty will be assessed to any player who deliberately attempts to or deliberately injures an opponent by body-checking.

(d) No Misconduct penalty may be assessed for body-checking.

(e) A Game Misconduct penalty must be assessed any time a Major penalty is assessed for body-checking, as detailed under Rule 7.3 (b).

Rule 7.5 Checking from Behind is any action where a player is pushed, body-checked, high-sticked, cross-checked or hit in any manner from behind. Referees should be aware of the tragic consequences of spinal injuries and strictly enforce the rules in situations such as the following:

- Where a player about to be checked turns and, as a result, creates contact with the back.
- Where a player along the boards, with their head down looking for the puck or “digging the puck out,” is hit from behind and driven head-first into the boards.
- Where a player in the process of checking an opponent swings the elbow and forearm into the opponent’s back with the intent of throwing the opponent into the boards.
- Where a player “kicks” or “pulls” an opponent’s feet out from behind and then pushes the player into the boards. Calling the penalty after the injury has occurred may be too late for that injured player.
- In all circumstances the responsibility is on the player delivering the check to avoid contact to an opposing player’s back. Only through Referees being consistent in calling this type of infraction with strict enforcement will players and team officials realize the danger factor in committing such types of fouls.

7.5 (a) A Minor penalty and a Game Misconduct penalty will be assessed to any player who intentionally pushes, body-checks, cross-checks while in motion, or otherwise hits an opposing player from behind, anywhere on the ice.

7.5 (b) At the discretion of the Referee, based on the degree of violence of the impact, the Referee may assess a Major penalty and Game Misconduct penalty for checking from behind.

If a player is injured, as the result of a checking from behind infraction that would otherwise call for a Minor penalty, a Major penalty and Game Misconduct penalty must be assessed.

7.5 (c) A Match penalty will be assessed to any player who high-sticks, cross-checks, body checks, pushes, hits or propels an opposing player in any manner from behind into the boards or goal frame, in such a way that the player is unable to protect or defend themselves.

A Match penalty will be assessed to any player who deliberately attempts to or deliberately injures an opponent by checking them from behind.

7.5 (d) No Misconduct penalty may be assessed for a checking from behind infraction.

7.5 (e) A Game Misconduct penalty must be assessed any time a Minor or Major penalty is assessed for Checking From Behind, as detailed under 7.5 (a) & (b).

Rule 7.6 Head Contact There is no type of legal contact to the head, face, or neck. It is the players' responsibility to avoid making contact with an opponent's head, face, or neck, at all times. Head contact may take the form of direct contact to the head or accidental contact, where the principle point of contact is the shoulder or chest. Regardless of the circumstances, players must be penalized for contact with an opponent's head, face, or neck at all times.

Referees should be particularly sensitive when judging the degree of violence where contact is made with the head, face, or neck. While the criteria remain the same, the potential for injury is much greater on Head Contact fouls than with other infractions. Referees must not hesitate to assess serious penalties where contact is made with the head, face, or neck with an escalated degree of violence.

This rule supersedes any other rules, with the exception of Rule 7.10 – Fighting, and any foul that results in contact to the head must be penalized as head contact.

7.6 (a) A Minor penalty will be assessed to any player who accidentally contacts an opponent in the head, face, or neck, in minor and female hockey.

A double Minor penalty will be assessed to any player who uses any part of their body or equipment to intentionally contact an opponent in the head, face, or neck, in minor and female hockey.

In minor and female hockey, any player incurring three head contact penalties under Rule 7.6 (a) will be assessed a Game Ejection penalty. (see Rule 4.8 (b) – Game Ejection & Game Misconduct penalties)

7.6 (b) At the discretion of the Referee, based on the degree of violence of the impact, the Referee may assess a Major penalty and Game Misconduct penalty for head contact. If a player is injured, as the result of a head contact infraction that would otherwise call for a Minor penalty, a Major penalty and Game Misconduct penalty must be assessed. Any player who strikes an opponent above the normal height of their shoulders with a cross-check will be penalized with a Major penalty and a Game Misconduct penalty, whether or not injury results.

7.6 (c) A Match penalty will be assessed to any player who hits a player in the head in such a way that the player is unable to protect or defend themselves or to any player who attempts to or deliberately injures an opponent by Head Contact.

7.6 (d) No Misconduct penalty may be assessed for a Head Contact infraction.

7.6 (e) A Game Misconduct penalty must be assessed any time a Major penalty is assessed for head contact, as detailed under Rule 7.6 (b).

