



TORHS 2Hot4Ice Official Rulebook

Updated 11/2012

Section I - The Rink (Playing Surface)

Rule 101 - Rink (Playing Surface)

(a) The game of "roller hockey" shall be played on a plastic, wooden, or cement floor, which shall be in good condition.

(b) Dimensions of the rink surface may vary between 60 to 100 feet in width and 140 to 200 feet in length. It is recommended that the corners be uniformly rounded in the arc of a circle with a radius in proportion to the length and width of the playing surface.

Rule 102 - Goal Posts and Nets

(a) The goals will consist of NHL style nets. They may be metal or PVC pipe frames, with the pipes a minimum diameter of 2". They must be covered with netting strong enough to withstand any shot. Goals should be 6' wide and 4' tall, but they may be 5'1" wide by 3'5" tall as well. The goal posts should be painted red. Optionally, the upright posts and front cross bar should always be red, but all other exterior surfaces can be white. The back inside post which rests on the floor should be padded. If possible, the goals should be affixed to the floor with velcro, or by flexible pegs. These pegs should not exceed 6" in length.

Rule 103 - Goal Crease

(a) In front of each goal, a Goal Crease area shall be marked by a line 2 inches wide.

(b) The goal crease shall be laid out as follows for goals which are 6' by 4'. A semicircle 6 feet in radius and 2 inches in width and shall be drawn using the center of the goal line as the center spot. In addition, an L-shaped marking of 5" in length (both lines) at each front corner will be painted or taped on the floor. The location of the L-shaped marking is measured by drawing an imaginary 4'

line from the goal line to the edges of the semicircle. At that point the arrow may be drawn. If any other size goals are used, these dimensions should be adjusted proportionally.

(c) At each end of the rink, a 2 inch line, referred to as the goal line, shall be marked completely across the width of the rink. This line should be a minimum of 12 feet to a maximum of 15 feet from each end of the rink. The goal line should be painted in such a manner that it extends vertically up the side boards.

Rule 104 - Face-off Spots

(a) One 12" face-off spot shall be at the exact center of the floor. A 15 foot radius circle shall be marked around this face off spot. On both sides of the circle, there shall be two lines, 2 feet long, 2 inches wide and 4 feet apart.

(b) In both end zones along an imaginary line, 20 feet out from each goal line and parallel to it at a point that is measured from the side boards at a length of 25% of the total width of the floor, face-off circles with a radius of 12 inches will be drawn on the floor. A 15 foot radius, 2 inch wide circle, should be drawn around these face off spots. On both sides of the circle, there shall be two lines, 2 feet long, 2 inches wide and 4 feet apart.

Rule 105 - Player Benches

(a) Each rink should have seats or a bench for the use of each team, to be known as the player benches. Each player bench shall accommodate at least 10 persons and shall be placed immediately alongside the playing surface in the neutral area as near as possible to the center of the rink and convenient to the dressing rooms. All doors that open to the rink surface shall swing away from the playing surface.

(b) Only players in uniform and Team Officials shall be permitted to occupy the player benches. A total of no more than three (3) non

players may be on the player bench at any time. Team Officials under 18 years of age must wear a helmet with full facial protection on the player bench.

(c) During a game, Team Officials will be confined to the player bench unless a game official allows otherwise. Violation of this rule may result in the assessment of a game ejection or game misconduct at the referee's discretion.

(d) Teams will maintain the same bench for the entire game.

Rule 106 - Penalty Bench

(a) Each rink will have seats or benches to be used for the seating of penalized players, Official Scorekeepers. Each penalty bench should be located a substantial distance from the players' bench. The recommended location for the penalty benches is at the opposite side of the rink from the players' bench.

Rule 107 - Referee's Crease

(a) A line in the shape of a semi-circle and with a 10 foot radius, 2 inches wide, shall be marked on the floor directly in front of the Official Scorekeeper. This area shall be known as the "Referee's Crease".

SECTION II - Equipment

Rule 201 - Sticks

(a) Sticks shall be made of wood or other approved material and must not have any projections extending from the stick. Tape may be wrapped around the blade of the stick.

(b) No stick shall exceed 63 inches in length from the heel to the end of the shaft nor more than 12 1/2 inches from the heel to the end of the blade. The curvature of the blade of the stick shall be restricted to a maximum of 1".

(c) The blade of a stick must not be altered in such a way as to add sharp edges to the tip (or toe). Blades may be cut but the corners must be rounded off so as not to cause injury to another player during inadvertent, or intentional, contact. This rule shall be strictly enforced and the interpretation of an illegal blade modification shall be left to the Referee, TORHS 2Hot4Ice and its Officials.

(d) The blade of the goaltender's stick may not exceed 3 1/2 inches in width at any point except at the heel where it must not exceed 4 1/2 inches in width, nor shall the goaltender's stick exceed 15 1/2 inches in length from the heel to the end of the blade. The widened portion of the goaltender's stick extending up the shaft of the blade shall not extend more than 26 inches from the heel and shall not exceed 5 inches in width.

(e) A minor penalty shall be assessed if any player, including the goaltender, uses a stick which does not conform to the provisions of this rule. Any illegal stick is to be kept by the Referee or Tournament Director until the tournament is over. (f) Should a player refuse to surrender his/her stick for measurement, that player shall be assessed a minor plus a misconduct penalty.

Rule 202 - Skates

(a) No projections on skates other than those designed by the manufacturer are permitted. No stoppers are permitted on inline skates.

(b) All axle openings must contain an axle and a wheel. Example: A four wheel frame must contain four axles and four wheels.

(c) Any player found on the floor breaking any of the above rules may receive a minor penalty and must not return to play until the fault is corrected.

(d) The use of speed skates or any skate so designed that it may

cause injury is prohibited.

(e) The use of quad skates is allowed, but not recommended.

Rule 203 - Goaltender Equipment

(a) With the exception of skates and sticks, all equipment worn by the goaltender must be constructed solely for the protection of the head or body, and must not include any garment or contrivance which would give the goaltender any undue assistance in tending goal.

(b) The goaltender's blocker glove shall not exceed 8 inches in width nor 16 inches in length at any point.

(c) The maximum length of a goaltender's catching glove shall not exceed 17 inches. The cuff shall not exceed 9 inches in width. Any bar or attachment between the cuff and the thumb shall only extend in a straight line. Any other pocket or pouch added to the glove by a manufacturer or otherwise is not acceptable and makes the glove illegal.

(d) Abdominal aprons extending down the thighs or the outside of the pants are prohibited.

(e) The goaltender's pads may not exceed 12 inches in width as measured on the goaltender, and shall not be altered in any way.

(f) It is mandatory for all goaltenders to wear a HECC approved helmet with helmet strap properly fastened. All goaltenders must wear chest protection. Throat protection is highly recommended.

(g) Violation of the goaltender equipment rule will result in a minor penalty and removal of the goaltender from the game until the equipment in question is adjusted to meet the correct specifications.

Rule 204 - Protective Equipment

(a) Each participant is personally responsible to wear protective equipment for all games and warm-ups. Recommended equipment for all players is: internal mouth guard, hip pads, padded long hockey pants, chest protection, and throat protection. Mandatory equipment for players under 18 years of age is: HECC approved helmet with chin strap properly fastened, HECC approved full face mask fastened properly to the helmet, elbow pads, hockey gloves, hockey shin pads, protective cup or pelvic protector. Mandatory equipment for players 18 years of age and older is: Helmet designed for hockey with chin strap properly fastened, elbow pads, hockey gloves, hockey shin pads, protective cup or pelvic protector.

(b) All protective equipment except gloves, head gear or goaltender leg pads, must be entirely under the uniform. After one warning by the Referee, a minor penalty shall be imposed on the offending player for violation of this rule.

(c) All players in the 18 and Under Division, regardless of age, must wear a HECC approved full face mask.

(d) Eyeglass wearers must have plastic, not glass lenses in their eye wear.

(e) A glove from which all or part of the palm has been worn out or cut to permit the use of bare fingers shall be considered illegal equipment, and if any player wears such a glove in play a minor penalty may be imposed on him/her.

(f) A minor penalty will be assessed for a violation of protective equipment.

Rule 205 - Dangerous Equipment

(a) The use of pads or protectors made of metal or any other material likely to cause injury to a player is prohibited. The wearing of casts or splints made of hard or unyielding materials is

prohibited, even if padded.

(b) All elbow pads which do not have a soft protective covering of sponge rubber or a similar material at least 1/2 inch thick shall be considered dangerous equipment.

Rule 206 - Puck

(a) The puck used for all games will be the puck approved by TORHS 2Hot4Ice.

Rule 207 - Uniforms

(a) All players participating in a TORHS 2Hot4Ice event, must be uniformed and have matching jerseys with long sleeves. Full length hockey pants or sweat pants must be worn. Short pants are not allowed. Any player who has a jersey that does not conform to this rule will not be allowed to wear such jersey. Another jersey may be worn temporarily until the player's original jersey is corrected. This is at the discretion of TORHS 2Hot4Ice.

(b) All players shall wear identifying numbers not less than 10" on the backs of their jerseys. All numbers assigned must be whole number only between 1 and 99. No two members of the same team will be assigned or permitted to wear the same number. One team Captain and two Alternate Captains shall have a small "C" or "A" on the right shoulder of their jersey.

(c) The home team is to wear a predominately lighter color jersey. It will be the responsibility of the visiting team to change its jerseys if the colors of the competing teams conflict. The decision in this matter shall be left to the Referees in charge of the game. TORHS 2Hot4Ice encourages teams to work together in the event one team does not have two sets (different color) jerseys.

(d) Each player's jersey, including goaltenders, on a particular team must match in color.

SECTION III - TEAMS

Rule 301 - Age Cut-Off Date

(a) Age divisions for each team will be determined by the players age on January 1 of the current year. The cutoff is December 31st. For example: If a player turns 9 years on January 1, he is eligible to play in the 8 and Under Division through the current year.

Rule 302 - Age Divisions

(a) The following is an outline of the division categories:

Tyke 6 and Under Division

Atom 8 and Under Division

Mite 10 and Under Division

Squirt 12 and Under Division

Peewee 14 and Under Division

Bantam 16 and Under Division

Midget 18 and Under Division

Juniors 21 and Under Division

Division 1 24 and Under Division

Women's (can play down one year)

PRO Series (16 and Over)

Adult Division (18 and Over)

Masters Division (35 and Over)

*Girls can play down one year, when competing with boys.

(b) If a player is illegally playing in a younger division, that player's team will forfeit its game.

Rule 303 - Composition of Team

(a) A roller hockey team will consist of no more than 15 players.

(b) Teams must start a game with four skaters and a goaltender on the floor if at full strength. (Full strength meaning no penalties being served) . *At the discretion of the Tournament Director at Regional Qualifying Events only, teams may be permitted to dress four players to start a game, none of which have to be a goaltender.

Rule 304 - Team Captain

(a) One Captain shall be appointed by each team, and that player alone shall have the privilege of discussing with the Referee any question relating to interpretation of rules which may arise during the progress of a game. He/she shall wear the letter "C" approximately 3 inches in height and in contrasting color in a conspicuous position on the front of the jersey.

(b) Alternate Captains (not more than two) shall be accorded the privileges of the Captain. Alternate Captains shall wear the letter "A", approximately 3 inches in height and in a contrasting color in a conspicuous position on the front of the jersey.

(c) The Referee or official scorer shall be advised prior to the start of each game, the name of the Captain of the team, also the identity of the players who will serve as Alternate Captains when the Captain is off the floor.

(d) No goalkeeper or playing Coach shall be entitled to exercise the privileges of Captain or Alternate Captain on the floor.

(e) Only the Captain or Alternate Captain on the floor at the time of the stoppage of play (but not both) shall have the privilege of discussing with the Referee any point relating to the interpretation

of rules. Any Captain, Alternate Captain or player who comes off the bench and makes any protest or intervention with the Referee for any purpose may be assessed a misconduct penalty. A complaint about a penalty is NOT a matter "relating to the interpretation of the rules", and a minor penalty shall be imposed against any Captain or other player making such a complaint.

Rule 305 - Uniformed Players

(a) At the beginning of each tournament, the Manager, Coach, or Captain of each team shall list on the official game roster, the players, with goaltender(s) identified who shall be eligible to play in each game of the tournament.

Rule 306 - Starting Line-Up

(a) A team must have a fully dressed and equipped goaltender and four fully dressed and equipped skaters on the floor at the end of the warm-up to start any game. If this requirement cannot be met, then a loss of that team's time-out, delay of game penalty, or even a forfeit may be declared by the Referee or Tournament Director against the team not able to field a goaltender and four skaters.

Rule 307 - Change of Players

(a) Players may be changed at any time from the player benches, provided that the player or players leaving the floor shall always be within 5 feet of the bench before substitutions may come on the floor.

(b) A player serving a penalty on the penalty bench, who is to be changed after the penalty has been served, must proceed at once by the way of the floor and be within 5 feet of his/her own player bench before any change can be made.

(c) For any violation of this rule, a Bench Minor Penalty shall be imposed. If, in the course of making a substitution, either the player entering or leaving the game deliberately plays the puck or

makes any physical contact with an opposing player while the retiring player is on the floor, then the infraction of "too many players on the floor" will be called. If, in the course of a substitution, either player is accidentally struck by the puck, the play will not be stopped and no penalty will be called. When a goaltender leaves his/her goal area for the purpose of a player change, and the substitution is made prematurely, the violation when called will be either a face off at center or a face off in the defensive zone, depending upon where the offending team touches the puck, and no penalty will be called. If there are less than two minutes remaining in either regulation time or anytime during overtime, and a penalty is imposed for a deliberate illegal substitution or any other delay, at the referees discretion, can impose a penalty shot to be awarded to the non-offending team.

(d) During a stoppage of play, especially during running time, player changes must be made immediately after the whistle stopping play. It is the players responsibility to get to the face-off location as quickly as possible. If one team is lined up and the other team is procrastinating, the referee shall blow his/her whistle and stop the clock for the purposes of giving a verbal warning to the offending team. If the team persists in such conduct after receiving a warning from the referee, a bench minor penalty may be issued to the offending team.

Rule 308 - Injured Players

(a) When a player, other than a goaltender, is injured or compelled to leave the floor during a game, he/she must leave the game and play must continue immediately.

(b) If a goaltender sustains an injury or becomes ill, he/she must be ready to resume play immediately or be replaced by a substitute goaltender, and NO additional time shall be allowed by the Referee for the purpose of enabling the injured or ill goaltender to resume his/her position. No warm up shall be given to the replacement

goaltender.

(c) The substitute goaltender shall be subject to the regular rules governing goaltenders and shall be entitled to the same privileges. When a substitution for the regular goaltender has been made, such regular goaltender shall not resume his/her position until the first stoppage of play thereafter.

(d) If an injured player receives a minor penalty, the penalized team shall place a substitute player on the penalty bench before the penalty expires and no other replacement for the penalized player shall be permitted to enter the game except from the penalty bench. For violation of this rule a Bench Minor Penalty shall be imposed. The penalized player who has been replaced on the penalty bench shall not be eligible to play until his/her penalty has expired.

(e) When a player is injured so that he cannot continue play of go to his/her bench, the play shall not be stopped until the injured player's team has secured possession of the puck. If the player's team is in possession and control of the puck at the time of injury, play shall be stopped immediately, unless his/her team is in a scoring position. The Referee may stop the clock during such injury.

(f) A player other than the goaltender whose injury appears serious enough to warrant a stoppage of play may not participate further in the game until the completion of the ensuing face-off.

(g) If a player is obviously bleeding, play shall be stopped immediately and the injured player shall be ruled off the playing surface. The player will not be permitted to return to play until the bleeding has been stopped and the wound covered. If any blood is present on the uniform of any player, such player must leave the floor and not return until the blood is removed from uniform, or the uniform is changed. In a case where it is obvious that a player has sustained a serious injury the Referee may stop the play

immediately regardless of who is in possession of the puck.

SECTION IV - Officials

Rule 401 - Appointment of Officials

(a) All Referees will be appointed by the Supervisor of Officials of TORHS 2Hot4Ice. There should be two Referees on the floor at all times except when TORHS 2Hot4Ice has appointed the use of a 3 official system during regional qualifiers and national championships.

Rule 402 - On Surface Officials

(a) The Referees are the official representatives of TORHS 2Hot4Ice. They shall be in full control of players on and off the floor.

(b) The Referee shall see that the teams are called to the floor at the appointed time for the commencement of each game, and at the start of each regulation and overtime period. The Referee shall remain on the floor at the conclusion of each period, and any overtime, until the players have proceeded to their benches or dressing rooms.

(c) The Referee shall check the equipment used by any player when requested to do so by a Team Official or Captain of either team.

(d) The Referee shall assess all penalties as prescribed by the rules for the infractions thereof.

(e) The Referee shall have the final decision on all goals, disputed or not.

(f) Before starting the game, the Referee shall see that the appointed Official Scorekeeper is in their respective place,

(g) The Referee shall announce to the Official Scorekeeper the duration of the penalties and the rule infractions involved, and also to whom the goals and assists are to be credited.

(h) After each game, the Referee shall check and sign the Official Game Sheet and return it to the Official Scorekeeper.

(i) If a Referee cannot appear for any game, the Tournament Director shall appoint a Referee.

(j) All Referees shall be dressed in black pants and a long sleeved black and white striped shirt or attire approved by TORHS 2Hot4Ice. They shall not wear crests of any organization while officiating any TORHS 2Hot4Ice matches, except those of TORHS 2Hot4Ice.

(k) Referees are required to report on the official game sheet all game misconduct, gross misconduct and match penalties immediately following the tournament, to TORHS 2Hot4Ice.

Rule 403 - Official Scorekeeper

(a) The Official Scorekeeper shall keep the time served by each penalized player during the game and upon request inform the penalized player of the unfinished time of his/her penalty.

(b) If a player leaves the penalty bench before his/her time has expired the Official Scorekeeper shall note the time and signal the Referee at the next stoppage of play.

(c) Where public address systems are used, the Official Scorekeeper shall announce or have announced the name of each penalized player the nature of the offense and the penalty assessed.

(d) The Official Scorekeeper shall enter into the official game sheet a correct record of the goals scored, who scored, and to whom credit is given for assists, if any. He/she shall also keep a correct record of all penalties assessed; stating the names and

numbers of the penalized players, the duration of each penalty, the infraction, and the time the penalty was assessed.

(e) At the completion of each game the Official Scorekeeper shall sign the official game sheet him/herself and have the Referees sign it. He/she shall then forward the game sheet to TORHS 2Hot4Ice personnel.

(f) If the rink is not equipped with an automatic buzzer or if this equipment should fail to operate, the Official Scorekeeper, shall by means of a whistle, signal the end of each period, each overtime period, and the end of the game.

(g) The Official Scorekeeper will record at all times in minutes and seconds.

SECTION V - Penalties

Rule 501 - Penalties

(a) Penalties shall be divided into the following classes:

1. Minor Penalties
2. Bench Minor Penalties
3. Major Penalties
4. Misconduct Penalties
5. Match Penalties
6. Penalty Shot

(b) When play is not actually in progress and an offense is committed by any player, the same penalty shall apply as though play were actually in progress.