Rule 7.9 Roughing is when a player is guilty of unnecessary rough play with an opposing player. Roughing may occur during the play or after the whistle has blown, in which case it should be penalized as Roughing After the Whistle. Roughing penalties

should not be utilized in lieu of more serious penalties for Rule 7.6 – Head Contact or Rule 7.10 – Fighting. Therefore, if a player punches an opponent in the head, face or neck, then the appropriate penalty will be assessed under Rule 7.6 – Head Contact.

7.9 (a) A Minor penalty will be assessed to any player who is guilty of unnecessary rough play. A Minor penalty will be assessed to any player who, in the Referee's judgment, makes deliberate physical contact with an opponent after the whistle. This should be announced as "Roughing after the whistle"

7.9 (b) At the discretion of the Referee, based on the degree of violence of the impact, a Major Penalty and Game Misconduct penalty may be assessed to any player who is guilty of unnecessary rough play. A Major penalty and a Game Misconduct penalty will be assessed to any player who injures an opponent by a roughing infraction that would otherwise call for a Minor penalty.

7.9 (c) A Match penalty will be assessed to any player who deliberately attempts to injure an opponent by Roughing.

7.9 (d) No Misconduct penalty may be assessed for Roughing.

7.9 (e) A Game Misconduct penalty must be assessed any time a Major penalty is assessed for Roughing, as detailed under 7.9 (b).

Communication

1. Excellent communication skills are a tremendous asset and requirement for officials. Whether as a referee in the three person system or the two person system, using your voice is one of your best tools. For linespersons on delayed off-sides, icing calls and on face-offs, use your voice to communicate clearly and loudly to assist the flow of the game. For example on face-offs say, "players stick down and in the white, or blue player onside, or hold it ladies there is one player still coming from the bench, or okay we are ready now." Another smart safety example is when play is coming towards you, either when you are away from the boards or along the boards, communicate ... "heads up, I am here." No one wants to get hit and players always appreciate the heads up. It is the same when players are along the boards and there is a scrum around the puck. Call out, "focus on the puck, move it, play the puck." When there is a scramble around the net and the goalie freezes the puck, blow the whistle loud and yell, "hold it, that's all. Everything is good. Faceoff on that side."
2. As on-ice officials we do not stop being human and as human beings we communicate with each other. Do not be a silent robot on the ice. Bring your humanity and communication skills with you and use them to enhance your game. Your job is not to be buddy-buddy or overly friendly on the ice but please be human and professional. Use your voice and signals to your advantage.
3. There are usually two or three officials working a game. You are a team. Communicate on the ice. Be aware of the flow of the game but also be aware of where your partners are at all times. Is your partner stuck out of position and needs you to cover for him or her? You need to know. As officials we react and adjust to the game but also to our partners. You should be able to tell if your partner is looking to you for help. There are many times in every game where we help each other out. It is what a team does!

4. Blowing a loud, sharp whistle is so important in every situation. It demonstrates confidence. Please blow your whistle every time so everyone in the rink hears it!
5. There is no time for a soft whistle ... never. Whether there is a stoppage of play at the net, on an off-side, icing, goal, altercation, face-off, injured player, penalty or at the end of the period or game, a loud, sharp whistle is necessary and exudes confidence.

Attitude

1. When assessing a penalty and or at any other time on the ice, keep your cool. Your job is to stay focused and unemotional as you are a caretaker of the rules. It should never become personal.
2. After every game, no matter the level, you should be able to answer yes to these questions; did you do your best? Did you enjoy your experience? Some games will feel like work but hopefully you always enjoy and learn from your experience. Did you set a good example for your fellow officials? Did you show respect for every individual no matter how you perceived their actions?
3. This is a dressing room conversation between periods and between officials working a 3 person system. The linesperson says to the referee, "you missed three penalties." The referee doesn't respond other than to look at the linesperson. This is not acceptable behaviour by the linesperson. We are our own worst critic and do not need to be critical of one another. Focus on your job and how you can improve. If a referee asks for linesperson's feedback or vice versa, be considerate and speak in a way that will enhance and support your partner and the game. Be professional!
4. When considering your officiating assignments, your focus should not be on adding up your game fees. There is a job to do first. Top officials are thinking about and dedicating themselves to the job first, the skills to master and the positive contribution they need to make in every game.
5. To start each season, coaches, players and officials are focused on evaluating and improving skills. After the holiday season leagues and organizations ramp up their expectations to finish the season in the best way possible. Officials too must ramp up their game. Officials have had a taste of in-game opportunities, time to practice, integrate skills and ask for help from their peers. Now expectations are higher; officiating coaches are watching for proper preparation, attention to detail, leadership, teamwork, on-ice skills and those committed to learning and improving. Perfection is out of the question, as it is a game of constant learning; however your best effort, game in, game out, is always a worthy goal.
6. Imagine this: a player goes offside, the play is stopped and one of the referees yells at the player "you are brutal. That was terrible. Get in the game." The official's career would likely be over. With this situation in mind, any type of verbal criticism or disrespect directed at an official or player by a coach must not be tolerated and immediately penalized. Disrespect in any form is never appropriate in hockey or life in general. Being in a sports environment, passion, experience, intensity, game score or importance are never excuses.