(c) The minimum number of players a team may have on the floor

due to penalties is 3 (2 skaters and 1 goaltender, or 3 skaters).

Rule 502 - Minor Penalties

(a) Minor penalties will be 2 minutes in length.

(b) For a Minor Penalty assessed to any player other than a goaltender, such player shall be ruled off the floor for 2 minutes, during which time no substitute shall be permitted. The player may leave the penalty bench upon expiration of his/her penalty or upon the scoring of a goal by the opposing team. If a penalty expires during a stoppage, the player will have to wait until the puck is dropped before leaving the penalty bench. If a Minor Penalty is assessed to a goaltender, a player on the team that was on the floor at the time of the infraction must serve the penalty.

(c) A "Bench Minor" penalty involves the removal from the floor of one player of that team for two minutes. Any player on the team may be designated to serve the penalty by the coach of playing Captain and such player shall take his/her place on the penalty bench promptly and serve the penalty as if it was a minor penalty imposed upon him/her. If running time is being played and a minor or bench minor penalty terminates during a stoppage of play, allowing the team to have an additional player on the floor, the player so penalized shall remain in the penalty bench until the ensuing face-off is conducted.

(d) If while a team is shorthanded by one or more minor or bench minor penalties, the opposing team scores a goal, the first of such penalties shall automatically terminate. "Shorthanded" means that the team must be below the numerical strength of its opponents on the floor at the time the goal is scored. The minor or bench minor penalty which terminates automatically is the first non-coincidental minor penalty assessed. Thus, coincident minor penalties to both teams do not cause either side to be "shorthanded". Although each team is playing short, they are at equal strength. This rule shall also

apply when a goal is scored on a penalty shot, or when a goal is awarded.

(e) When a player receives a major penalty and a minor penalty at the same time, the major penalty shall be served first by the penalized player except if the major penalties are coincident, in which case the minor penalty shall be served first.

(f) When either team is short handed by two players and coincidental penalties are imposed upon players of each team, the penalized players shall take their places in the penalty bench and such players shall not leave the penalty bench until the first stoppage of play following the expiration of their respective penalties. Immediate substitution shall be made for players so penalized.

(g) A team may not be deprived of a man advantage situation in a game due to coincidental minor penalties already being served. If such a scenario arises, the players serving coincidental minors with the most time remaining will be substituted for, and such players shall not leave the penalty box until the first whistle after their penalties expire. This included the scenario where a player on one team receives a double minor penalty, and two players on the opposing team are assessed minor penalties at the same stoppage with less time remaining in the game than is needed to serve the penalties in full.

Rule 503 - Major Penalties

(a) Major penalties will be 5 minutes in length.

(b) For a major penalty, the offender, except the goaltender, shall be ruled off the floor for 5 minutes, during which time no substitute shall be permitted.

(c) When coincidental penalties of equal duration including a major penalty are imposed upon a player of each team, the

penalized players shall take their places on the penalty bench and such players shall not leave the penalty bench until the first stoppage of play following the expiration of their respective penalties. Immediate substitution shall be made for the players so penalized and their penalties shall not be taken into account for the purpose of the delayed penalty.

(d) When coincidental penalties of unequal duration, including a major penalty, are imposed upon a player of each team, the penalized players shall take their places on the penalty bench and such players shall not leave the penalty bench until the first stoppage of play following the expiration of their respective penalties. The penalties which created the disparity in total penalty time between the players penalized shall be served first in the normal way by a player on the team of the penalized player. Account shall be taken of the penalties which create the disparity in the total penalty time awarded to the players affected for the purpose of the delayed penalty.

Rule 504 - Misconduct Penalties

(a) "Misconduct Penalties" to all players except the goaltender, involve removal from the game for a period of ten minutes each. A substitute player is permitted to immediately replace a player serving a misconduct penalty. A player whose misconduct penalty has expired shall remain in the penalty box until the next stoppage of play. A misconduct penalty assessed to a goaltender must be served by a player on the goaltender's team that was on the floor at the time of the infraction. Any player/team official issued any type of misconduct penalty which results in the removal of that individual from the playing surface/player bench shall not be allowed to re-enter the playing surface/player bench at any time. This includes after the sounding of the final horn and completion of the game.

(b) When a player receives a minor penalty and a misconduct

penalty at the same time, the penalized team shall immediately put a substitute player on the bench and he shall serve the minor penalty without charge.

(c) A "Game Ejection Penalty" involves the suspension of a player/team official for the balance of the game. Such player will also be subject to further sanctions by TORHS 2Hot4Ice if they deem it necessary. Any infraction that takes place in the last 5 minutes of the third period or at any time during the overtime or shoot-out that would normally call for a game ejection may carry a game suspension, and that player may be subject to further sanctions by TORHS 2Hot4Ice.

(d) A "Game Misconduct Penalty" involves the suspension of a player/team official for the balance of the game and the next game. The suspended player shall be reported to the TORHS 2Hot4Ice Office whom may impose further penalties as they deem fit. All players serving a game misconduct suspension are required to be present for said game and must sign the game score sheet both before, and after the game.

(e) Should a player receive a game misconduct and is playing in two divisions, that player must serve their suspension in the division it was acquired in before they are eligible for play in any other division.

(f) When a player receives a major penalty and a misconduct, game ejection, or game misconduct penalty at the same time, the penalized team shall place a substitute player on the penalty bench to serve the major penalty, and no replacement for the penalized player shall be permitted to enter the game except from the penalty bench. Any violation of this provision shall be treated as an illegal substitution under Rule 307 (a), calling for a bench minor penalty. For all Game Ejection and Game Misconduct penalties regardless of then imposed, a total of 10 minutes shall be charged in the records against the offending player.

(g) A player or Team Official who is assessed a game misconduct penalty, may not be near the team bench, or in any way attempt to direct the play of the team. Any player assessed a game misconduct penalty may be barred from the rink for the duration of the tournament if the Referee or Tournament Director deems it necessary.

Rule 505 - Match Penalties

(a) A Match penalty involves the suspension of a player/team official for the balance of the game and the offending player shall be ordered to the dressing room immediately. The penalized team shall immediately place a non-penalized player, other than a goaltender, on the penalty bench to serve the five minute time portion of the penalty and such player may not be changed. Any player/team official issued a match penalty is not allowed to re-enter the playing surface or player/penalty benches during or after the game. All players serving a match penalty suspension are required to be present for said game(s) both before and after the game(s).

(b) All Referees are required to report all match penalties and the surrounding circumstances to TORHS 2Hot4Ice immediately following the game. TORHS 2Hot4Ice shall have full power to impose further penalties. A player who has been assessed a match penalty shall be suspended from participating in any additional tournaments until the case has been dealt with by TORHS 2Hot4Ice.

(c) A player who is assessed a match penalty, may not be near the team bench, nor in any way attempt to direct the play of the team. Any player assessed a match penalty may be barred from the rink for the duration of the tournament. For all Match Penalties, regardless of when assessed, a total of 10 minutes shall be charged in the records against the offending player.

(d) When coincident match penalties have been assessed or when any combination of coincident major and match penalties have been assessed to a player or players of both teams, rules 503 (c & d) covering major penalties shall be applicable with respect to player substitutions.

Rule 506 - Penalty Shot

(a) Any infraction of the rules which calls for a "Penalty Shot" shall be taken as follows: The Referee will name the player designated by him/her or selected by the team entitled to take the shot (as appropriate) and shall then place the puck on the center face-off spot. The player taking the shot will, on the whistle of the Referee, play the puck from there and shall attempt to score on the goaltender. The goaltender must stay in the crease until the player touches the puck. The player taking the shot must keep the puck in motion towards the opponent's goal line and once it is shot the play shall 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 may attempt to stop the shot in any manner except by throwing his/her stick or any other object or by committing a foul, in which case a goal shall be awarded. See Rule 640 (a).

(c) In cases where a penalty shot has been awarded under Rule 629 (g), (illegal entry into the game), under Rule 640 (a), (throwing stick), under Rule 645 (c), (fouling from behind), or Rule 610 (d), (deliberately displacing the goal post during the course of a breakaway), the Referee shall designate the player who has been fouled as the player who takes the penalty shot. In cases where a penalty shot has been awarded under Rule 614 (c), (falling on the puck in the crease), Rule 610 (d), (deliberately displacing the goal post), or Rule 617 (e), (picking up the puck from the crease area), the penalty shot shall be taken by a player selected of the non-

offending team from the players on the floor at the time when the foul was committed. Such selection shall be reported to the Referee and cannot be changed. If by reason of injury the player designated by the Referee to take the penalty shot is unable to do so within a reasonable time, the shot may be taken by a player selected by the Captain of the non-offending team from the players on the floor when the foul was committed. Such selection shall be reported to the Referee and cannot be changed.

(d) Should the player in respect to whom a penalty shot has been awarded himself commit a foul in connection with the same play or circumstances, either before or after the penalty has been awarded, be designated to take the shot, he/she shall first be permitted to do so before being sent to the penalty bench to serve the penalty, unless the penalty is a game ejection, game misconduct, gross misconduct, or a match penalty, in which case the shot shall be taken by a player who was on the floor at the time of the infraction, to be selected by the Captain or Coach of the none- offending team.

(e) If a goal is scored from a penalty shot, the puck shall be faced at center floor in the usual way. If a goal is not scored the puck shall be faced at either of the end face-off spots in the zone in which the penalty shot has been tried.

(f) 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 double minor, major or match penalty, in which case the penalty prescribed, for the particular offense, shall be imposed.

(g) 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.

(h) 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 expiration of the regular playing time in any period.

(i) All players, except the player taking penalty shot, must go to the player bench.

(j) If any opposing player other than the goaltender interferes with a player taking a penalty shot a goal will be automatically awarded whether or not a goal was made.

(k) The time required for the taking of a penalty shot will not be included in the regular playing time or any overtime.

(l) A fully dressed goaltender is the only player who may defend a penalty shot.

Rule 507 - Goaltender Penalties

(a) A goaltender shall not be sent to the penalty bench for an offense which incurs a minor or major penalty, but instead the minor penalty shall be served by a player to be designated by the coach or captain of the offending team through the playing Captain that was on the floor at the time of the infraction, and such substitute shall not be changed.

(b) Should a goaltender incur a misconduct penalty, this penalty will be served by a teammate designated by the coach or captain that was on the floor at the time of the infraction.

(c) Should a goaltender incur a game misconduct penalty, his/her place then will be taken by a member of his/her own team, or by a regular substitute goaltender that is available.

(d) Should a goaltender incur a match penalty his/her place will

then be taken by a member of his/her own team, or by a substitute goaltender that is available. No time period shall be allowed for this change. However, any additional penalties as specifically called for by the individual rules covering match penalties, will apply, and the offending team shall be penalized accordingly. All penalties imposed on a goaltender regardless of who serves the penalty or any substitution, shall be charged in the records against the goaltender.

(e) If a goaltender participates in the play in any manner when he/she is beyond the center floor line (or where a line would divide the floor into two equal halves), a minor penalty shall be imposed on him/her for delay of game.

Rule 508 - Delayed Penalties

(a) If a third player of any team shall be penalized while two players of the same team are serving penalties, the penalty time of the third player shall not commence until the penalty time of one of the two players already penalized shall have elapsed. Nevertheless, the third player penalized must, at once, proceed to the penalty bench but may be replaced by a substitute until such time as the penalty time of the penalized player shall commence.

(b) When any team shall have three players serving penalties at the same time and because of the delayed penalty rule, a substitute for the third offender is on the floor, the first of the three penalized players on the penalty bench may not return to the floor until play has been stopped. When play has been stopped, the player whose full penalty has expired, may return to the play.

(c) When the penalties of two players of the same team will expire at the same time, the Captain or Coach of that team will designate to the Referee which of such players will return to the floor first, and the Referee will instruct the Official Scorekeeper accordingly.

(d) When a major and a minor penalty are imposed at the same

time on players of the same team, the Official Scorekeeper will record the minor as being the first of such penalties. This also applies to the case where the penalties are imposed on different players of the same team.

Rule 509 - Calling of Penalties

(a) Should an infraction of the rules which would call for a minor, major, or match penalty be committed by a player of the side in possession and control of the puck, the referee shall immediately blow his/her whistle and assess penalties to the appropriate players.

(b) Should an infraction of the rules which calls for a minor, major, or match penalty be committed by a player of the team not in possession and control of the puck, the Referee shall signify the calling of a delayed penalty by raising his/her arm. The Referee will blow his/her whistle once the offending team gains possession and the penalty will be assessed to the offending player.

(c) If the penalty to be imposed is a minor penalty, and a goal is scored on the play by the non-offending team, the minor penalty shall not be imposed, but major and match penalties shall be imposed in the normal manner regardless of whether a goal is scored or not. The puck must have come into the possession and control of an opposing player or has been "frozen". This does not mean a rebound off the goaltender, the goal or any accidental contact with the body or equipment of an opposing player. If after the Referee has signaled a penalty but before the whistle has been blown, the puck shall enter the goal of the non-offending team as the direct result of the action of a player of that team, the goal shall be allowed and the penalty assessed in the normal matter. If after the referee has signaled a penalty and after the non-offending team has swapped out their goalie for an additional skater onto the playing surface; the non-offended team must advance the puck into the Offensive zone. Once the puck has entered the Offensive Zone

the puck cannot be intentionally brought back across in the Defensive Zone. Should the puck return to the Defensive Zone the referee will blow the puck dead and the play over, assessing the penalty. If when a team is "shorthanded" by reason of one or more minor or bench minor penalties the Referee signals a further minor penalty against the "shorthanded" team and a goal is scored by the non-offending side before the whistle is blown then the delayed penalty shall be served and the first of the minor penalties already being served shall automatically terminate.

(d) Should the same offending player commit other fouls on the same play either before or after the Referee has blown his/her whistle, the offending player shall serve such penalties consecutively.

(e) During a stop time game, penalty time(s) will run/stop in unison with the game clock. In the situation of a running game clock the penalty time will start when the Referee drops the puck to restart the game and continue to coincide with the game clock from that point on.

Rule 510 - Supplementary Discipline

(a) In addition to the suspensions assessed under these rules, TORHS 2Hot4Ice may, at the conclusion of the game, at their discretion, investigate any incident that occurs in connection with any game and may assess additional suspensions for any offense committed before, during or after any game by a player or Team Official, whether or not such offense has been penalized by the Referee.

(b) Suspensions assessed during a TORHS 2Hot4Ice tournament must be served during the same tournament. If the length of the suspension carries beyond that tournament, TORHS 2Hot4Ice shall be the sole authority in determining the eligibility of the individual in future events and Tournaments.

SECTION VI - Playing Rules

Rule 601 - Abuse of Officials and Other Misconduct

(a) Any player who challenges or disputes the ruling of an Official, attempts to incite an opponent or create a disturbance during the game shall be assessed a minor penalty for unsportsmanlike conduct. If the player persists in such conduct, a misconduct penalty shall be assessed and any further persistence by the same player shall result in the assessment of a game ejection or game misconduct penalty. Game ejection does not imply an automatic next game suspension. However, disciplinary action may be taken after further investigation of the incident by TORHS 2Hot4Ice.

In the case of a coach or other Team Official, a bench minor penalty shall be assessed first and if such conduct continues, a game misconduct penalty shall be assessed.

(b) Any player who shoots the puck after the whistle shall be assessed a minor or misconduct penalty, if in the opinion of the Referee, the player had sufficient time after the whistle to refrain from taking the shot.

(c) If any player does any of the following, the team shall be assessed a Bench Minor penalty:

1. Throws anything onto the playing surface from the players' bench or penalty bench.
2. Interferes with any Game Official, (non-physically) in the performance of their duties.
3. When an altercation occurs, if not involved, does not proceed immediately to the players' bench, or, in the event that the altercation takes place at the players' bench, does not proceed to his/her team's defensive zone.

(d) If any player does any of the following, the player shall be

assessed a Misconduct penalty:

1. Uses obscene, profane or abusive language to any person before, during or after a game.

2. During a stoppage of play, intentionally shoots or throws the puck out of the reach of an Official who is retrieving it.

3. Enters and remains in the Referee's Crease, when asked to leave, except for the purpose of skating to the penalty bench.

4. Touches or holds any Game Official with the hand or stick.

5. Intentionally bangs the boards, protective glass or goal with a stick at any time.

6. Shows disrespect to an Official by means of language or gestures.

7. After being penalized, does not proceed directly to the penalty bench or dressing room when ordered to do so by the Referee. Equipment shall be delivered to the penalty bench or dressing room by a teammate.

(e) If any player does any of the following, a game misconduct penalty shall be assessed:

1. Persists in any course of conduct for which the player has previously been assessed a misconduct penalty.

(f) If any player does any of the following, a Match Penalty shall be assessed:

1. Deliberately inflicts or attempts to inflict physical harm to a Game Official or a Team Official in any manner.

2. Behaves in any manner which is critically detrimental to the conduct of the game including, but not limited to, spitting at an

opponent, Game Official or Team Official.

3. Uses obscene gestures or racial slurs anywhere in the rink before, during or after the game.

(g) If any Team Official does any of the following, a Bench Minor penalty shall be assessed:

1. Bangs the boards with a stick or other instrument at any time.

2. Uses obscene, profane or abusive language to any person before, during or after a game.

3. Throws anything onto the playing surface from the players' bench.

4. Interferes with any Game Official, (non-physically) in the performance of their duties.

5. Attempts to incite an opponent into incurring a penalty.

(h) If any Team Official does any of the following, a Game Misconduct penalty shall be assessed:

1. Persists in any course of conduct for which the Team Official has previously been assessed a bench minor penalty.

(i) If any Team Official does any of the following, a Match Misconduct penalty shall be assessed:

1. Deliberately inflicts or attempts to inflict, physical harm to a Game Official or a Team Official in any matter.

2. Behaves in any manner which is critically detrimental to the conduct of the game including, but not limited to, spitting at an opponent, Game Official or Team Official.

3. Uses obscene gestures or racial slurs anywhere in the rink

before, during or after a game.

Rule 602 - Adjustment to Clothing and Equipment

(a) Play shall not be stopped, nor the game delayed by reason of adjustment of clothing, equipment, skates or sticks. For an infringement of this rule, a minor penalty may be given.

(b) The responsibility of maintaining clothing and equipment in proper condition shall be upon the player. If adjustments are required, the player shall retire from the floor and play shall continue without interruption using a substitute. In the event a player loses his/her helmet during the process of play he/she will be allowed to continue that play provided that he/she is not in any type of immediate danger. Immediately following his/her involvement in play he/she must retrieve his/her helmet and either immediately fasten the helmet onto his/her head, or precede directly to his/her respective bench for substitution. Extremely limited discretion is given to the referee in this rule, as safety of the player is the top priority.

(c) A goaltender, after a stoppage of play, with the permission of the Referee, may be allowed to make adjustments or repairs to clothing, equipment, or skates. A goaltender may also be permitted by the Referee to replace his/her mask but no time shall be allowed for repair or fitting a mask. For an infraction of a rule by a goaltender, a minor penalty may be imposed.

(d) A player in possession of two sticks may not participate in play. A violation of this rule may result in a minor penalty.

Rule 603 - Attempt to Injure

(a) A match penalty shall be imposed on any player who deliberately attempts to injure any opponent, in any manner, and the circumstances shall be reported to TORHS 2Hot4Ice for further action.