7. An Officiating Supervisor or a more senior official is in the stands watching a game with a couple of officials. As the game goes on the Supervisor constantly makes disparaging comments about different players and coaches. Similarly, a coach on the bench is constantly commenting on the on-ice official's work, not loudly but loud enough for his or her players to hear. These are ingrained, old habits that must be recognized and changed. The game needs positive and supportive leadership by and for everyone involved. Involvement in sport is not a do or die situation. Self-worth is not measured by success, winning or losing. Let's do better for each other and the game.
8. On any day, in any hockey rink and in any game, you will see good people doing their best and still making mistakes: coaches, players, spectators, off-ice and on-ice officials. There are no exceptions. Let's respect one another!
9. The late Mendy Rudolph was a NBA Professional Basketball Referee for 22 years. A Mendy quote on officiating:

“Of course to be physically fit and mentally alert, possess a keen interest in the rules, common sense, consistency; there are other basics such as movement and position to make calls, the same both home and away, the first or last period, but most important to conduct the game with a professional calm and dignity which conveys a firm, quiet sense of authority.”
10. Integrity refers to applying the rules of the game in an unbiased, honest manner, regardless of the reactions of players, coaches or spectators, the time remaining, the score, previous calls, or any other potential source of influence.
11. You will hear discussion about officials in other games or other locations. Most often the comments or discussion relate to how bad the officiating was, how young the officials were, how the officials didn't know what they were doing or what penalties they did or didn't call. Parents and other players talk like this out of ignorance for what is involved in officiating, how hard it is to do, the many rules, procedures, signals and team work involved in doing your best. Parents and other players also do not realize the only practice officials get is in actual games and in most cases with no first hand coaching or support. Officials know better. We are all imperfect individuals doing our best at whatever we do.

When you became a provincial official and put on the striped sweater for the first time you became part of a team of thousands of officials across the province and Canada doing their best to do a credible job while under very challenging circumstances. You know what it is like and yet we get caught being critical or part of a disrespectful conversation about our other team members in other games or locations. You know that every official is doing their best, like you, no matter the rink or town.
12. Your officiating partners deserve your best effort and need to trust your calls. Be mentally and physically present and ready before and during your games.

13. From the book *The Psychology of Officiating*:

“Integrity: refers to calling a game in an unbiased, honest manner, regardless of the reactions of players, coaches or spectators, the time remaining, the score, previous calls, or any other potential source of influence. The best safeguard for maintaining integrity is couched in the adage: “Call ‘em as you see ‘em.”

14. What is the difference between a boss and a leader? A boss creates fear, a leader creates confidence. True leaders don’t create followers, they create more leaders. A leader coaches.

15. No matter the time of season, officials must be prepared physically and mentally to participate at our best.

Linesperson’s Duties

1. An offside or delayed offside only occurs and is signalled by the linesperson with a whistle and or arm raised for a delayed offside, once the puck completely crosses the blue line.
2. A lines person is working the blue line and as the play crosses the line the official makes a wave-off signal indicating the play was okay. Just as quickly the linesperson realizes a player was indeed offside. What is the correct action for the official?
 - a) Let the play continue because you already waved it off.
 - b) Stick to your guns and pretend you were right.
 - c) Blow the play down immediately and face off in the appropriate location.
 - d) Freeze, don’t breathe and hope no one noticed the mistake.
 - e) Mistakes happen. It is never too late to correct an error in judgment. Officials, players and coaches share a duty of integrity, responsibility and accountability. It is just the right thing to do and this is the correct procedure!
3. Be inside your line, work your line inside and outside, own your blue line. Whichever end and line you have at the time, ensure you are always in position to make the right call. Let everyone in the rink know you were there and in position by your reaction, either an immediate whistle, a delayed offside with your arm straight up or a wave off held for a few seconds. Once the play is in your end, move outside your line, do not relax but stay focused and attentive as the play may come right back to your line where your reaction and call are required.
4. When waving off a play at the blue line or on an icing, ensure your wave off signal is with both arms at shoulder height and fully extended. Hold the wave for a few seconds and then release. Being physically sharp with your signals demonstrates confidence.
5. What is the most appropriate position for a linesperson on a potential play at the blue line?
 - a) On the blue line.