Rule 604 - Body Checking and Checking From Behind

(a) A minor, double minor or major penalty, at the discretion of the Referee shall be imposed on any player who intentionally body checks an opponent, with or without the puck.

(b) A minor, double minor or major penalty, at the discretion of the Referee, shall be assessed to any player who makes physical contact with an opponent after the whistle has been blown, if in the opinion of the Referee, the player had sufficient time to avoid such contact.

(c) When a player injures an opponent as the result of body checking, the Referee shall have no choice but to assess a major penalty to the offending player.

(d) Any major penalty assessed for body checking may also include a game ejection or game misconduct penalty at the Referee's discretion.

(e) A major penalty and automatic game misconduct shall be imposed on any player who checks an opponent from behind.

(f) Body Checking may also be treated as a match penalty under Rules 603 and 611.

(g) Checking is allowed in the Pro TIER I Division ONLY along the boards (approximately 5 feet). Body checking in the center areas of the rink shall be penalized as either a minor, double minor, major, or match penalty at the discretion of the referee. Pro Tier II will retain the same Checking rules as the rest of the divisions in TORHS 2Hot4Ice Regional and Nationals Competition.

Rule 605 - Boarding

(a) A minor penalty, double minor penalty or major penalty, at the discretion of the Referee based upon the degree of violence of the impact with the boards, shall be assessed to any player who fouls

an opponent in such a manner that caused the player to be violently thrown into the boards. "Rolling" an opponent (if he is the puck carrier) along the boards where he/she is endeavoring to go through too small an opening is not boarding, but may be penalized as roughing.

(b) When a player injures an opponent as the result of boarding or body checking, the Referee shall have no choice but to assess a major penalty to the offending player.

(c) Any major penalty assessed for body checking or boarding may also include a game ejection or game misconduct penalty at the Referee's discretion.

(d) Boarding may also be treated as a match penalty under Rules 603 and 611.

Rule 606 - Broken Stick

(a) A player whose stick is broken may participate in the game provided he/she immediately drops his/her stick. A minor penalty shall be imposed for an infraction of this rule. A broken stick is one which, in the opinion of the Referee, is unfit for normal play.

(b) A goaltender may continue to play with a broken stick until stoppage of play or until he/she has been legally provided with a stick.

(c) Any player whose stick is broken may not receive a stick thrown onto the playing surface, but must obtain one from the bench or another teammate. A minor penalty shall be imposed on the player or goaltender receiving a stick illegally under this rule, except a penalty has been assessed under rule 601 (c). The purpose of this rule is to provide for the assessment of one penalty per each illegal stick replacement.

Rule 607 - Butt-ending

(a) A minor penalty or major penalty shall be imposed on a player who "butt-ends" or attempts to "butt-end" an opponent. An attempt to butt-end shall include all cases in which butt-end gesture is made, regardless of whether body contact is made or not.

(b) A major penalty and automatic game misconduct shall be imposed on any player who injures an opponent by butt-ending.

(c) Butt-ending may also be treated as a match penalty under Rules 603 and 611.

Rule 608 - Charging

(a) A minor, double minor or major penalty at the discretion of the Referee shall be imposed on a player who runs, jumps into or charges an opponent.

(b) A minor, double minor, or major penalty at the discretion of the Referee shall be imposed on a player who charges a goaltender while the goaltender is within his/her goal crease.

(c) When a player injures an opponent as the result of charging, the Referee shall have no choice but to assess a major penalty to the offending player. A goaltender is not "fair game" just because he/she is outside the goal crease area. A penalty for interference of charging (minor or major) should be called in every case where an opposing player makes unnecessary contact with a goaltender.

(d) Any major penalty assessed for charging may also include a game ejection or game misconduct penalty at the Referee's discretion.

(e) Charging may also be treated as a match penalty under Rules 603 and 611.

Rule 609 - Cross Checking

(a) A minor, double minor or major penalty at the discretion of the

Referee, shall be imposed on a player who "cross checks" an opponent.

(b) A major penalty shall be imposed on any player who injures an opponent by cross checking.

(c) A minor or major penalty shall be imposed on a player who cross checks a goaltender while the goaltender is within his/her goal crease.

(d) Any major penalty assessed for cross checking may also include a game ejection or game misconduct penalty at the Referee's discretion.

(e) Cross checking may also be treated as a match penalty under Rules 603 and 611.

Rule 610 - Delaying the Game

(a) A minor penalty shall be imposed on any player or goaltender who delays the game by deliberately shooting or batting the puck with his/her stick outside the playing area. This penalty shall apply also when a player or goaltender deliberately bats or shoots the puck with his/her stick outside the playing area after a stoppage of play.

(b) A minor penalty shall be imposed on a goaltender that shoots the puck directly (non- deflected) outside of the playing area, except when a location is not protected by glass or screen.

(c) A minor penalty shall be assessed to a player who, after a warning by the Referee, fails to maintain a proper position during the face off.

(d) A minor penalty shall be imposed on any player (including the goaltender) who delays the game by deliberately displacing the goal post from its normal position. If such an infraction occurs with less than 2 minutes remaining in the second and third periods

or at any time during overtime, a penalty shot shall be awarded against the offending team. If the goal post is deliberately displaced during the course of a breakaway, a penalty shot shall be taken by the last player of the non-offending team in possession of the puck. In the event that a goal post is deliberately displaced by a defending player or goaltender immediately prior to the puck crossing the goal line, the Referee may assess a minor penalty, a penalty shot, or award a goal.

(e) A bench minor penalty shall be assessed to a team requesting an equipment measurement that is unsubstantiated (deemed to be legal).

Rule 611 - Deliberate Injury of Opponents

(a) A match penalty shall be imposed on a player who deliberately injures an opponent in any manner. The incident shall be reported to TORHS 2Hot4Ice for further action.

(b) No substitute shall be permitted to take the place of the penalized player until five minutes actual playing time shall have elapsed, from the time the penalty was imposed.

Rule 612 - Elbowing

(a) A minor, double minor or major penalty shall be assessed to any player who uses the elbow in such a manner as to foul an opponent, in any way.

(b) A major penalty shall be imposed on any player who injures an opponent as the result of a foul committed by using his/her elbows.

(c) Any major penalty assessed for elbowing may also include a game ejection or game misconduct penalty at the Referee's discretion.

(d) Elbowing may also be treated as a match penalty under Rules

603 and 611.

Rule 613 - Face-offs

(a) One player from each team shall stand on their own defensive side of the face-off circle with their sticks held on the floor outside of the face-off spot. The attacking team must put his/her stick down first. All other players shall stay on their respective defensive side of the face-off spot until the Referee drops the puck on the face-off spot and play begins.

(b) Players facing-off will stand facing their opponent's end of the rink approximately one stick length apart with the blade of their stick on the floor.

(c) Sticks of both players facing-off shall have any part of the blade touching the floor and properly aligned on the tape. All other players must be at least fifteen feet away from the players facing-off and they must be on-side. If after warning by the Referee, either of the players fails to take his/her proper position for the face-off promptly, the Referee shall replace the offending player or players with another player on the floor. If either player or players still fail to take their proper position the Referee may assess a delay of game penalty against the offending player or players.

(d) In the conduct of any face-off anywhere on the playing surface no player shall make any physical contact with his/her opponent's body by means of his/her own body or by his/her stick except in the course of playing the puck after the face-off has been completed. For violation of this rule, the Referee may impose a minor penalty or penalties on the player(s) whose action(s) caused the physical contact. A face-off commences when the Referee designates the place of the face off and takes up a position to drop the puck.

(e) A second violation of any of the provisions or sub-selection(s) hereof during the same face-off may be penalized with a minor

penalty to the player who commits the second violation of this rule.

(f) When an infringement of a rule has been committed or a stoppage of play has been caused by any player of the attacking side, the ensuing face-off shall be made at the center face-off spot.

(g) When an infringement of a rule has been committed by players of both sides in the play resulting in the stoppage, the ensuing face-off will be made at the place of such infringement or at the place where play is stopped in cases where play is permitted to be completed unless otherwise expressly provided by these rules.

(h) When stoppage occurs between the end of face-off spots and near the end of the rink, the puck shall be faced-off at the end face-off spot on the side where the stoppage occurs, unless otherwise expressly provided by these rules.

(i) When a goal is disallowed as a result of the puck being deflected off the Referee directly into the net the face-off shall be at either of the end face-off spots in that zone.

(j) When the game is stopped for any reason not specifically covered in the official rules, the puck must be faced-off where it was last played.

(k) It is the players responsibility to get to the face-off location as quickly as possible. If one team is lined up and the other team is procrastinating, the referee shall blow his/her whistle and stop the clock for the purposes of giving a verbal warning to the offending team. If the team persists in such conduct after receiving a warning from the referee, a bench minor penalty may be issued to the offending team.

Rule 614 - Falling on the Puck

(a) A minor penalty shall be imposed on a player other than the goaltender who deliberately falls on or gathers a puck into the

body. Defensemen who drop to their knees to block shots should not be penalized if the puck is shot under them or becomes lodged in their clothing or equipment, but any use of the hands to make the puck unplayable should be penalized promptly.

(b) A minor penalty shall be imposed on a goaltender who (when his/her body is entirely outside the boundaries of his/her own crease area and when the puck is behind the goal line) deliberately falls on or gathers the puck into his/her body, or who holds or places the puck against the boards.

(c) No defending player except the goaltender will permitted to fall on the puck, hold the puck, or gather the puck into the body or hands when the puck is within the goal crease. For infringement of this rule play shall immediately be stopped and a penalty shot shall be ordered against the offending team but no other penalty shall be given. 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 infraction occurs. However, in cases where the puck is outside the crease, rule 614(a) may still apply and a minor penalty may be imposed even though no penalty shot is awarded. If the goaltender has been removed from the playing surface when the infraction occurs, a goal shall be awarded to the non-offending team in lieu of the penalty shot.

Rule 615 - Fighting

(a) A major penalty and automatic game misconduct shall be imposed on any player who engages in a fight. Any player deemed by the Referee to be the instigator of the altercation shall be additionally assessed a minor penalty and is subject to additional suspension by TORHS 2Hot4Ice.

(b) A minor penalty or double minor penalty shall be imposed on a player who having been struck shall retaliate with a blow or attempted blow. However, at the discretion of the Referee, a major

penalty may be imposed if that player continues the altercation. The Referee is provided very wide latitude in the penalties which he/she may impose under this rule. This is done intentionally to enable him/her to differentiate between the obvious degrees of responsibility of the participants either for starting the fighting or persisting in continuing the fighting. The discretion provided should be exercised realistically. Referees are directed to employ every means provided by these rules to stop brawling.

(c) A game misconduct shall be imposed on any player involved in fighting off the playing surface or with another player who is off the playing surface.

(d) A player who drops his/her gloves during the course of a game and/or preceding during or after an altercation, shall receive, at minimum, a Game Ejection. A player who drops his/her gloves and throws a punch shall receive a major penalty and a game misconduct for "continuing in the altercation", and is subject to review by TORHS 2Hot4Ice.

(e) Any player or goaltender deemed to be the first to intervene in a fight (third man in), will receive a game misconduct penalty. This penalty is in addition to any other penalties incurred by the offending player.

NOTE: Any player or goaltender deemed to be the first to intervene in an altercation may receive a misconduct penalty. This penalty is in addition to any other penalties incurred by the offending player. An altercation is defined in this rulebook as a situation involving two players with at least one to be penalized.

(f) When an altercation/fight occurs, all players not engaged shall immediately proceed to the area of their players' bench. In the event the altercation takes place at the players' bench, the players on the surface must go to their team's defensive zone. Failure to comply will result in a bench minor penalty assessed to the team(s)

not observing this rule. Refer to Rule 601 (c)(3).

(g) Any player or goaltender that resists an official in the discharge of their duties shall be assessed a misconduct or game misconduct penalty. Refer to Rule 601 (d & f).

(h) A minor penalty shall be assessed to a goaltender that leaves the immediate vicinity of the goal crease to participate in an altercation/fight. This penalty shall be in addition to any penalty incurred during the altercation/fight.

Rule 616 - Goals and Assists

(a) It is the responsibility of the Referee to award goals and assists, and such decision is final. In cases of an obvious error in awarding a goal or an assist, it should be corrected promptly.

(b) A goal shall be scored when the puck has been put between the goal posts by the stick of a player of the attacking side from in front, and below the cross bar and entirely across the goal line.

(c) A goal shall be scored if the puck is put into the goal in any way by a player of the defending side. The player of the attacking side who last played the puck shall be credited with the goal but no assist shall be awarded.

(d) If an attacking player kicks the puck and it is deflected into the net by any player, the goal shall not be allowed.

(e) If the puck has been deflected into the goal by a shot of an attacking player by striking any part of the person or a player of the same side, a goal shall be allowed. The player who deflected the puck shall be credited with the goal. The goal shall not be allowed if the puck has been kicked, thrown or otherwise deliberately directed into the goal by any means other than a stick.

(f) Should a player legally propel a puck into the goal crease of the opponent's team and the puck should become loose and available

to a player of the attacking side, a goal scored on the play shall be allowed.

(g) A goal shall be credited in the scoring records to a player who shall have propelled the puck into the opponent's goal. Each goal shall count as one point in the player's record. An assist shall be credited to the player taking part in the play immediately preceding the goal, but no more than one assist shall be credited on any goal.

(h) A goal shall not be credited if in the referees' opinion, the net has become dislodged and is off more than two inches to either side or two inches to the front or rear.

Rule 617 - Handling Puck with Hands

(a) If any player, including the goaltender, closes his/her hand intentionally on the puck the play shall be stopped and a face-off will take place. However, if the puck is dropped immediately, play shall be allowed to continue. At the Referees discretion, a minor penalty may be imposed for delay of game.

(b) A goaltender who holds the puck with his/her hands for longer than three seconds, play shall be stopped and a face-off shall follow. However, after an initial warning by the Referee, a goaltender that holds the puck unnecessarily shall be given a minor penalty for delay of game.

(c) A goaltender shall not deliberately drop the puck into his/her pads or onto the goal net, nor deliberately pile up obstacles at or near his/her net, that in the opinion of the Referee would tend to prevent the scoring of a goal. The penalty for infringement of this rule by the goaltender shall be a minor penalty. The object of this rule is to keep the puck moving continuously, and any action taken by the goaltender which causes an unnecessary stoppage must be penalized.

(d) A minor penalty shall be imposed on a player except the

goaltender who, while play is in progress, picks up the puck off the floor with his/her hands.

(e) If a defending player, except the goaltender, picks up the puck from the floor or holds the puck in the crease area while play is in progress, the play shall be stopped immediately and a penalty shot shall be awarded to the non-offending team.

(f) A player shall be permitted to stop or "bat" a puck in the air with his/her open hand, or push it along the floor with his/her hand, and the play shall not be stopped unless in the opinion of the Referee he has deliberately directed the puck to a teammate in which case the play shall be stopped and the puck faced off at the nearest special face-off spot where the offense occurred. This rule is disregarded if these actions are started and completed in the defensive zone. The object of this rule is to ensure continuous action and the Referee should not stop play unless he is satisfied that the directing of the puck to a teammate was in fact deliberate. The puck may not be batted with the hand directly into the net at any time, and a goal shall not be allowed when the puck has been legally batted and is deflected into the goal off a defending player including the goaltender.

Rule 618 - Head-Butting

(a) A major penalty and automatic game misconduct shall be imposed on a player who head-butts or attempts to head-butt an opponent. An attempt to head-butt shall include all cases in which a head-butt gesture is made, regardless of whether contact is made or not with an opponent.

(b) A match penalty shall be imposed on any player who makes severe contact with an opponent by head-butting.

Rule 619 - High Sticks

(a) The carrying of sticks above the normal height of the shoulders

is prohibited, and a minor, double minor, or major penalty may be imposed on any player violating this rule, at the discretion of the Referee.

(b) When a player carries or holds any part of his/her stick above the normal height of his/her shoulders so that injury to the face or head of an opposing player results, the Referee shall have no alternative but to impose a major penalty on the offending player.

(c) Any major penalty assessed for high sticking may also include a game ejection or game misconduct penalty at the Referee's discretion.

(d) High Sticking may also be treated as a match penalty under Rules 603 and 611. No contact on an opponent needs occur to call a high sticking penalty.

(e) Batting the puck above the normal height of the shoulders with the stick is prohibited and when it occurs there shall be a whistle, and the ensuing face-off will take place at an end zone face-off spot in the defending zone of the offending team, unless: 1. The defending player batted the puck to an opponent in which case the play shall continue. 2. A player of the defending side batted the puck into his/her own goal in which case the goal shall be allowed.

(f) A goal scored from a stick so carried shall not be allowed, except by a player of the defending team.

Rule 620 - Holding an Opponent and Holding the Facemask

(a) A minor penalty shall be imposed on a player who holds an opponent with his/her hands, legs, feet or stick or in any other way.

(b) A major penalty and automatic game misconduct shall be assessed to a player who holds the face mask of an opponent with the hand.

(c) Holding the facemask may also be treated as a match penalty under rules 603 and 611.

Rule 621 - Holding an Opponent's Stick

(a) A player is not permitted to hold an opponent's stick. A minor penalty shall be assessed to a player who holds an opponent's stick.

Rule 622 - Hooking

(a) A minor penalty shall be imposed on a player who impedes or seeks to impede the progress of an opponent by hooking with his/her stick.

(b) A major penalty shall be imposed on any player who injures an opponent by hooking.

(c) Any major penalty assessed for hooking may also include a game ejection or game misconduct penalty at the Referee's discretion.

Rule 623 - Illegal Puck Handling

(a) Stick handling the puck with the tip (or toe) of the stick, with the stick inverted and sticking into the center of the puck, shall be considered illegal. The play shall be immediately stopped and the ensuing face-off shall take place at the point of infraction when it occurs in the defending zone or at the center face-off spot if the infraction occurs in the offensive zone.

Rule 624 - Interference

(a) A minor penalty shall be imposed on a player who interferes with or impedes the progress of an opponent who is not in possession of the puck or who deliberately knocks a stick out of an opponent's hand, who prevents a player who has dropped his/her stick from regaining possession of it or who knocks or shoots any

abandoned or broken stick or illegal puck or other debris towards an opposing puck carrier in the attacking zone in a manner that could cause him/ her to be distracted. The last player to touch the puck, other than a goaltender, shall be considered the player in possession. In interpreting this rule the Referee should make sure which of the players is the one creating the interference. Often it is the action and movement of the attacking player which causes the interference since the defending players are entitled to "stand their ground" or "shadow" the attacking players. Players of the side in possession shall not be allowed to "run" deliberate interference for the puck carrier.

(b) A minor and misconduct penalty shall be imposed if any player on the player bench or on the penalty bench who by means of his/her stick or body interferes with the movement of the puck of any opponent on the floor during the progress of play. A penalty shot shall be awarded if this action occurs during a breakaway.

(c) A minor penalty shall be imposed on a player who, by means of his/her stick or body, interferes with or impedes the movements of the goaltender by actual physical contact while he/ she is in the goal crease area.

(d) Unless the puck is in the goal crease area, a player of the attacking side not in possession may not stand on the goal crease line or in the goal crease or hold his/her stick in the goal crease area. If the puck should enter the net while such a condition prevails, a goal shall not be allowed and the puck shall be faced off at center floor.