- b) Outside the blue line.
- c) Well inside the blue line.
- d) Straddling the blue line.

The answer is definitely C, well inside the blue line. A linesperson wants to be well inside the blue line as the play and players cross the line. Players are trying to stay on or before the blue line to not be in an offside position when the puck crosses the line. If a linesperson is on or straddling the blue line the linesperson can be screened or blocked out. If a linesperson is well inside the line, any player screening the linesperson must be offside and this position offers the linesperson an excellent angle and view of the play.

6. What exactly does “working the line” entail?

“Working the line” is where a linesperson anticipates and moves into the correct position to make a call at the blue line whether the puck is approaching the attacking zone or is already within the attacking zone. As the play approaches the end zone an alert, anticipating linesperson will be one to five feet inside the zone to make a call. This position will also be advantageous if the puck hits the linesperson. Being within the zone will not inhibit or cause the attacking team to be offside.

Once the play is within the end zone the linesperson will reposition one to five feet outside the zone. This will be a perfect position for the linesperson in case the puck is shot outside the zone, deflects off the linesperson and goes back into the zone. This would then become a delayed offside situation and would not inhibit the defending team’s attempt to clear the zone.

Once the play is within the zone, linespersons must remain alert for continuous action at or close to the line where a wave off, delayed offside or immediate whistle is required.

Linespersons “working the line” are seldom stationary. Constant anticipation and movement are required to always be in the right position.

7. When should the back linesperson signal a potential icing?

Always when a team is at equal strength of their opponent and the puck is shot from their side of the centre red line. Once the puck is shot and the back linesperson signals a potential icing, it is both linespersons job to watch for any deflections that would negate an icing once the puck crosses the centre red line.

It is the front linesperson who receives the potential icing signal from the back linesperson and then decides if a defending player can reasonably play the puck before the line or if the puck will not make it across the goal line. In either case the linesperson must make the decision as early as possible and wave off the icing to prevent unnecessary contact between players. If there is no deflection and no reason to wave the icing off, the front linesperson will blow the whistle once the puck crosses the goal line.

8. Linespersons should always be moving whether the play is in your end or your partners. Face the play wherever it is and be in a ready position to skate forwards or backwards in reaction and anticipation of the play or a whistle.

9. On an offside or icing situation it is the back official who decides and directs players to the next face off position. The location should be determined by the side the puck was shot from on icings and the side on which the offside occurred for off sides. This is not the Referee's responsibility.
10. At any face off, the official dropping the puck will upon arrival at the face off location, immediately blow their whistle to alert players of the location and readiness of the official for the face off. This should not vary when the line change procedure is used.
11. Officials must stay alert and ready during the post-game handshakes between players and also between players and the officials. Any inappropriate or unsportsmanlike behaviour must be penalized and reported on the Game Report even though the game is technically over. This includes where players and or their coaching staff intentionally refrain from acknowledging the officiating team appropriately.

Dealing with Coaches

1. As officials we have gone way overboard in a critical area. Every time a coach wants to talk, question or criticize, and signals us over, we go no matter the situation. Sometimes, at the official's discretion, this is warranted but never on every request. Coaches do not have this right.

When signalled over for the first time, you might choose to go, but you must immediately inform the coach that this delay may bring about a penalty. If it is complaining or mind games as it usually is, tell the coach that "this is it. Next time you will receive a delay of game penalty."

Young officials are learning this bad habit from senior officials. Coaches simply want to get in our heads. Lead by example. Do your job.

2. When does a coach have the right to question, judge, comment on, correct, coach or call over an official during the game? Technically never. There are three teams on the ice and each coach is responsible for one team only, not the other team and not the officials. During a game if a coach wants to ask about a rule interpretation, not to complain, he or she is to send the captain or assistant captain over with the question. There are exceptions when an official may decide to approach the player's bench to communicate with a coach but this must not become a habit. Remember, a coach's job is to coach his or her players, not you or your partners. In cases where coaches forget their role, appropriate penalties are available and should be used.
3. In a recent game a player received a penalty. On the way to the penalty box and once in the penalty box the player started to voice his or her displeasure at the call. The coach immediately leaned over to the player and said, "hey, good call or not it is the call, the officials are doing their best, just like you. Respect them. They are an important part of the game, just like you."