(e) If a player of the attacking side has been physically interfered with by the action of any defending player so as to cause him/her to be in the goal crease, and the puck should enter the goal while the player so interfered with is still within the goal crease, the goal shall be allowed.

(f) If when the goaltender has been removed from the floor, any member of his/her team not legally on the floor including any Team Official interferes by means of his/her body or stick or any other object with the movement of the puck or an opposing player, the Referee shall immediately award a goal to the non-offending team.

(g) No player may sit or kneel on the rink in a manner that would obviously interfere with another player attempting to be involved in the play, or attempting to get in position to be involved in the play. If the player refused to stand up after a warning by the referee, a minor penalty shall be assessed.

(h) Although a player may use his body to attempt to screen the goaltender, no player may stand with his back to the play and use his hands in front of the goaltenders face to block his view. If a player continues after a warning by the referee, a minor penalty shall be assessed. The attention of Referees is directed particularly to three types of offensive interference which should be penalized.

1. When the defending team secures possession of the puck in its own end and the other players of that team run interference for the puck carrier by forming a protective screen against fore checkers.

2. When a player facing-off obstructs an opponent after the face-off when the opponent is not in possession of the puck.

3. When the puck carrier makes a drop pass and follows through so as to intentionally make body contact with an opposing player.

Consider the following for offensive interference:

1. A player is always entitled to the floor space he/she occupies and is entitled to win a race to an unoccupied area of the

surface.

2. A player is also entitled to cause an opponent to take a longer route as a result of his/her own occupied floor space.

3. All players may attempt to occupy an area in front of the goals at either end of the rink. An offensive player that stands directly in front of the goaltender (the slot) for the purposes of blocking the goaltender's sight of the puck may be moved, in a controlled and legal manner, by a defensive player trying to regain defensive territory in front of his/her net.

4. Body position is the key criteria in determining obstruction.

5. The use of a free hand may result in a penalty.

6. Contact other than what is considered legal which causes a player to make contact with the boards may result in a penalty.

Rule 625 - Interference by Spectators

(a) In the event of a player being held or interfered with by a spectator, the Referee shall blow the whistle and play shall be stopped, unless the team of the player interfered with is in possession of the puck at the time, then the play shall be allowed to be completed before blowing the whistle, and the puck shall be faced-off at the spot where last played at the stoppage.

(b) Any player who physically interferes with a spectator shall be assessed a gross misconduct penalty and the circumstances shall be reported to TORHS 2Hot4Ice for possible further action.

(c) In the event that objects are thrown on the floor which interfere with the progress of the game the Referee shall blow the whistle and stop the play, and the puck shall be faced-off at the spot where play is stopped.

Rule 626 - Kicking Player

(a) A match penalty shall be imposed on any player who kicks or attempts to kick another player. Refer to Rules 603 and 611. Rule 627 - Kicking the Puck (a) Kicking the puck shall be permitted in all zones, but a goal may not be scored by the kicking motion of an attacking player, or by an attacking player intentionally redirecting the puck with his foot.

(b) A goal cannot be scored by any attacking player who kicks any article of equipment (i.e. stick, helmet, glove, etc) at the puck, causing the puck to enter the net.

Rule 628 – Kneeing

(a) A minor penalty or major penalty shall be assessed to any player who uses the knee in such a manner as to foul an opponent, in any way.

(b) A major penalty shall be imposed on any player who injures an opponent as the result of a foul committed by using his/her knees.

(c) Any major penalty assessed for kneeing may also include a game ejection or game misconduct penalty at the referees' discretion.

(d) Kneeing may also be treated as a match penalty under Rules 603 and 611.

Rule 629 - Leaving Player or Penalty Bench

(a) No player may leave the player bench at any time to enter an altercation. A game misconduct penalty shall be assessed on any player violating this rule. The Referee will report all such infractions to the TORHS 2Hot4Ice office for possible further sanctioning.

(b) No Player shall at any time, leave the penalty bench until the

expiration of his/her penalty or the end of the game. This includes during intermissions and time-outs.

(c) A penalized player who leaves the penalty bench before his/her penalty has expired, whether play is in progress or not, will receive an additional minor penalty to be served after serving the unexpired penalty.

(d) Any penalized player leaving the penalty bench during the stoppage of play, and entering an altercation shall incur a game misconduct penalty, after serving his/her unexpired time, in addition to any other penalties he/she may incur.

(e) If a player leaves the penalty bench before his/her penalty is fully served, the Official Scorekeeper shall note the time and signal the Referee who will stop the play when the offending team has gained possession and control of the puck.

(f) In the case of a player returning to the floor before his/her time has expired through an error by the Official Scorekeeper he/she is not to serve an additional penalty, but must serve his/her unexpired time.

(g) If a player of an attacking side in possession of the puck shall be in such a position as to have no opposition between him and the opposing goaltender, and while in such position he/she is interfered with by a player of the opposing side who shall have illegally entered the game, the Referee shall award a penalty shot to be taken by the player so interfered with.

(h) If the opposing goaltender has been removed and an attacking player in possession of the puck shall have no player of the defending team to pass, and a stick or a part thereof is thrown by an opposing player, or the player is fouled from behind, thereby being prevented from having a clear shot on an open goal, a goal shall be awarded against the offending team.

(i) When the opposing goaltender has been removed from the floor, and a player of the side attacking the unattended goal is interfered with by a player who shall have entered the game illegally, the Referee shall immediately award a goal to the non-offending team.

(j) Any Team Official who gets on the floor after the start of the game without permission of the Referee may receive a game ejection or game misconduct.

(k) If a penalized player returns to the floor from the penalty bench before his/her penalty has expired by his/her own error or the error of the Official Scorekeeper, any goal scored by his/her own team while he/she is illegally on the floor shall be disallowed, but all penalties imposed on either team shall be served as regular penalties.

Rule 630 - Mercy Rule

(a) Should a team score enough goals to make an eight (8) goal differential between them and their opponents, the game shall be ended, and the team scoring eight more goals than their opponent shall be awarded the victory. All individual statistics for that game will count as if it was a completed game.

Rule 631 - Protests

(a) Protests are accepted at all TORHS 2Hot4Ice Regional Qualifiers and National Championships.

(b) Any formal protest must be submitted to the Tournament Director in writing with a \$75.00 cash protest fee. If the protest is granted, the fee will be refunded.

(c) Any protest based upon Referees discretion or judgment will always be denied.

(d) Video tape is not accepted as part of any protest.

(e) The protest in question will be noted on the official score sheet (time, score, penalties, etc.) during the game at the exact point of controversy.

(f) The remainder of the game is to be played out in its entirety "under protest".

(g) If the protest in question is decided in the protesting team's favor, when possible, the remainder of the game is to be played out starting from the noted information on the score sheet. If a protest is to be filed, it must be done so in a timely manner. TORHS 2Hot4Ice must have a sufficient amount of time to grant any protest. (Example: If a protest is warranted, and the incident took place on the first day of a three day tournament, then the protest may be filed the next day. If the incident took place on the last day of competition, involving a team that has just played their last game, immediate action must be taken to effectuate the protest. TORHS 2Hot4Ice will act as the sole decider on if a Protest is presented in a timely reasonable manner given all circumstances involved.

Rule 632 - Puck Must Be Kept In Motion

(a) The puck must be kept in motion at all times.

(b) Except to carry the puck behind the goal, once a team has possession of the puck in its own defense area shall always advance the puck towards the opposing goal, unless players of the opposing side prevent them from doing so. A player may not stand behind the net while in possession of the puck. 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 Referee shall warn the Captain or Alternate Captain the offending team of the reason for the face-off, for a second violation by any player of the same team, a minor penalty shall be imposed on the player violating the rule.

(c) A minor penalty may also be imposed on any player who deliberately holds the puck against the boards in any manner to deliberately delay the game.

(d) Should the puck remain on the net for longer than three seconds, play shall be stopped and the face-off shall take place at the nearest end zone face-off spot, except when the stoppage is caused by a player of the attacking team, in which case the ensuing face-off shall be conducted at the center face-off spot. The face-off will be placed at the end zone face-off spot when a player of the attacking team causes the puck to go onto the back of the net and the defensive team does not attempt to play the puck off of the net when there is no immediate offensive pressure.

(e) If the puck comes to rest on top of the goal frame, the play shall be stopped immediately.

(f) If the puck comes to rest on top of the boards surrounding the playing area, it shall be considered to be in play and may be played legally by the hand or stick.

Rule 633 - Puck Out of Bounds or Unplayable

(a) When the puck goes outside the playing area to either end, or either side of the rink, or strikes any obstacles above the playing surface other than the boards or glass, it shall be faced-off from where it was shot or deflected.

(b) When the puck is "frozen" between two players, so as to make it unplayable, intentionally or otherwise, the referee shall stop the play and face-off the puck at the point of last play. Unless in the opinion of the referee the stoppage was caused by a player of the attacking team, in which case the resulting face-off shall be conducted at center floor.

Rule 634 - Puck Out of Sight and Illegal Puck

(a) Should a scramble take place and a player accidentally falls on

the puck or the puck is out of sight of the Referee, the Referee shall immediately blow his/her whistle and stop play. There will be a face-off at the point in which play was stopped, unless otherwise provided for in these rules.

Rule 635 - Refusing to Start Play and Forfeiture

(a) If when both teams are on the floor and one team for any reason shall refuse to play when ordered to do so by the Referee, he/she shall warn the Captain or Alternate Captain and allow the team so refusing fifteen seconds within which to begin the game or resume play. If, at the end of that time, the team shall still refuse to play, the Referee shall impose a bench minor penalty for delay of game to the offending team. Should there be a repetition of the same incident, the Referee shall have no alternative but to declare that the game be suspended and the case shall be ruled on by the Tournament Director for action, which may include forfeiting the game to the non-offending team. Any such incident shall be reported to TORHS 2Hot4Ice, who reserves the right to sanction such team as they see fit.

(b) A forfeiture of a game may be declared for the following reasons:

1. At the start of a game, (Referee's whistle to start the game) a team does not have four skaters and a goaltender on the floor in full and required uniform.

2. Due to injury or illness during the game a team cannot field (when at full strength) four skaters and a goaltender to continue the game.

(c) In the event of a forfeit, the following scoring statistics shall be awarded: The forfeiting team shall be awarded zero points (a loss) for the game. The opposing team shall be awarded two points (a victory for the game). The score of the game shall be recorded as 8 to 0.

(d) In the event a team forfeits any game (other than the first round robin game); that team will not be eligible to participate in that division's playoffs

Rule 636 - Roughing

(a) At the discretion of the Referee, a minor, double minor or major penalty may be imposed on any player deemed guilty of unnecessary roughness. It is not intended that there be no body contact between two opposing players who are actively in pursuit of the puck. The act of riding an opponent off the puck or meeting the opponent head-on, while attempting to play the puck, shall not be considered roughness. However, this does not imply that players not in possession of the puck may throw their bodies into an opponent in order to achieve possession.

Rule 637 - Slashing

(a) A minor, double minor, or major penalty shall be imposed on any player who impedes or seeks to impede the progress of an opponent by "slashing" with his/her stick.

(b) A major penalty shall be imposed on any player who injures an opponent by slashing. Referees should penalize as slashing any player who swings his/her stick at any opposing player (whether in or out of range) without actually striking him/her, or where a player on the pretext of playing the puck makes a wild swing at the puck with the object of intimidating an opponent.

(c) Any player who swings his/her stick at another player in the course of any altercation shall be subject to a match penalty under Rules 603 and 611.

(d) Any player not in possession of the puck cannot have any stick contact upon the goaltender, in the goal crease, which has covered or caught the puck, regardless of whether or not the Referee has stopped the play. A minor penalty shall be assessed.

(e) Any major penalty assessed for slashing may also include a game ejection or game misconduct penalty at the Referee's discretion.

(f) Slashing may also be treated as a match penalty under Rules 603 and 611.

Rule 638 - Spearing

(a) A major penalty shall be imposed on a player who spears or attempts to spear an opponent. Attempt to spear shall include all cases where a spearing gesture is made regardless of whether bodily contact is made or not.

(b) A major penalty and a game misconduct shall be imposed on any player who injures an opponent by spearing.

(c) Spearing may also be treated as a match penalty under Rules 603 and 611.

Rule 639 - Start of Game

(a) The game shall be commenced at the time scheduled by a "face-off" at the center face-off spot.

(b) During the pre-game warm-up and before the commencement of play in any period, each team shall confine its activity to its own end of the rink. All players must be dressed and ready to play THIRTY (30) MINUTES prior to their scheduled playing time or the game can be forfeited.

(c) All players must be in full uniform, including helmets, to take the floor for warm-up and until they have left the floor at the conclusion of the game.

Rule 640 - Throwing Stick

(a) When any player or Team Official of the defending team deliberately throws or shoots a stick or any other object at the puck

in the defending zone, the Referee shall allow the play to be completed and if a goal is not scored, a penalty shot shall be awarded to the fouled player. If, however, the goal is unattended and the attacking player has a chance to score on an open goal, and a stick or any other object is thrown or shot at the puck by a member of the defending team, thereby preventing a shot on the open goal, a goal shall be awarded to the non-offending team. If the infraction occurs while the goaltender has been pulled for an extra attacker, a goal will be awarded regardless of which zone the throwing of the stick occurred.

(b) A minor penalty shall be assessed to any player on the playing surface who throws or shoots a stick or any other object in the direction of the puck in any zone except when such act has been penalized by a penalty shot or awarded a goal. When a player discards a broken stick by tossing it to the side of the rink (and not over the boards) in such a way that shall not interfere with play or an opposing player, no penalty shall be assessed for doing so.

(c) A game misconduct penalty shall be assessed to any player who throws a stick or any part thereof outside the playing area at or in the direction of any spectators.

Rule 641 - Tie Breaker

(a) At the end of the round-robin of any TORHS 2Hot4Ice Regional tournament, should two (2) or more teams be tied in points, the tie breaker format will be in this order:

1. Result of head-to-head competition. This tie breaker may only be used if one team has beaten all of the other involved teams. If there is a three-way tie, head to head rule will apply all the way through the tie-breaking process until step 2 is a necessity. i.e Three way tie- one team has beaten the other two and won the initial tie-breaker. If the other two teams have played, head to head is still the prevailing factor.

2. Goal differential
3. Total goals against
4. Coin Flip

(b) At the end of the round-robin of any TORHS 2Hot4Ice National tournament, should two (2) or more teams be tied in points, the tie breaker format will be in this order:

1. Result of head-to-head competition. (see above for breakdown)
2. Goal differential
3. Total goals against
4. 5-minute mini game. This is not a sudden death game. It is a complete five minute stop-time mini game. If this game ends in a tie, then we go to the next tie-breaker. This tie breaker will only take precedent if the game will decide who makes it into the playoff round, or if it will decide at what competition level the teams will play at in the playoff round.
5. Coin Flip

Rule 642 - Tied Games (Round-Robins)

- (a) If at the end of regulation, the score shall be tied, a 3-man shoot-out will immediately commence
- (b) If the shoot-out is tied after the first three shooters, rules A thru G below shall be followed
 - A. Only 3 skaters shall be allowed to shoot for each team.
 - B. The rules of play will be the same as a penalty shot. See Rule 406 (a, b, j & k)

C. Teams will alternately take a penalty shot, with the visiting team shooting first, until a winner is determined.

D. Each round of the shoot-out shall consist of 3 shots and no player may shoot more than once in each round. For each round after the first, the team must cycle through their bench one player at a time.

E. After the first round, the winner is determined by sudden death (one shooter per team).

F. No player who has any unexpired penalty time at the end of the game may participate in the shoot-out.

G. The winning team of the shoot-out will receive 2pts for a Shoot-Out Victory, while the losing team will receive 1 pt.

H. During the shoot-out only the 6 players selected to shoot, 2 goalies, referees, and TORHS 2Hot4Ice Officials are allowed on the rink surface, all others must remain on players' benches.

(c) If a tournament format calls for continuous overtime periods, the following shall take place:

1. The teams shall change ends.

2. A sudden death overtime period (running or stopped clock, depending on the format of that particular tournament), shall be played.

3. The game shall terminate upon the scoring of a goal and the team scoring the goal shall be declared the winner.

(d) During Nationals playoffs and championship games there will be no five minute overtime or shootout. Teams will play sudden

death overtime with the game ending only when a goal is scored. The teams will change ends and play a full period. If additional periods are necessary, teams will change ends at the beginning of each new period.

Rule 643 - Time of Game

- (a) The game shall be played in two periods (in a time length depending on available time). A 30 seconds rest shall be permitted between each period. Regionals will play two - 15 minute running time periods. Nationals will play two – 12 minute stop-time periods.
- (b) Games in the Pro Division will play three 12 minute stop time periods.
- (c) Game time out may be called by the Referee at any time during the game.
- (d) Any overtime period shall be considered a part of the game and all unexpired penalties shall remain in force.
- (e) The Referee may order the game to be suspended anytime the playing area is deemed to be in an unsafe condition. The game shall remain suspended until such condition is corrected. If any delay occurs during the first period, the Referee shall have the option to begin the second period immediately, without time out for an intermission between periods.

Rule 644 - Time Outs

- (a) A time-out may be called only during a stoppage of play and only by a player on the playing surface.
- (b) When there is a time-out, the teams may go to the player bench, but penalized players are not permitted to leave the penalty bench. Each team is allowed one time-out per game, thirty (30) seconds long.

- (c) A time-out may not be used to warm up a goaltender.
- (d) Any violations of the above rule may result in a two minute bench minor penalty.
- (e) All remaining timeouts will carry over into overtime periods if applicable.
- (f) A time-out may not be called once the teams have lined up for a face-off.

Rule 645 - Tripping

- (a) A minor penalty shall be imposed on any player who, in any way, causes his/her opponent to trip or fall. If in the opinion of the Referee a player is unquestionably hook-checking the puck and obtains possession of it thereby tripping the puck carrier no penalty shall be imposed.
- (b) Any player who deliberately dives onto the playing surface, except to block a shot, and contacts an opponent causing the player to trip or fall, shall be assessed a minor penalty.
- (c) When a player in control of the puck in the attacking zone and having no other opponent to pass other than the goaltender, is tripped or otherwise fouled from behind preventing a reasonable scoring opportunity a penalty shot shall be awarded to the non-offending side. Nevertheless, the Referee shall not stop the play until the attacking side has lost possession of the puck to the defending side. The intention of this rule is to restore a reasonable scoring opportunity which has been lost by reason of a foul from behind when the foul is committed in the attacking zone. Under this rule: "Control of the puck" means the act of propelling the puck with the stick. If, while it is being propelled, the puck is touched by another player or his/her equipment or hits the goal or goes free, the player shall no longer be considered to be "in control of the puck."

Rule 646 - Unsportsmanlike Conduct and Diving

(a) For unsportsmanlike conduct see Rule 601 Abuse of Officials.

(b) Any player that attempts to draw a penalty by "diving" may be assessed, at the referee's discretion, either a minor penalty for unsportsmanlike conduct or a misconduct penalty. NOTE: The referee is provided very wide latitude with judgment under this rule to uphold the integrity of the game through penalization in extreme instances.